

# לְעֵינֵינוּ הַתְּבוּדוֹת וְשִׁיחָה בֵּינוּ לְבֵין קוֹנוֹ וְאַמִּירַת

## Don't Wait for Tears

### THE TEACHING

A short teaching on private conversation with Hashem (הַתְּבוּדוֹת), and on saying Tehillim, supplications and requests (תְּהִלִּים וּבִקְשׁוֹת). It is very good to say them with a truly whole heart (לֵב שָׁלֵם), until one merits to weep before Hashem “כִּבְנֵן הַבּוֹכֶה לְפָנֵי אָבִיו”, “like a son crying before his father.”

But a person should not think about the tears and wait for them while he prays. That expectation is not a good thought: it confuses his mind, and he can no longer say the words with a whole heart.

### MAIN POINTS

- While praying one must push away every outside thought, and focus only on the words one is saying before Hashem, “כַּאֲשֶׁר יְדַבֵּר אִישׁ אֶל רֵעֵהוּ” (שמות לג:יא), “as a man speaks to his friend.”
- Then, by itself and easily, the heart is stirred, until real, great weeping may come.
- But if he keeps thinking about the tears and waiting for them, “זֶה וְזֶה אֵינוֹ עוֹלָה בְּיָדוֹ”, he ends up with neither: the words themselves get confused.
- The waiting is itself a kind of stray thought (מַחֲשַׁבֶּה זָרָה) that disturbs the intention (כּוֹנֵנָה), so he cannot properly hear what he is saying.
- The main thing is to speak the words truthfully (בְּאֵמֶת) before Hashem, with no other thoughts at all. If real tears come, “מָה טוֹב”, how good; and if not, not. Just don't let it disturb your words.

### A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

*Tears are a gift, not a goal. Talk to Hashem simply and honestly, as to a close friend, and let the heart do what it will.*

<https://breslovai.com/tinyana/095/>

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