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Posted by anonymous_14 - 25 Jun 2015 03:44

In my opinion the best way to break free of this habit is through daily Torah study, prayer and kind deeds.

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Re: ????? ?????? ??????

Posted by Bigmoish - 25 Jun 2015 05:45

Beautiful! So happy that getting close to Hashem is what works for you!

Sadly, I have been doing exactly as you prescribe for over 15 years, yet the results are less than admirable. I think there are many others here that feel this way as well.

Hatzlocha and keep up the good work!

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Re: ????? ?????? ??????

Posted by reallygettingthere - 25 Jun 2015 19:44

If it works for you then go for it. Sadly though like many people here ????? ?????? ????? have not proven to be the best approach.

If you are simply a baal taava and aren't an addict your suggestion *might* work. If you are an addict, I would bet \$500 that it won't (just kidding, I do not want to start a gambling addiction).

Quoting a maamar chazal without the relevant explanation from the meforshim is like quoting one line of gemara as halacha pesuka without putting it into the context of the rishonim and achronim.

M2C

Eli

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