

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 TrYiNg - 15 Sep 2009 18:17

sturrle, ur good! Thats exactly how its supposed to be. I think I have to ask hashem to get me off gue and back to work! lol. Will report back at the end of the day

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 15 Sep 2009 18:38

Just having this thread and reporting back is GREAT, even if we do not actually daven.

Because it reminds us that it would be a ~~good~~ GREAT idea.

R" Reisman once explained that he made a kabala to have kavan by the 7 'al' that are listed in Nodeh Lecha in bentching.

He went for weeks without any noticable improvement.

But after going years without workin on it, its not reasonable to expect change just like that.

the main thing is to stick to the idea. keep it in mind, keep trying to try.

and then EVENTUALLY....

it shoots up.

Like the Aish bamboo video

k

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by Sturggle - 15 Sep 2009 21:11

ok, end of the day.

am i supposed to be asking these things out loud?

sometimes i only remember during an action that I want to ask for siyata dishmaya...

i just took a shower and asked Hashem for it to help me clear my mind.

but I dont if i voiced it or really thought it before the shower...

soon I'm off to bed, so there will def be a tfila there as well.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by TrYiNg - 16 Sep 2009 00:20

Kutan, ur so right. Gives me chizuk to continue even if I'm not doing much better.

Today was much better, and believe it or not right after I posted *this*;

I think I have to ask hashem to get me off gue and back to work!

Pls hashem help that I shoud be more aware of your constant presence and my actions should reflect thus .

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by kutan - 16 Sep 2009 18:57

Ok. This is kutan here talking. Don't know if Pentele would agree, but for me, NO halachos for this. Not times, not method, not content.

Gotta be spontaneous, and its OK any way it comes.

The goal is to bring Hashem into our everyday lives.

Just remembered R' A. Miller ztl, who is enjoying a lechteger Gan Eden right now as we post, used to say that when you deposit a letter into the mail box, add a short tefila that it should takeh get to its destination.

Today there was real opportunities for me to daven. I have this secretary, a spanish young lady, who all the delivery people and phone repair men and etc etc go gaga over. I'd say nebech, but kutan also did, pre GYE days. OK, I was not that overt about it (I hope), I wasn't as bad as the verizon guy who bought her lunch and then asked her out, but whats the difference. Anyway, she happens to be not so 'prust' in speech and action, but her dress is terrible... typical of her culture. So, what am I to do?

Well, baruch Hashem there is a thing called monogramed / logo shirts, I sponsered it for my place of work (not that many people here and not that expensive ... www.queensboro.com), and ordered shirts for ladies that are pretty tzniusdik (Women's Two-Ply Pima Jersey Polo). Its been great since. But today, she for whatever reason, came in with the old stuff, some low cut thing.

I put in a LOT of tefilos today, that Hashem should get me through unscarred.

Of course, thats not the goal here. Here we are working on tefilos on things we thought we did not need Hashem for.

But i needed to share it anyway.

k

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Sturggle - 16 Sep 2009 22:04

A couple of days before RH!!! >

k,

thanks for sharing. I just davened to Hashem that He should give me the koach to quickly check the forum, i.e. this thread and mine, post a quick hello and go to sleep. it is late.

just to share, last night before i went to sleep i asked for a good sleep and the strength to wake up refreshed and on time.

this morning i woke up for the selichos minyan that i've been wanting to go to all week, for the first time.

it felt good.

i put in numerous other small tefillos (and some bigger ones) throughout the day.

it's going to take some work for me to make this a real and consistent thing.

well, checking in and out...

Sturggle

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 17 Sep 2009 00:15

Your both so good.

Kutan,

Of course, thats not the goal here. Here we are working on tefilos on things we thought we did not need Hashem for.

But i needed to share it anyway.

The goal is to daven , about anything. I cant say it better than you said yourself;

The goal is to bring Hashem into our everyday lives.

My check in: I was a bit better today. I had some small tefilos here and there but none of the

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 17 Sep 2009 02:29

I am realizing that the goal is not the major tefilos, but the small tefilos on things we feel we do on our own. The goal is to bring Hashem into our mundane lives.

It is going to (it does) seem artificial at first. How long the first lasts, I have no idea. But it seems artificial.

My brain does not feel the need to ask Hashem to help me write this post. So when I do, it is more of a show, and external hollow act.

formal davening. So I don't know if thats progress or not

But as R' Miller taught me (and EVERYONE says this), the external acts will EVENTUALLY (again, no idea how long) influence my inside.

SO,

I am for keeping on plugging, if you all agree.

Anyone else interested?

Not wanting to encroach on Taking Attendance, we are stil interested in forming a minyan :D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 18 Sep 2009 18:02

Hey, we cant let this slip onto page 2.

Today was MUCH better. I asked hashem for his assistance dozens of times during the day.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 18 Sep 2009 18:05

chasei Hashem

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And he came through, each time! Made me feel that much more connected. Gut Yom tov

Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 18 Sep 2009 18:23

Ki ...lo cholu rachamov ;D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 21 Sep 2009 12:11

Aseres Yimai Teshuva...

The Gemara says that NOW is the time that teshuva is accepted. The rest of the year, it needs to wait... (unless part of a tzibur).

Teshuva means getting close to Hashem.

Davening to Him is a wonderful way to facilitate that.

So today, Kutan, you need to daven on a regular basis. Hashem, help me finish davening with kavana (needed to leave shul early to get to work). Hashem, help me function properly. Help me say the right thing. Hashem, help me with the decisions I'll be doing today. Help me with the conversations I'll be having.

Hashem, you are the MASTER and in control. Please help your small servant kutan.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by kutan - 21 Sep 2009 20:56

OK.

So I davened today.

At least, a little more than usual.

Felt cold as anything. No feeling. Empty words. :(

Too bad, kutan. You need to keep it up anyway. ???

That is why we are here. The results are up to Hashem.

We need to do our part. :-X

OK. So we are going to continue bli neder. :D

As dessert, we are quoting a vort R' Wolfson spoke about this RH.

At neilas Hachag, one of the things he said was:

If someone feels down, that he wished to reach hights in his RH davening, and it passed by and he didn't feel anything.....:

A mashul. There was a rich man who lost it all. He walks into the town's tzedaka office, still dressed as a rich man. Well, he needs to do some heavy explaining before he walks out with something.

But the poor begger, dressed shabbily, walks in, and they just look at him and understand.

Dovid said 've-ani tefila', I am the tefila.

In past generations, the tefilos needed to accomplish. They needed to be filled with concentration, with meditation, with awe, with love.

But today, we are so downtrodden and shabby, such weak neshamos, that we just show up, and say the words, and try the best we can... that alone is enough, because we ourselves are the tefilos! we are in such a sorry spiritual state, that Hashem cannot help but have rachmonus on us!

:D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 22 Sep 2009 05:57

wow. So true.

hope I can keep it up, and get better. PLS

HASHEM!

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