

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 - 31 Aug 2009 14:10

OK.

Bli Neder.

We will ask Hashem to help.

And we will track the amount of times that we ended up doing it.

And we wil not peek to see if the tefilos really worked.

That part is His business.

Will report back in the afternoon.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 31 Aug 2009 21:31

OK.

4 times total (I think)

Can't report back if they worked, either, because I honestly do not remember what the tefilos were.

The main thing is to daven. right? the details are unimportant.

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Pintele Yid - 01 Sep 2009 02:01

[kutan shel hachabura wrote on 31 Aug 2009 21:31:](#)

OK.

4 times total (I think)

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The main thing is to daven. right? the details are unimportant.

kutan

Heiliga Kutan,

You are "right on" as usual :D

But to peel the onion back an additional layer, the goal is to start **feeling** the presence of Hashem in our heart. The more short Tefilos we say throughout the day, the more aware we will be of Hashem.

Hashem should give us all Hatzlacha!

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by TrYiNg - 01 Sep 2009 08:05

Ok, I just typed a whole long reply and it got lost somplace. I asked hashem for help, but I guess he knew it would be better if I rewrite my post, and maybe think a bit more about it this time.

Hi guys, was on vaca so couldn't post. Kutan, I don't get what you were trying to bring out with your posts.

The way I think about it, it's very simple. We daven, and hashem in his infinite mercy/kindness

obliges our requests. (Unless he knows it will be better for us the other way.) Didn't R' Nachman say that if we lack something, we either didn't pray for it, or we didn't pray enough!? This is no miracle or sign. It's simple emunah. What is wrong with acknowledging it the way pintele has done?

It is not an allusion that HKBH is up there and cares for each and every one of us, he really does. Recounting specific stories, can only serve to enhance our awarness. I think the world is so crazy and in such hester punim that we may have forgotten the basics.

About having deals with hKbh and such; R' Amnon Yitzchok does so openly by his speeches. He says that if you do something for hashem, He will do something in return. Simple.

On one occasion he said these words " Do you want a deal with HKBH?". Many of you may have seen/heard the story. The guy was in a wheelchair and was unable to walk due to one foot being drastically smaller than the other. He took upon himself to better himself in a certain aspect in yiddishkeit, and some time later, his foot actually grew A FEW INCHES , to the shock of his doctors.

This story is miraculous , yet simple. Hashem is a Kol Yochol. He just wants something from us too. What is wrong with recounting such tales? It increases our emunah. Kal vchomer , small everyday miracles.

I all too often encounter people who are skeptic when they hear these wonderful stories. They say that such things don't happen in our day and age. I always have a hard time understanding these people.

What do they doubt? That the story actually happened? maybe yes or maybe not. If the story could've happened? Sure! In the 21st century, we have the same g-d who split the yam suf all those years ago...

Kutan, if I'm getting something totally wrong, pls correct me.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 01 Sep 2009 13:44

TrYiNg,

Its very good to have you back. I appreciate your direct questions.

I wish I had good answers.

With R' Amnon Yitzchok, it definitely appears that what I wrote is not compatible with what he says.

In klal yisroel there is more than one derech in avodas Hashem, and all can be true, even when they are (in this physical world to our limited sechel) mutually exclusive.

I grew up with many sefardi friends, and their emuna peshuta was admirable. It was like that of Ashkenazim of generations ago. (there is a great book called Gluckel of Hamelin, a diary written by a Jewish woman about 400 years ago, that has been preserved and translated to English. The emuna peshuta is amazing.

www.amazon.com/Memoirs-Gluckel-Hamelin/dp/0805205721

So, if someone is part of a kehila where the mehalich is that there are open nisim even today, even in everyday experiences, kol hakovod. or, better said, chazak u'baruch!

But there is also a concept that as the world progresses down the spiral of history, the open giluiim get less and less, at the end of galus.

Not just in the Jewish world. Dr. Herbert Benson is a famous cardiologist who studied meditation in the far east (he found it to be helpful for people with heart conditions) He met with monks who taught him meditation. They told him that their grandfathers were able to levitate upon intense meditation. He asked them if they could do it to. They pointed upward to a passing plane, and said that from when those things started flying, we stopped being able to levitate.

There is an amkus in this. As we 'progress' technologically, our internal powers weaken. Our memory weakens. why bother, I can Google it if needed. Our calculating abilities weaken. And our connection to reality, both inner self and outer world, and by extension, to the Divine, weaken.

So, for me, if I'm going to look for open nisim, I think I am going to be disappointed. Its not in the schedule of history.

