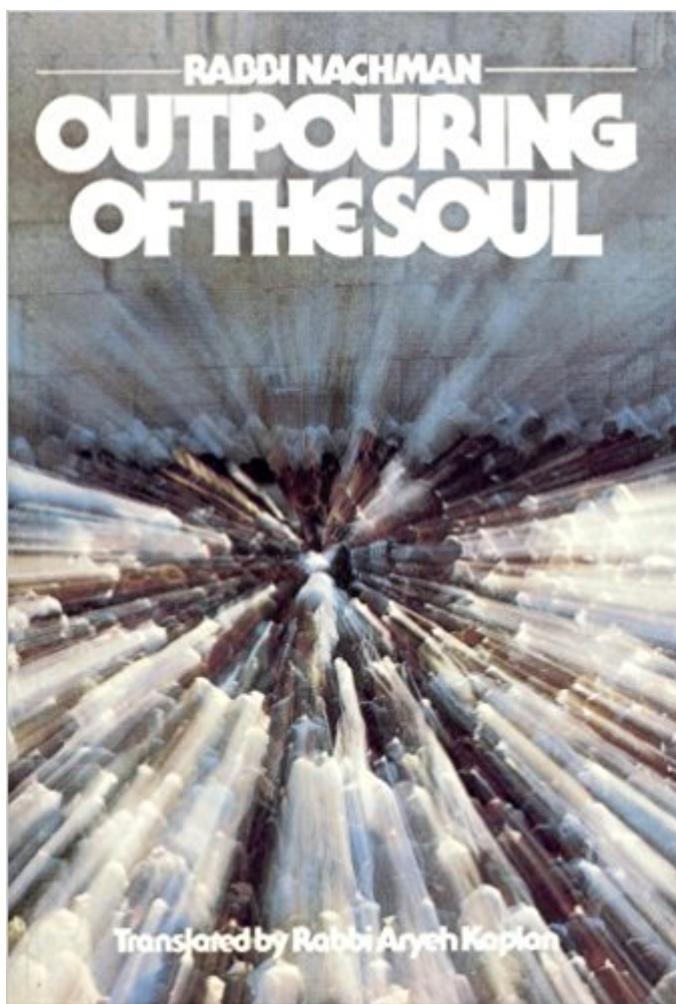


The book was found

Outpouring Of The Soul Rabbi Nachman's Path In Meditation



Synopsis

When the summer begins to approach, go out to meditate in the meadows. When every bush of the field begins to return to life and grow, they all yearn to be included in your prayer. Rebbe Nachman gave pride of place to the spontaneous, improvised prayer uttered in one's own language and springing from the heart hitbodedut. This handbook of his teachings on prayer includes Rabbi Kaplan's scholarly introduction setting hitbodedut in its context in the history of Jewish prayer and meditation.

Book Information

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Customer Reviews

Many good hints for meditation. Rabbi Nachman is famous for supporting speaking to God from a broken heart. Many variations on this here. Also passages on the silent scream and prayer from and in that scream (I've written on "screaming", a scream of the soul through life, in my book, Rage). I find it easy to shift some of the passages to a key that works for me now, in our time, in our way. One of Rabbi Nachman's emphases that I find especially helpful is to connect with God and deeper reality now, in whatever way you can, in the condition you are in, in your weakness, incapacity, need. You don't have to wait till your better. Now - as you are, whatever shape, even in your despair. Contact with deeper being is possible. Michael Eigen
Author, Kabbalah and Psychoanalysis

Psalms and Prayers! The most important weapons.

Something to keep in your pocket and keep reading over and over

Breslov meditation goes deep. This little book offers insights and advice. Excellent, accessible reading for anyone serious about meditation. Another book to explore is Aryeh Kaplan's Jewish Meditation.

I bought three pocket sized Rabbi Nachman's books, and I read and reread passages from them often. No wonder so many spiritual leaders quote this wonderful man! I keep this gem by my bedside. All entries in all the collection that I purchased through stay on my bedside table. Highly recommend this and others from the teachings of Rabbi Nachman. His words and brilliant one liners are as relevant today as they were then. His Words provide a daily mini- break and wonderful quiet moments for me to re- balance. Highly recommended as gifts for those graduating college , milestone birthdays (40, 50, etc) and certainly those recovering from illnesses or in grief.

Very enlightening book!

Rav Nahman teaches you to pray in your language and have a dialogue with G-d and ask him as your father to give you what you need.

this little book is awesome. Read it.

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