

עוד אָמר לְעַנֵּין הַתְחִיָּקוֹת בְּהַתְּבוּדוֹת וּתְחִנּוֹת וּבִקְשׁוֹת

Speech Wakes the Heart

THE TEACHING

Rebbe Nachman said more to strengthen us (הַתְחִיָּקוֹת) in private conversation with Hashem (הַתְּבוּדוֹת), and in saying supplications and requests. Speech (דְּבַר) has great power to awaken a person.

Even if it seems to him that he has no heart at all, when he speaks many words of awakening (דְּבָרֵי הַתְּעוּרָרוֹת), supplications and requests, that very speaking is a revealing of his heart and soul to Hashem.

MAIN POINTS

- As the verse says: “נַפְשִׁי יָצְאָה בְּדַבְרִי” (שִׁיר הַשִּׁירִים ה:ו), “my soul went out when he spoke.”
- The speech itself is the revealing of the soul and the heart (הַתְּגִלּוֹת הַנֶּפֶשׁ וְהַלֵּב).
- Sometimes, by speaking a great deal, even entirely without feeling, a person afterwards comes to a great awakening of heart and soul (לֵב וְנֶפֶשׁ).
- The rule (הַכְּלָל): speech itself has great power.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When your heart feels closed, open your mouth. Talk to Hashem anyway; the words carry the soul out with them.

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