Regarding how tefila works, please listen to the MP3 from Rabbi Tatz. there are several of his shiurim on the subject available for free on the internet:

www.archive.org/details/DrRabbiAkivaTatzCompilation109

www.simpletoremember.com/media/a/prayer/

Prayer according to him is greatly misunderstood. Please listen. I cannot summarize it without taking up a lot of time. His approach is the kabbalistic one.

Sincerely,

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Pintele Yid - 01 Sep 2009 14:35

Maybe there is an element of B'derech She'adom Roitza Laylech Molichin Oiysoi.

If you are **expecting** that Hashem will listen to your Tefilos, even in a revealed way, then you will see with your own eyes how Hashem continuously answers them. If you think for whatever reason that today, Hashem does not answer prayers in an open way, then you might not see them.

The other possibility is that since you are not expecting them to be answered in that manner, you don't realize it when they are answered.

I remember Rav Wolfson explained the sequence of the Brachos we say on the Megilla as follows:

1. Al Mikrah Megilah - You have to understand **how** to read the Megilla. If you think that the Yiden were saved because of a series of circumstances, then you might have **physically** read the Megilla, but you missed the **soul** of the Megilla, which basically is one long Hashgacha Pratis from Hashem.
2. Sheusu Nissim - Once you understand that the entire Megilla was Nissim, you can make the Bracha of Sheusu Nissim
3. Shehechyanu - Once you understood the real story of the Megilla and made the Bracha of Sheusu Nissim, you can make the Bracha of Shehechyanu, because you are Besimcha that you were able to comprehend the real story of the Megilla.

But I think this discussion is really independent to the main reason for asking Hashem many times during the day for Hatzlacha, either for something you are about to do, and or to thank him afterwards that you were able to accomplish what you did - irrespective of how well you succeeded in performing the task or how successful the outcome. The mere fact that you are talking to Hashem so many times during the day, creates this **Hiskashrus** between Hashem and you, and you really start to feel his presence.

So although the outcome of your Tefilos may not immediately show a direct correlation with you Tefilo, but the strengthened relationship that results from multiple daily conversations with Hashem is "a sure thing".

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 01 Sep 2009 15:00

Pintele,

I know Hashem listens to my tefilos. I know that they make a difference and that He answers them.

But I don't think He will make any nisim geluyim today's days.

Even chasideshe rebbe's don't seem to have the power to do mofsim today, the way they used to only 30 years ago.

The issue is not whether tefila works (although HOW it works is misunderstood... please listen to the shiur), but whether the answer will be behind the scenes (like in the megila, barrowing from your example) or bang-in-your-face.

But that reminds me. I need to work on my personal bakoshos. Bli neder.

Thanks ,

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Pintele Yid - 01 Sep 2009 15:42

Kutan,

Do you agree that multiple Tefilos result in building a very strong relationship between you and Hakadosh Baruch Hu -thus creating the possibility for Bilvavi Mishkan Evneh?

If so, then let's leave the other issue aside for now. I hope you don't mind, but if I "I"Y"H happen to "see" open Hatzlacha for things I davened for, and if I am able to, I will I"Y"H post it.

I hope the rest of the Heiliga Chabura could do the same.

I will continue with something that happened to me several years ago but still leaves an impression on me.

Before her Petira, my mother Aleha Hashalom was in Lenox Hill Hospital for several months. Almost every night, I used to run from work to the hospital. Aside from the tremendous stress of this daily stopover in Manhattan, I was really "stressed out" because almost every time I got near the hospital, it took forever to find a space. I was wasting valuable time that I can spend with my mother circling the surrounding area of the hospital. Several times, a space was taken right in front of my eyes. Several times I just couldn't take it and I parked in a lot which was a minimum of \$35. Maybe I should of always done it and I would of had Emunah that the money would be repaid but for some reason, that thought didn't cross my mind at the time.

One day, around 2-3 weeks before her Petira and it was becoming clear that she would never leave the hospital, while looking for a space I just busted. I then prayed to Hashem that I would never have another problem with a parking space. Sure enough, I found a spot right away and for the next 2-3 weeks, until my mother's Petira, **I never had a problem with a spot .**

There was one day during that stretch, that I didn't find one before I reached the hospital and when I came to the next light on Park Avenue South, I didn't know which way to turn. I opted to turn right and as soon as I turned, a car pulled out. I got the closest space possible to the hospital.

Pintele Yid

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by TrYiNg - 02 Sep 2009 08:21

Powerful, pintele.

Kutan,

I know Hashem listens to my tefilos. I know that they make a difference and that He answers them.

But I don't think He will make any nisim geluyim today's days.

