

Start Anew

Posted by chasid613 - 22 Jul 2022 04:49

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I did it, I fell. My entire being felt numb and sad, until I realized the words of the holy Rebbe, Rebbe Nachman of Breslev. "There is no such thing as despair." At the end of the day, hasHem is recreating the world every single second of the day. It's never too late to have a "Rosh Hashana" moment of sorts. I got up a week ago and started doing tikkun haklali and started reading the Garden of Purity again. If you believe you can break, you best believe you can fix. I've started doing more hisbodedus and it's been working for a couple of weeks. I've also taken the eitzos in Sichos Haran of not being able to think two thoughts at once. Thanking G-d for my thoughts and unhooking from them altogether. Does anyone have any good eitzos to share with me? Some community members have recently made fun of me for deleting my social media, but I feel as if it's helped me ten-fold.

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Re: Start Anew

Posted by Captain - 22 Jul 2022 13:33

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You might want to check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

See below in my signature for the links.

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Re: Start Anew

Posted by connected - 22 Jul 2022 14:25

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Kudos to you for deleting social media!

Being mocked by your peers for doing so makes it much harder, but the benefit from cutting out this cancer from your life far exceeds anything it pretends to offer.

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Re: Start Anew

Posted by Lchaim Tovim - 22 Jul 2022 14:30

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[chasid613 wrote on 22 Jul 2022 04:49:](#)

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Been there regarding the social media. Pay no attention as hard as it is. Deep down, a lot of them know that you're right for deleting it and this is just the way they quiet their conscience.

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