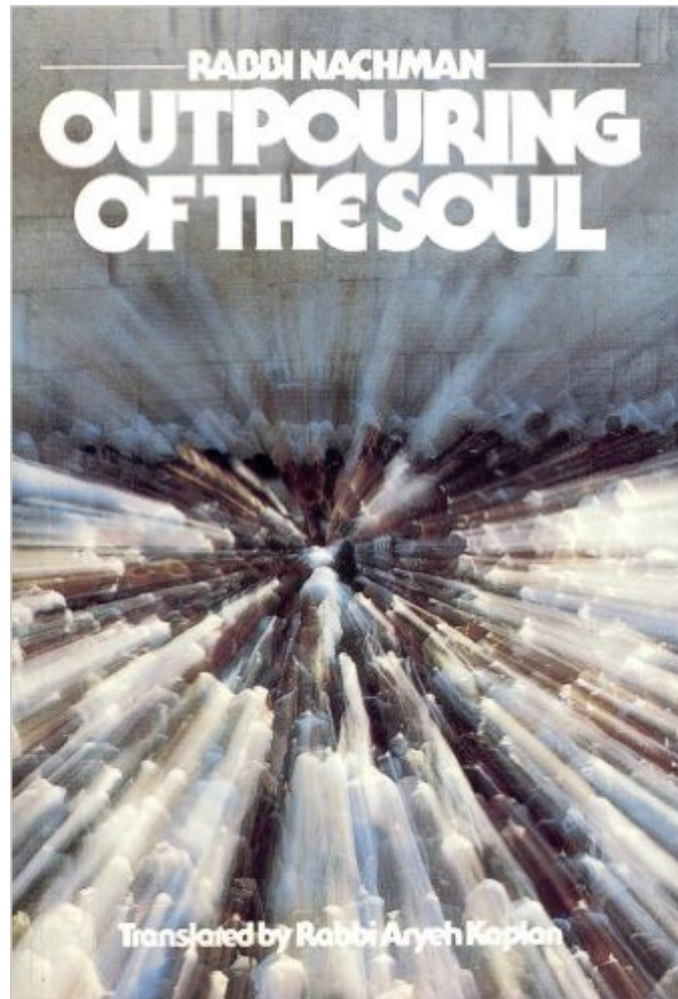


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# Outpouring Of The Soul Rabbi Nachman's Path In Meditation



## 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

This little booklet is only 96 pages long, but contains a lifetime of spiritual practices. It's the Aryeh Kaplan translation of Hishtpakut ha-nefesh, a classic compilation of Rebbe Nachman's teachings on spontaneous personal prayer (hisboddidus), which is a central part of Breslov daily practice. The source-quotes for many well-known Breslov concepts can be found here: Repeating one word over and over like a mantra (p. 24); pouring out your heart to God in your own language (p. 20); spending time in solitude (p. 28); finding yourself in the Psalms (p. 24); meditating outdoors where "each blade of grass sings out to God" (p. 42); The "silent scream" technique (p.40); and much more. The booklet also contains an excellent overview of the history of meditation in Judaism, written by the translator, Aryeh Kaplan. Kaplan brings to this translation his expertise in meditation practices, which he has written about more extensively in his own works. The original compiler of these quotes, Rabbi Alter of Teplik, also wrote an intro, which is included here, too.

Small book (pocket size), packed with 54 simple, yet mind-blowing ideas. This is a practical book which can help a person attain a transcendent spiritual experience and get in touch with their true inner self. It is a translation of snippets from a major teaching of the 17th century Mystic, Rebbe Nachman of Breslov. It is ancient yet speaks directly to the modern soul. Easy to use techniques. Quick results. This book can help you through life. Get in touch with the infinite light within you. In brief, this book teaches a meditation called "hitbodedut". It is an active and reactive form of meditation which is a low level of prophecy. It is when a person speaks to God who lies within each person's essence. After doing this for a while, a person receives clear responses and they walk away feeling as if they just had a profound conversation with a really good friend or psychologist. This daily meditation gives one clarity through tough times, helps one make decisions, and overall gives us the piece of mind we all yearn for.

Small, but Loaded. And could nicely fit into your Coat or back pocket. Why is the Soul constantly searching and reaching out to God? Because it is part of God. Do not let the evil side deceive you, the soul of Man is from God and will seek God out all the time. I have to read it again to grasp its essence. But there is a process to guide the the Soul on its path to God while here in this world. Some references are not quite modern in Biblical terms but the book like the soul does reach out.

This short book served as a turning point in my journey of spirituality and personal prayer. Coming from a secular background, I have always had a difficult time relating to prayer. The techniques described in this book are so simple and pure, and remind me of how I used to talk to Hashem as a child--before anyone ever told me to. I started these "conversations" in my bed as I am about to fall asleep, and now I feel like they are permeating my entire life. I am not a religious person, and do not practice Judaism in a strict way, but I feel like this book can speak to all Jews and all people of the world and give them hope that G-d, as Rabbi Kaplan has said, "Is closer to you than the air you breathe."

People have been cherry picking passages from Rebbe Nachman's writings for a long time. We see this in *Outpouring of the Soul*, called in Hebrew *Hisp'kuth HaNefesh*. It was compiled in 1904 by Rabbi Moshe Yehoshua Bezishianski, known as the Reb Alter of Teplik. Reb Alter combed through Rabbi Nachman's writings and found passages particularly suited to meditation, and its allied pursuit according to the Bratslaver Hasidim, prayer. What we get in this small distillation of the Rebbe's work is the rock hard center of his thinking about mediation and prayer. How to do it, how to keep it up,

and what to expect from it. Translated by the noted expert on Jewish mediation, Aryeh Kaplan, this small book is really indispensable for an understanding of Jewish meditation in a condensed form.

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 you're better. Now - as you are, whatever shape, even in your despair. Contact with deeper being is possible. Michael Eigen Author, Kabbalah and Psychoanalysis

This is an excellent, practical guide to a uniquely Jewish form of meditative prayer. The format makes it easy to read in small chunks.

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.

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