

התבודדות הוא מעלה עליונה וגדולה מן הכל

Hisbodedus: Talking With Hashem

THE TEACHING

Secluded prayer, **התבודדות**, is higher and greater than everything. Set yourself at least an hour, or more, to be alone in a room or in a field, and pour out your words (**לפרש שיחתו**) between you and your Maker, with arguments and reasons, with words of grace (**דברי חן**) and pleading, asking Him to bring you close to serve Him in truth.

It is a general counsel (**עצה כללית**) that includes everything, and it is open to every soul, from the smallest to the greatest. It is also good to turn the Torah one learns into prayer.

MAIN POINTS

- Speak in the language you speak every day, in his country Yiddish (**לשון אשכנז**). In the holy tongue (**לשון הקודש**) it is hard to say everything, and the heart does not follow words it is not used to; in your own language it is easier to break your heart.
- Tell Him all that is in your heart: regret and teshuvah (**חרטה ותשובה**) for the past, and pleas to come truly close to Him from today on, "**כל חד לפום דרגה**", each at his own level.
- Do it every day at a set hour, and be happy the rest of the day. Whatever you lack in serving Hashem, even if you feel completely far, talk about it and ask Him.
- Sometimes the words are stuck and you cannot open your mouth at all. Even this is very good: you are ready, standing before Him, longing to speak. Make a prayer of that itself: cry out that you have become so far you cannot even speak, and ask Him to open your mouth.
- Many great and famous tzaddikim (**צדיקים**) said they reached their level only through this practice. "**אשרי שיאחז בזה**", "fortunate is the one who holds on to it."
- Make prayer from Torah (**מהתורה תפלה**): when you learn or hear a teaching from the true tzaddik, ask Hashem when you too will reach all of it, how far you are from it, and that He bring you to it.
- This conversation rises to a very high place, and when one makes a prayer from Torah it brings great delight (**שעשועים**) above.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Start small, but start today: a few minutes, a quiet place, your own words. And when nothing comes, say that. That is already a conversation.

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