

אמר, שעקר ההתבודדות והשיחה בינו לבין קונו

With All the Soul, Like a Friend

THE TEACHING

Rebbe Nachman said: the essence of complete **התבודדות**, conversation between a person and his Maker (**בינו** **לבין קונו**), is to pour out one's words before Hashem with everything one has.

In the end, when Hashem helps, that same outpouring becomes as natural as talking to a friend.

MAIN POINTS

- He pours out his words so fully that he comes close, Heaven forbid, to his soul leaving him.
- His soul is then bound to his body only **“כחוט השערה”**, “by a hair”.
- All this comes from the depth of his pain, longing and yearning (**צער ונגוע וחסר**) for Hashem, in truth.
- This is what our Sages taught: **“אין תפלתו של אדם נשמעת, אלא אם כן משים נפשו בכפו”** (תענית ח.), “a person's prayer is heard only if he places his soul in his hand.”
- And Rebbe Nachman said: when Hashem helps in hisbodedus, then hisbodedus is **“כאשר ידבר איש אל רעהו”** (שמות לג:יא), “as a man speaks to his friend.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

The deepest prayer holds nothing back, yet with Hashem's help it feels as natural as talking to a close friend.

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