

לְשׁוֹן רַבֵּנוּ זְכוּרֵנוּ לְבָרְכָה דַּע, שְׁעַר הַתְּחַבְרוּת

Prayer, the Gate to Hashem

THE TEACHING

Rebbe Nachman teaches that the main way to join and cleave to Hashem (הַתְּחַבְרוּת וְדִבְקוּת) is prayer, תַּפִּלָּה. “כִּי הַתְּפִלָּה הִיא שְׁעַר”: prayer is the gate through which we enter to Hashem and come to know Him.

Prayer is מַלְכוּת, and in our time it is in exile inside the kingdom of wickedness (מַלְכוּת הָרָשָׁעָה). That is why proud thoughts (מַחְשְׁבוֹת שֶׁל גְּדֻלוּת) so often come while we pray. The remedy is to pray with strength, בְּכַח.

MAIN POINTS

- Prayer is מַלְכוּת, the aspect of “I”: “וְאֲנִי תַּפִּלָּה” (תהלים קט:ד), “and I am prayer.” And תַּפִּלָּה means joining, as the Targum renders “נִפְתָּלוּ לִי אֱלֹקִים נִפְתָּלוּ לִי” (בראשית ל:ח).
- This “I” is in exile: “וְאֲנִי בְּתוֹךְ הַגּוֹלָה” (יחזקאל א:א), “and I was among the exiles.” When prayer tries to come out, the evil kingdom grabs hold of it. That grip is pride (גְּדֻלוּת), the wish to be great and to rule.
- Praying with strength gives the prayer power to break out of exile: “תִּתְּנוּ עֹז לְאֱלֹקִים עַל יִשְׂרָאֵל גְּאֻתוֹ” (תהלים סח:לה), “give strength to Elokim.” When pride overpowers Israel, pray with strength and strengthen אֱלֹקִים, the aspect of “I”.
- “(אִשְׁת־חַיִּל)”, with strength you repair the “woman of valor” (דברים ח:יח): “כִּי הוּא הַנְּחִיץ לָהּ כַּח לַעֲשׂוֹת חַיִּל”. In exile she says “אַל תִּרְאוּנִי שְׁחֹרְחֶרֶת” (שיר השירים א:ו), “don’t look at me, that I am dark”, dressed in dark garments of the קַלְפּוֹת.
- Then she is “כְּצִפּוֹר נוֹדָדָת מִן קִנָּה” (משלי כו:ח), “like a bird wandering from its nest.” Strong prayer brings her out of her coverings, and she becomes a nest (קִין) for the Holy One. So the Targum’s “לְמִקְנֵי נִכְסֵיךָ” קִין, a nest, from כְּסוּיִין, coverings. The aim of prayer is to repair the שְׂכִינָה.
- Then she is dressed in shining garments, white, red and green, the colours of the Avos (אָבוֹת), and Hashem’s oath (שְׁבוּעָה) to them is renewed: “אֲשֶׁר נִשְׁבַּע לְאֲבוֹתֶיךָ כִּי הוּא הָיָה”, as on this very day.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Proud thoughts during prayer are not a sign that your prayer is worthless; they are a sign it is trying to break free. Don't give up: push harder, pray with strength, and walk through the gate.

<https://breslovai.com/tinyana/084/>

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