

Seeing Our Good Points!

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Hold On! *Personal Sanctuary*
Meshivat Nefesh #48

Rebbe Nachman taught:

The Mishkan and the Beit Hamikdash were built out of the individual good-will offerings of the Jewish people. Some brought gold, some silver, some brought precious stones and some fabric. Rebbe Nachman explains that the Sanctuary—the place of prayer—is literally built from the good points within each of us, in all of their variations and hues.

Reb Nosson added that when we do this essential work of seeking out and connecting with our own good points, we draw into ourselves and the world all of the spiritual rectification that it was possible to achieve through the Beit

Hamikdash when it stood—the service of the kohanim, the songs of the levi'im, the prayers of the Jewish people...and the offerings and the incense. The power of the Sanctuary is within me...if I'll only seek it out.

*Master of the universe,
Help me to discover
the beautiful and colorful,
precious and irreplaceable
good points that are within me.
With them, I'll be able to build
a holy Temple to serve You
and within which You can dwell.*

(Hilchot Hashkamat HaBoker 1:8)