

בשעת התפלה, כל זמן שהאדם שומע עוד

Alone with Hashem in Prayer

THE TEACHING

During prayer (תפלה), as long as a person still hears another person, still senses that someone is standing near him while he prays, it is not good.

Every person at prayer should picture in his mind “שֶׁאֵין שָׁם אֶלָּא אֲנִי וְהַשֵּׁם יְתַבָּרֵךְ לְבַד”, “that there is no one there but me and Hashem alone.”

MAIN POINTS

- That is the first level: the room and the people in it fall away.
- In Likutei Moharan I:55, the teaching on Abba Shaul, “פַּעַם אַחַת רָצָתִי אַחֵר צָבִי”, “once I ran after a deer”, a greater self-nullification (בטול) at prayer is explained.
- There a person must nullify himself so much at prayer that he does not feel even himself at all, only Hashem alone.
- For at prayer a person stands “בְּהֵיכַל הַמֶּלֶךְ”, “in the King's palace.” As it says there: “מִי הוּא, הֲלֹא יְשׁוּתוֹ נִתְבַטֵּל, וְאֵין כָּאן אֶלָּא הַמֶּלֶךְ בְּעַצְמוֹ”, “who is he? His existence has been nullified, and there is only the King Himself.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

First let the room fall away, then let yourself fall away. What remains is you, speaking to the King.

<https://breslovai.com/tinyana/103/>

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