

Why People Oppose Rebbe Nachman (Hitbodedut/Prayer)

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During his lifetime, the opposition to Rebbe Nachman's teachings was due to his emphasis on prayer. Even today, people oppose Rebbe Nachman for this reason. Prayer – hitbodedut (personal prayer), Tehillim (Psalms), the daily prayers from the Siddur and additional supplications – can defeat the yetzer hara, which is precisely why it rises up in opposition. While it's true that Rebbe Nachman also encourages us to learn Torah, and fill our life with many mitzvot and acts of kindness, still, we can find the concept of prayer bound up in all his teachings. Ignore the naysayers and embrace your soul's purpose! Talk to Hashem, make hitbodedut, today. Chaya Rivka Zwolinski explains.

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