

get up n' go!

Posted by tehillimzugger - 17 Aug 2011 16:28

---

when i start feeling down.

but **DOWNV** :-[ :'(

i tell myself

"Get up and Leave!"

go out in the street for five minutes.

five minutes only, thats all.

make sure "???? ????????" stop in to the nearest shul and

[b]zug ah kappitel tehillim![/b] or two or three. better yet, say the same one a few times

most importantly, as Matisyahu puts it, ain't no one not gonna break my stride, ain't no one gonna hold me down, oh no i got to keep on moving. Stay alive!

or in yiddish

? '????? ??????? ?????????? ??????????, ? '????? ??????? ??? ??????????, ??? ?????, ??? ????? ???????  
??? ????? ????? ... ????????? ??????

JEWS KEEP ON ROCKING

=====  
=====

Re: get up n' go!

Posted by bardichev - 17 Aug 2011 16:35

---

roking and trucking

=====  
=====

Re: get up n' go!

Posted by tehillimzugger - 17 Aug 2011 17:16

---

rat doesn't sound good

but go find your needle [just posted] ;D

=====

=====

Re: get up n' go!

Posted by heuni memass - 18 Aug 2011 15:39

---

I used your advice after I read this yesterday - Not that I was down but I could use some G-d.  
On my way home from work pulled in to shul Said 5 kapitlach and had a work with Hashem and  
continued home.... I am sure youl get some zchus for it..

Keep on saying thillim my friend.

=====

=====