

an amazing method

Posted by chazak! - 19 Sep 2017 18:16

I would like to share what worked for me and if I can help one other person, hopefully it would be some zchus for me.

I used the tafsik method as follows. I once had a bad fall and afterwards I wrote myself an amazing open letter. I saved it in the inbox of my private email address that i use for GYE. afterwards I wrote down the nusach of my promise and saved it in the inbox as well. This is how the promise goes. ?' ????? ??"? ??"????? ????? ?????? ?? ??? ????? ?????"? ??? ?????
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this worked very well for me and i had many extremely hard times and I was only able to be strong because of this.

wishing everyone a lot of hatzluche and be strong.

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Re: an amazing method

Posted by livingagain - 30 Dec 2024 14:48

[chazak! wrote on 19 Sep 2017 18:16:](#)

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How are you holding

up

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