

# Parshat Vayechi – The Importance of Patience

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Meir Elkabas discusses the Torah portion, Parshat Vayechi, which concludes the first book of the Torah, Breishit, with insights from Rebbe Nachman of Breslov and Reb Noson. In this parsha, we learn the importance of patience from Reuven, Shimon, and Levi's impulsive actions. The key to patience is to practice hitbodedut and time to reflect on and think about one's decisions before we make them.

Did you ever make hitbodedut before a big decision? What was the outcome? Let us know in the comments section and [subscribe](#) to our channel, BRI Breslov/Breslov Research Institute.

<https://youtu.be/g2TJMrrAWig>