

עוד אֶמַר לְעֵינַי הַתְּבוּדוֹת, שֶׁהִיא דְּרָכּוֹ ז"ל

Even One Word

THE TEACHING

Rebbe Nachman would strongly urge his followers to be regular in private conversation with Hashem (הַתְּבוּדוֹת), pouring out their words before Him “בְּכָל יוֹם וַיּוֹם”, every single day.

Even when one cannot speak at all, even when one can say only one word (דְּבוּר אֶחָד), that too is very good. For speech (דְּבוּר) has very great power.

MAIN POINTS

- If you have only one word, be firm in your mind and say it over and over, without limit, even if it takes many days. That too is good.
- Be strong and brave (חֲזָק וְאַמִּיץ) and keep saying it countless times, until Hashem has mercy, opens your mouth, and you can pour out your heart.
- Speech has great power: with a whisper one can stop a gun (קִנְיָה־שְׂרָפָה) from firing. “וְהִבֵּן”, understand this.
- That day he spoke at length about hisbodedus, in many ways, and encouraged us greatly. His wish was that our whole day would be hisbodedus; since not everyone can do that, he asked for at least an hour a day, for that too is very good.
- But one whose heart is strong with Hashem, and who truly wants to take on the yoke of His service (על עֲבוֹדָתוֹ), should make the whole day hisbodedus.
- As our Sages said: “וְלֹאִי שְׂתִפְּלֵל אָדָם כָּל הַיּוֹם כָּל־” (ברכות כא.), “would that a person pray the whole day long.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Don't wait to have the right words. Start with one word, and keep saying it. Hashem opens mouths.

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