

# Jewish Meditation In 7 Steps

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## Jewish Meditation in 7 Steps – Quick & Easy

Rebbe Nachman's path to Chassidic Meditation or *Hitbodedut* can be challenging for many people just starting out. Oftentimes people complain that an hour is just too difficult to find in their day. Reb Ozer Bergman suggests the following 7 step easy approach to **Jewish Meditation**:

Set a time during the day when you know you will be alone and fully available for just one minute.

1 • Stop what you're doing.

2 • Take a deep breath.

3 • Thank God for any two things in your life—one current, the other current or past.

4 • Ask God for two material things—one related to today, one related to the future.

5 • Ask God for two spiritual things—one related to today, one related to the future.

6 • Ask God to help the Jewish people in two ways.

7 • Either: (a) Ask God to talk again tomorrow and say, "Thank You," or (b) Keep talking. When you finish, go to 7a.

[box] If you are interested in reading more about Jewish Meditation, you may be interested in reading our step by step guide entitled, "[Where Earth and Heaven Kiss.](#)"[/box]