

Jewish Meditation (Not Only Hitbodedut!)

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<https://www.youtube.com/watch?v=PbfMyIGRD5g>

There are several types of Jewish meditation, some rooted in kabbalah, some based in prayer. Rebbe Nachman of Breslov is known for reviving hitbodedut, a talking-prayerful meditation in which a person talks openly to God about whatever is on his mind and in his heart. Hitbodedut is central to living a life in which one is connected to his Creator.

But Rebbe Nachman also encouraged people to meditate by using analytical and constructive thought, to reflect on one's life, and to envision a more elevated future. Sometimes referred to as hitbodedut (which is also the name of a kabbalistic type of meditation), this kind of focused thought will enhance your

teshuvah, your spiritual growth, and your day to day life. The power of thought and inner vision can change your reality. Chaya Rivka Z. explains.