

# Speak To Hashem With Holy Boldness

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Rebbe Nachman recommends that we cultivate the trait of *azut d'kedushah*, holy boldness. This trait can be expressed in a few ways. We can express holy boldness by articulating what's on our mind and in our heart to our spiritual mentors.

If we have someone that's guiding us, it's important to be able to speak *without embarrassment*. We should feel able to ask them questions and even share worries and doubts. We can ask them how to correct and fix the serious issues in our lives, and what path we should head down in the future. If we're embarrassed, we won't be able to truly express ourselves and we'll be missing out on what could be advice that's

essential to our spiritual growth.

In the same way, we can make hitbodedut with azut d'kedushah. We can really open up to Hashem and to tell him our fears, our worries, even the things that we're ashamed of. Even though we have uncomfortable feelings, we can do this by embracing the holy boldness inside. We can stick to our guns and speak—even if it's difficult.

Something undeniable happens when we open up, when we seek guidance. We find the answers are going to come to us. It may not happen the first time you speak to Hashem in hitbodedut, it may not happen the second or third time, but if you keep at it you will eventually begin to find the answers to your problems, and peace in your heart.

May you have a day in which you're able to be open and honest and bold.

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***Today's mini-lesson is dedicated for a Refuah Sheleimah for Sima ba Sheindel***