

Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by Pintele Yid - 20 Aug 2009 03:00

Chodesh Elul is here! Hakodosh Boruch Hu should help that with the Zchus of this post and trying to implement it, all of us should be matzliach in our "personal" battles. I put "personal" in quotes because at GYE, everybody's "personal" battle is **everybody's** battle. We have achdus!

What we really want in life is Kirvas Elokim, closeness to Hashem. That is the greatest pleasure and that will be our reward in Gan Eden, where Tzadikim will be sitting with crowns on their head and basking in the radiance of Hashem.

If closeness with Hashem is what we crave, we have to accomplish this by **bringing Hashem into our inner self on an ongoing basis**. This is the meaning of Bilvavi Mishkan Evneh, in my heart I will build a resting place for Hashem.

The million dollar question is how to accomplish Bolvovi Mishkan Evneh?

The answer is that the more you have contact with Hashem, the stronger he will reside in your heart. Specifically, the more we talk to him, the more we start to feel him.

For the past few months, I had been trying in an unstructured way to speak with him at every possible chance, but it hasn't worked for me. I therefore decided to make a list of the possible conversations I could have with him throughout the day and as a result, create a **solid home** for him within me. I"Y"H Bli Neder, this is what I came up with to do.

(Again I wasn't successful yet but this is my hope. I am writing these things as if I have already done them because I have a positive attitude that Hakodosh Boruch Hu will be Mitztareif my Machshava to Maseh, transform my thoughts into actions)

Here is the list of short Tefilos/conversations that I will have with Hashem:

1. After I say Modeh Ani, I thank Hashem in my own words that he gave me another day to live.

2. I ask him for his help in allowing me to wash Negel Vasser in the right way, so my entire hand is washed and I am Mekayam the Mitzvoh Kitikuno.

3. After I wash, I thank him that I was able to do it, and ask him for the future that I will be able to do it right.

4. Before I go to the washroom, I ask Hashem that everything should go B'seder. Many people have health problems in this area. (This will be repeated every time I use the washroom during the day)

5. After I finish, I thank Hashem that I was able to go. This and the previous Tefilo is even more important for Gedolim. (I personally don't daven anything besides Modeh Ani until I have gone to the Mikvah and I am in shule – others would disagree but I have more Kavanah in shule)

6. Before I leave the house I ask Hashem to save me from Hezek in Ruchniyus and Gashmiyus. (This is repeated before every time I go on the street)

7. While I am walking to the Mikvah, I ask Hashem to make my Kavanah in the Mikvah good, and that I am not physically damaged in the Mikvah.

8. Before I wash my hands after the Mikvah, I ask Hashem that I make a good Netilas Yodayim.

9. I thank Hashem for a good Netilas Yodayim (This will be repeated every time I need to wash my hands throughout the day)

10. Upon exiting the Mikvah and kissing the Mezuza, I say the 1st posuk of Shema and tell Hashem that I love him and all of his Yiddishe Kinder (this I heard from Rav Avigdor Miller Zatzal)

11. I then thank Hakodosh Boruch Hu that he gave me the opportunity to get up early to learn before davening and that my learning should be Emes, and I should understand the Torah, remember the Torah that I will soon learn, be able to keep the Torah that I am about to learn, be able to communicate it to others, (if appropriate), and Hashem should give me the opportunity to learn full time. I also ask him that I shouldn't get tired in the middle of learning. The same is done before I learn again later on in the day.

12. Since I will Daven Shachris right after learning, I ask Hashem to connect my heart to the words of the Tefilo so I can Daven with Kavanah.

13. After entering the shule, I go to my locker and ask Hashem to allow me to open up the combination on the 1st try so I don't waste time.

14. After opening it up, I thank Hashem that I was successful in opening up the locker.

15. After Davening, I thank Hashem that he made me Daven the best Davening that I was destined by him to Daven and ask him for the capability to continue to raise my level in Davening. (The same goes for Mincha and Maariv).

16. After Davening, I ask him that when I go home, I will find everyone in a good mood and no "emergencies". I will ask Hashem to help me in the area of shalom Bayis. I also tell him that I am going home to eat breakfast and I ask him to enable me to be Motzee all the Nitzotzos and be Misaken all the Neshamos in the food.

17. Before saying the Brachos reshonos I ask Hashem to help me make the Brachos in the right way.

18. After the Beracha I thank Hashem for enabling me to make the Beracha in the right way.

19. Before saying the Bracho Achronah/Bentching I ask Hashem to help me make the Bracho in the right way.

20. After the Beracha Achronah/Bentching I thank Hashem for enabling me to make the best Beracha Achronah/Bentching that I was destined by him to make and ask him for the capability to continue to raise my level of Beracha Achronah/Bentching

21. After eating, I ask Hashem to make me successful at work so I can support my family and give Tzedokah and perform the Mitzvos without any worries of Parnaso. I thank Hashem for giving me a job. So many people unfortunately don't have one.

