

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 BergmanCONNECTING WITH GOD

What is it to pray, to do hitbodedut in a manner that your entire prayer is whole and one, not a solitary unit among units but a fabric that interweaves every aspect and strand of Creation to which your soul is connected? Rebbe Nachman teaches that such a prayer is like a calm, attentive stroll through a beautiful meadow abounding with fragrant flowers that capture more colors than a rainbow.

The sweet, ambrosial fragrance that arises from clinging to God in bitul is a pleasure of the soul, a pleasure of Eden, a delight of the Future World. You can't wrap your mind around experiencing God; you can only get a whiff of it.

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