

# Excerpts from Breslov Research Institute Publications

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From: Where Earth and Heaven Kiss

A Guide to Rebbe Nachman's Path of Meditation

By Ozer Bergman

What is Hitbodedut?

There is no single or simple answer to this question. Hitbodedut takes many forms, moving easily and naturally from one to another, often imperceptibly, and so cannot be described as being only one thing.

That said, hitbodedut is raw, unadulterated prayer. Rebbe Nachman points out that historically, prayer referred to the communication between a person and God, spoken in one's native tongue and one's own words. No prayer book, no formalized or ritualized service—just straight talk from the heart.

Reb Nosson wrote how Rebbe Nachman first introduced him to hitbodedut:

Rebbe Nachman put his arm around my shoulder and said, "It's very good to pour out your heart to God as you would to a true, good friend."

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