22. Throughout the day, hopefully at least once an hour but preferably before each new task, I ask Hashem for Hatzlacha.

23. Throughout the day, hopefully at least once an hour but preferably after each new task, I thank Hashem for the Hatzlacha that he will give me.

24. By lunch and supper, I will repeat the same Tefilos as breakfast.

25. After work, I will thank Hashem for another day of work and hope that I was successful.

26. I will ask Hashem before I learn with my kids that it will be a successful venture and I thank him that I am Zoche to learn with them.

27. Upon finishing learning with the kids, I thank Hashem for the best Seder he wanted us to have and ask him for continued and greater Hatzlacha.

28. Whatever additional task or errand I do during the day I will ask Hashem for Hatzlacha before and thank him afterward - no matter the level of success.

29. When it is time to go to sleep, in addition to Krias Shema Al Hamita, I will ask Hashem in my own words to let me sleep peacefully, allowing me to get enough sleep, and be energized in the morning.

30. If I have another Mitzvah to perform before I go to sleep, I will ask Hashem for Hatzlacha that I could in my own way, be Meychaid Kudsha Borich Hu and the Shechina.

If you add everything up, I will probably be able to say 50 short tefillos, with an average of 20 seconds per Tefilo. This comes out to around only 16 minutes per day! But what an awareness of Hashem I will I"Y"H create! It will be Hard to do anything wrong when he is right there with me. ;D

Heiliga Chevra, if any of you can think of other short Tefilos/conversations, please add to the list.

Besides the above, I have tried to speak to Hashem (Hisboidus) for one full hour a day. I have posted the structure and context of the "discussion" (based on the Sefer Bsdei Hayar from Rav Shalom Arush) in a previous post. I will try to find it tomorrow. It is late and I have to go to sleep.

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 30 Sep 2009 13:45

From today's chizuk email, from Duvid Chaim:

The Ramchal is teaching us that the way that the Yetzer knocks us off our lofty platform; especially after a Yom Kippur, is to push us right back in the "real world" with all of its pressures and demands. The phone is ringing, the mail needs to be opened, the emails are piling up -

everyone needs our attention and they need it now. It's no wonder we fall so quickly from our angelic high! Who's got time to think about how far we've come in the past 40 days? Who's got time to daven the first Shachris on Tuesday at a pace that we enjoyed just the day before? Who's got time to feel today? I'M TOO BUSY TO FEEL. Leave me alone so I can fix the World - after all, it can't survive without me!

And there it is - THE TRAP - Just stay busy!

You can imagine how fortunate I felt getting this message from someone who is practically a stranger and at such an appropriate time. It didn't come to me for no reason.

So, Chevra, my goal is to know my enemy - the Yetzer Hara - and not let him trap me in his web - to not let him break my Connection with Hashem - to not let him bury myself underneath layers and layers of daily pressures. Instead, I'm going to outsmart him by simply Pausing, yes just pausing as often as possible today, to look around and appreciate the wonders of the world and of my unique and special life. I'm going to just appreciate all of my blessings; health, livelihood, family and Torah. And by pausing, I'm going to feel... and I'm going to stay connected... connected to family, friends, and most importantly to the Source of all Good.

By asking Hashem for help throughout the day... we can avoid the TRAP!

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by Sturggle - 30 Sep 2009 13:52

kutan,

youre great, even though you may be small.

i think i might take a break from this for a bit.

right now i can just pray to HKB"H that He

helps me to keep on going and that my feelings will pass and not hold me down

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Sturggle - 30 Sep 2009 13:52

do you know, btw, when we may be expecting Pintele Yid to rejoin us?

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by nishmas - 30 Sep 2009 14:27

Kutan,

Thanks for posting from today's Chizuk email (which I haven't yet gotten to) in the name of
Duvid Chaim.

This is just what I needed.

Yasher Koiyach!

Nishmas

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 30 Sep 2009 14:39

Yup, its just what I needed too...

After YK its tricky. Thats why we need succos, I guess.

Sturggle, your presence is always welcome.

Today. Tomorrow. Whenever.

Pintele is offline completely. No internet.

Kutan does not mind talking to himself. Really. He does it all day.

Kutan, You need to get back to work. Hishtadlus is part of the formula...

:D

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Sturggle - 30 Sep 2009 14:40

:D :D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by yechidah - 30 Sep 2009 16:25

kutan(Ari)

I always talk to myself

keeps me sane

even though it may appear otherwise

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 30 Sep 2009 17:00

I know, Yechida.

I've been eavesdropping a lot on you lately, and picking up all sorts of gems.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by yechidah - 30 Sep 2009 17:06

Thank you kutan(Ari)

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by yechidah - 15 Mar 2010 12:49

for newer guests,this thread has some powerful yesodos in it

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by Sturggle - 15 Mar 2010 17:32

Yechida,

shkoyach for bringing back such a gem of a thread.

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