No, I don't think that if you ask hashem to snow in the summer, or turn back the clock, it will happen. Jst because hashem created teva for a reason, and too much giliu would eliminate our bechira. But, holding back the rain for a few minutes, is still showing hashem's love for you, while technically being able to explain why it happened naturally.

Pintele, your right. We should focus on doing it without arguing about the results.

Ok, I'm admitting. I was really not good about it lately. When I keep myself bz, it's good so I don't have time to think about bad things. But I don't have time to think about good things either. I was on vacation,in a blissful existence , and instead of thinking about hashem more. I thought less. Sad.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 02 Sep 2009 19:46

Pintele,

What should I tell you?

Your stories are amazing.

Finding a spot near a hospital, for three weeks straight (!!!) is nothing short of a *nais nigla*. It's better than the rain story. If these things would happen to me, maybe I wouldn't be such a skeptic.

Then again, maybe if I would not be such a skeptic, these things would happen to me.

But I still have a problem with it :D

I think that what doesn't sit well with me is the attitude that Hashem should do things according to 'my' plan. Meaning change the world for me.

it seems to me to be something that *tzaddikim* have the right to do. but not *kutan*. I need to be happy and thank Hashem that the car runs, that there is a lot to park in (which I need to work on, don't get me wrong) etc.

Who said Hashem has to answer my *tefilos* by providing a free spot? Maybe He decided to have me park in the lot, and manipulates the world so that an extra \$35 floats over my way in finding a '*metzia*' (that I would have been buying anyway! :D) in a store, or earning money I would not have, etc.

I don't think that all this talk is detracting from our main project... It just keeps the subject in my mind... and I remembered to daven to Hashem for *siyata dishmaya* before I answer :D

Kutan

PS: One can still daven that Hashem should change the world, though! I asked R' Wolfson once about davening for the recovery of a person who was diagnosed with a chronic illness that has not cure at all in medical science. It seemed that it would be against the Gemara of davening for a boy/girl after 40 days from conception. He told me it is OK. He said even to daven for a boy is OK, *al pi kabala*.

I think the hesber might be that we daven not to make the thing actually happen (that is up to Hashem) but to exercise our muscles in *bitachon*, that we believe He is in control. He CAN do whatever he wants.

PPS: my internet connection was down for a day... sorry for the delay.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by TrYiNg - 03 Sep 2009 01:33

I think that what doesn't sit well with me is the attitude that Hashem should do things according to 'my' plan. Meaning change the world for me.

Hashem is a kol yochol. It is the same easy for him to change the teva as it is to maintain it.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by kutan - 03 Sep 2009 12:47

[TrYiNg wrote on 03 Sep 2009 01:33:](#)

I think that what doesn't sit well with me is the attitude that Hashem should do things according to 'my' plan. Meaning change the world for me.

Hashem is a kol yochol. It is the same easy for him to change the teva as it is to maintain it.

In theory yes. In practice too! But l'maasa, no.

He limits himself, so to speak, by our ability to receive His intervention. The sefer Nefesh Hachaim discusses this at length.

There is also a very interesting shiur from R' Tatz that discusses this topic... more than one actually. If your interested I'll give you the links.

BTW, Pintele, thanks for starting this program! I've been (slowly) inclucating it into my life, and the results are amazing.

What I find is that when I daven for something I need (like the ---fill in the blank--- I'm missing, which happens to me regularly), and then, eventually, I find it, I really appreciate that it was Hashem who made me find it, rather than 'I found it'.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 04 Sep 2009 09:42

[kutan shel hachabura wrote on 03 Sep 2009 12:47:](#)

[TrYiNg wrote on 03 Sep 2009 01:33:](#)

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There is also a very interesting shiur from R' Tatz that discusses this topic... more than one actually. If your interested I'll give you the links.

I don't understand the diff between theory/practice and l'maasa. Maybe the links will help.

BTW, Pintele, thanks for starting this program! I've been (slowly) inclucating it into my life, and the results are amazing.

What I find is that when I daven for something I need (like the ---fill in the blank--- I'm missing, which happens to me regularly), and then, eventually, I find it, I really appreciate that it was Hashem who made me find it, rather than 'I found it'.

wow. Amazing. I am so bad. It's like I have this blockage laely. I live my life as if hashem is totally out of the picture. It used ot not be this way . I don't know what to do. Could we all start posting progress EVERY DAY? Maybe that'll help me

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 04 Sep 2009 11:53

Yes. every day, bli neder.

Yesterday was an off day. No requests at all (at least that i remember doing.)

forget about the blockage. Just do it because of our program.

I will bli neder start again. first request is right now:

Hashem, please help me remember to ask you to help me throughout the day.

kutan

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