

Cheshvan – Grant Me A Heart Of Flesh

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The name of this month, Cheshvan, can also be read *choshen*, the breastplate that the High Priest wore over his heart. The breastplate symbolizes having a feeling heart imbued with holiness and caring, which is the foundation of our humanity.

Rebbe Nachman said that we are called Breslover Chassidim since the word Breslov can be rearranged “*lev basar*”—“a heart of flesh.” The most important organ is the heart.

The High Priest covered his heart with the breastplate which contained twelve gems, one for each of the twelve tribes. This was a poignant reminder that he needed to judge every person favorably and perceive every human being for the gem we all are.

I beseech you, is Master of the world, please grant me a feeling heart, a heart of flesh. Let me feel the holiness of every human soul and see the wonder of its nature. Show me how to be caring and mature me into a sympathetic human being.