## Being Close to Rebbe Nachman Means Being Joyous

written by Rabbi Tzvi Aryeh Rosenfeld October 22, 2019



Rav Rosenfeld explains that one of the most important teachings of Rebbe Nachman is Hitbodedut or personal prayer between a person and the Creator. The Rav also explains the difference between a broken heart and depression. Ultimately being close to Rebbe Nachman means being joyous.