

# Prayer and Meditation with Rebbe Nachman

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## Prayer & Meditation: Preparing with Rebbe Nachman



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BRESLOV (8) CAMPUS

In the month of Elul, we prepare for the spiritually intense days ahead: Rosh Hashana, Ten Days of Repentance, Yom Kippur, Sukkot and Simchas Torah. Everything depends upon our connection to the Tzaddik and our prayers.

In this survey class, Reb Meir will discuss a series of Rebbe Nachman's lessons that are brief and informal as compared to the Rebbe's other teachings. Each lesson discusses some aspect of prayer—especially hitbodedut (personal, prayerful meditation in which one talks to Hashem in one's own words). Also discussed are the daily prayers, Tikkun Chatzot, Psalms, and other prayers.

- Topics include:
- Prayer and Opposition
- How to Pray with Sincerity and Honesty
- The Power of Hitbodedut
- Yearning for God and Coming Closer to Him

- King David's Legacy
- The Midnight Prayers
- Sophistication vs. Simplicity

And much more....Use this link now to log into your live class or save it to log into the course in the future:

<https://breslovcampus.clickwebinar.com/happiness-102-with-meir-elkabas> If you would prefer to listen to the class on the phone, call:

New York: [+1 \(917\) 338-1451](tel:+19173381451)

For Other Countries: – [See Global Access Numbers](#)

When prompted, dial this code: 912557#Currently available for [iPhone](#) – [iPad](#) – [Android](#) – [BlackBerry](#)

1. Click on your device type above.
2. Download the ClickMeeting Mobile App.
3. Login by using access code: Meeting ID: 463-852-658

**Time:**Sunday, 10:00 AM EST – 5:00 PM Israel Time**Date:**Sunday August 12 through Sunday September 2**Level:**Beginner through advanced, everyone's welcome. No previous class attendance is required.**Instructor:**Meir Elkabas**Text:**Likutey Moharan II, Lessons from 93 through 104 (most)