

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 Essence
Posted by Pintele Yid - 26 Aug 2009 19:00

[kutan shel hachabura wrote on 26 Aug 2009 14:49:](#)

[battleworn wrote on 26 Aug 2009 12:53:](#)

Pintele, weren't R' Pam and R' Elyashiv speaking about acting on signs (like if I find a parking space, it's a sign that I should shop in that store)? Are you sure they were saying that we shouldn't be on the lookout for Hashem's hugs and His answers to our Tefilos?

Yes, they were speaking about signs, and even more vague things like deciding this negative thing happened as a punishment for this and this that I did.

I realized that what bothered me about the two stories was the 'magical' timing... that it rained exactly when, etc.

These types of things are signs. We are not justified to do this today, and perhaps it is assur bichlal. But to daven for something and then sometime later have an inspiration to look exactly where it is... that is wonderful.

That said, I'd better start asking... Will, don't feel discouraged... lets do this together!

kutan

Battleworn,

Just for the record, I never heard any of them speak about this topic. This was Kutan's comment.

Will - It is also taking me time to implement everything that I was hoping to do but even what I have implemented, has helped me very much. But since you have the Ratzon to implement it,

Hashem already sent you a message by resolving your Kasha.

Kutan - You are correct, I probably have to speak to Rabbi Wolfson. But until I have a chance, I will still l"Y"H keep on saying the short Tefilos and hoping tha Hashem asnswers them.

BTW, there were other instances in the last few days when I saw that my Tefilos were answered right away but not as remarkable as the stories I mentioned.

TrYiNG - where are you?

PiNTELE Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by battleworn - 26 Aug 2009 19:53

Opps I meant to adress that to kuton.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Pintele Yid - 26 Aug 2009 19:57

Hey Tzaddik,

Pintele

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 26 Aug 2009 22:02

Ok.

Davened once today.

But the day is not over yet.

Pintele, please make sure to ask R" Wolfson about the idea of seeing Hashem approves by these 'miraculous' events.

That is the stick point.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Pintele Yid - 27 Aug 2009 00:09

I spoke to Rav Wolfson after Mincha today.

He said that there is nothing wrong with thinking that Hashem answers your personal Tefilos because it is true - sometimes Hashem does answer them. It is therefore proper to recognize when you think your Tefilo was answered.

He wasn't sure that the rain started coming down in buckets only after my escape into my
I didn't have the guts to ask him why. We know that the Kohen
Gadol asked in his Tefilo on Yom Kippur, that the personal Tefilos of the Oivray Derachim

shouldn't stop the rainfall.

Kutan - You once wrote in a post that you live in the 11213 area code, which happens to be close to Emunas Yisroel. If possible, can you express to Rav Wolfson your concerns and then let us know what he says? I might not have been a good shliach in describing your concerns.

I just want to add, that irrespective of my "halucinations" ??? as to the effectiveness of my short Tefilos, I can tell you that these Tefilos has accomplished my goal of making me much much more aware of Hashem's presence. I still forget plenty on my list, but the ones that I do say, seem to have done the trick. I can't wait till I **really** get it right. This has strengthened me to the

This was the objective to begin with, and I am B"H seeing Hatzlacha. I pray that it continues and hope that my brothers and sisters at GYE will find Hatzlacha as well with this approach.

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Efshar Letaken - 27 Aug 2009 03:41

point where my Y"H has BS"D been taking a beating - at least for now.
I got a Mazel Tov this morning at the Bris of my son from a guy I do not know or have seen before.

He looked like a guy from Emunas Yisroel.

I'm just wondering out loud if by any chance I was zoche to a Gilu of Reb Pintel or Reb Kutan?

E.L.

P.S.

It wouldn't be hard to figure out were the bris was & who I am by anyone following my posts for a while, so I'm just wondering.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by kutan - 27 Aug 2009 12:40

Oy,

I wish I could've be there.

But I'm meshubed to a job, and am out the door by 6:50.

It might have been Elyahu, though. Heard that he looks like someone who davens in Emunas Y.

MAZEL TOV!

Yehi ratzon shtizke ll'gadlo l'torah, l'chupa u'limasim tovim!

k

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by kutan - 27 Aug 2009 12:41

[Pintele Yid wrote on 27 Aug 2009 00:09:](#)

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Pintele,

thanks for speaking with the Mashgiach. Please, if you can go back and follow up on that point. Everything else, we all agree on anyway. and what you write that you feel closer to Hashem, THAT is the purpose of tefila. At least, that is the way the mekubalim explain it. I've heard this from R Yaakov Hillel, and from R Akiva Tatz (search google : Tatz prayer MP3 for the link). Its to make us realize Hashem is running the show. And, sometimes, that is enough of a zchus for us to takeh receive what we are asking for.

But in our days, it generally will come bhester.

Please, I think it would be better if you followed up with the question.

thanks,

k

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Pintele Yid - 27 Aug 2009 19:54

[Efshar Letaken wrote on 27 Aug 2009 03:41:](#)

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E.L.

Mazal Tov! Tizkeh L'gadloh L'Torah L'Chupa U'IMaasim Toivim. ;D

It .wasn't me, but I wish I could have been there. Sorry I don't know who you are. I will I"Y"H reread your posts for a clue.

Kutan - I feel like I am not capable to speak to Rav Wolfson explaining your view. I am usually nervous when I speak with him and find it hard to think straight. It will be impossible for me to
Please speak to
him yourself and let us know.

BTW, I might have gotten nailed today because I might have been too gaavidik with describing my beating the Y"H yesterday. I only slept 4 hours last night. I went to the Mikvah at 4:15 this morning and tried to learn. After 1/2 hour I was tired and couldn't concentrate very well. I put my head down a few minutes before davening and drifted off. Just when we started davening, something came up and I had to leave -only to return by laying. My davening was a disaster.

Gam Zu L'Toiva.

A very humbled,

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by kutan - 27 Aug 2009 20:07

Hey Pintele,

Don't feel bad. One day this week I overslept. Had to rush to work (I open up the place) and daven byechidus.

Another day, I couldn't find my talis/ tefilin. Needed to daven without them and put them on in the evening.

If I'd let these things get me down, I'd be a goner a long time ago.

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Pintele Yid - 27 Aug 2009 20:21

Thank you Kutan,

Rav Shlom Arush drilled it into my head that depression = Kefira, so I won't get depressed.

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 27 Aug 2009 20:53

Pintele,
Just determined

I get the same feeling when speaking to the mashgiach. But its not nearly as bad as the nervousness I'd feel speaking to Rav Pam ztl.

OK, bli neder I'll talk to him.

k

by the way, I think mutter Lach is spelled mutter luch.

:D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Will - 27 Aug 2009 21:20

This calls for extreme measures (kudos again Nezach). Im going to write "Hi Hashem!" on my hand in permanent marker. Bring on the stares.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Pintele Yid - 28 Aug 2009 01:11

Heiliga Will,

Maybe try to do it initially for the first 1/2 hour or hour of the day or any time slot you choose. Then grow from there.

Pintele Yid.

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Small steps will I"Y"H soon grow into large steps.