

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 - 23 Sep 2009 05:39

I hope hashem, does/*could* love it when
we praise him.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by Sturggle - 23 Sep 2009 06:14

hey k and t and anyone else who is visiting us here.

ive been thinking about these tefillos a bit. i am not giving up, but i have some questions.

these are thoughts ive had before, and im curious to know what you think and anyone else can feel free to chime in.

you see, i was thinking while davening on R"H that I can daven for plenty, but how many zchuyos do I have?

Do I really want HKB"H to grant me all these little things? Am I deserving of them? Honestly, I may not be.

Our forefathers at numerous times expressed fear or concern, because they thought they might not have zchuyos left.

Who am I to be asking HKB"H for so much so many times?

Also, do I know what's good for me?

HKB"H knows what's good for me. Maybe it's supposed to rain on my head and I am supposed to get drenched for some reason I may never understand. Maybe I'm not supposed to get this job. I feel and think that it might be more appropriate for me to turn to HKB"H and ask for whatever He knows is best for me. I don't want to sound haughty and make like I'm the one who knows exactly what I need and what is good for me.

All that being said, last night before I went to sleep, I was so ready to act out and I was going to run back to my computer to post, but I really needed some sleep and I could also turn to HKB"H, so I did. I asked to fall asleep quickly and to wake up for slichos, which I did. I didn't even know what time the minyan was starting and I got there on time. They went a little too quickly for me, which is frustrating, especially since I was in a yeshiva minyan just yesterday. I did get there

(that's a figure of speech for anyone who doesn't chop,

clearly I don't think Gd is a man, we are created b'tzelem Elokim, though...)

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by TrYiNg - 23 Sep 2009 06:26

Sturrlge, I think 7up answered your question today on a diff thread. I'm gonna look for it.

Basically , if this would wrk on zchusim, I wouldn't be alive today, I think. Everything hashem and more... Do you think I can ever repay? Never. He just gives me all these things cuz he loves me . So , when I daven I tell him , that I know I dont deserve it at all, but can he give me a matnas chinom? Just cuz hes my father and he loves me..no other reason.

Also, do I know what's good for me?

I think we actually dont. How can we? Its seems like the correct thing to do is to ask for whatever is good for me right now. But I always add, that not only should it be good in gds eyes. But in my eyes too. Im not an angel. I cant know everything. I want to see its good now. This reminds me of a vort I heard on RH. Why do we say Lshana *tova umesuka*? It would seem repetitive. Isn't good, sweet? But in reality, EVERYTHING is good. Every single thing hashem does is l'tovah. Yet, Imaaseh, we don't see it. So we ask that we should have a not only 'good' does is chesed. Just living , breathing, giving me enough food, a job, a family ,a gue family year, but 'sweet' too.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence

Posted by Sturggle - 23 Sep 2009 06:33

[TrYiNg wrote on 23 Sep 2009 06:26:](#)

Sturrlge

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by kutan - 23 Sep 2009 15:49

[sturggle wrote on 23 Sep 2009 06:14:](#)

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Sturggle (;D), you are touching on the most basic questions of tefila.

The purpose of tefila is to bring us close to Hashem. Whenever we ask for something, it is with the understanding that if He does not want it, we will not get it. The purpose of tefila is not to 'get it', it is to make us realize that it comes from Him.

The world has laws of nature that mask the Creator, at the very same time that they show Him. The purpose of tefila is to get past the mask part.

Think of it simply as the first form of hishtadlus. For some big tzadikim, this might be the ONLY form of hishtadlus to make. For us, it is usually not enough. But it is critical for us, to make us realize that our hishtadlus is just that, and that it all comes from Him.

We are not TELLING, we are not NAGGING. We are describing what we would like, and recognizing that He is the one who can give it to us.

Let's add some additional questions:

How does tefila work? Hashem, who is our loving father, surely wishes to give to us what we need. And if he does not give us something, likely He understands that we would not REALLY benefit from it. If so, then what is the point of tefila? To convince Him that we really DO need it? LOL.

Tefila is called avoda, and is in the place of karbanos. But avoda and sacrifices are giving, and tefila seems to be a shopping list of things we are asking for. What type of 'service' is that?

The source for the halachos of tefila comes from Chana (Haftora day 1 RH). Why is a woman the source of tefila?

Why is there a set list of bakashos, why don't we ask for what WE want?

There are different mehalchim, of course, but the one that speaks to me is based on mystical sources. I don't know the sources, I've heard the information from R' Yaakov Hillel, and R' Akiva Tatz.

The answer is that the purpose of tefila is to change **OURSELVES**, not Hashem. And there is no better way of changing a person then through what he wants.

You ARE what you want.

Its called your ratzon, and that is the source for all the decisions and actions you take.

So chazal gave us a preset list of bakashos. They want us to ask Hashem for THESE things, because they knew that these things are what we need to perfect our ratzon.

It gets deeper.

The prime benefit of tefila, according to the Nefesh Hachayim, is to ask for these things FOR HASHEM.

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We want these things so that we can serve Hashem.

We start shmona esrai as a servant approaching his Master, and saying I'd like to have these things to be able to do my job, for YOU.

I know it sound high, not something for little us. Maybe it isn't. But it IS the ultimate goal, and knowing that may help us do it, at least sometime.

Because THAT is the meaning of **ovodah** shebelaiv zu tefila. The service is training ourselves to want to serve Hashem. To want to serve Hashem with daas, with teshuva, with selicha, with geula, with refua, with parnasa, with kibutz galius...etc.

To practice wanting these things so that we can better serve HIM.

This is the sacrifice that we are making. We are giving up our petty, mundane concerns.

Ever watch ants scurry around, busy busy, but only filling their minds with with their little world... to them this is the entire universe. This is all that counts. Well, people that live life day to day, the way many of the world do, are just enlarged ants (this came from R' Quinn, who learned it from R' Shraga Feivel)

We are connecting to Hashem and saying we want to be part of **His** ant colony.

A proper tefila helps us get what we are asking for, because it changes US, not HIM. We become worthy of it through tefila.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Sturggle - 24 Sep 2009 10:40

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I hear your points and you make good ones.

Is it weird that I feel bad asking HKB"H for something?

I mean, that's just what it is.

I know to ask to be close to Him.

I know to ask for Him to give me what is good for Him.

I just don't know what any of that is and I dare not play guessing games.

Does this make any sense? ???

I got home very late last night and I was very tired and had not davened maariv yet. I asked HKB"H to help me daven, which I didn't do so well, and go straight to sleep w/o "checking" the GYE forum, cause we all know what that leads to...

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by kutan - 24 Sep 2009 12:23

Sturggle,

Thanks for the promotions to Big K, but it is not deserved... I did not create the post above, I was just sharing what I heard!

Davening for Hashem's sake is of course a madreiga, and it does not mean we need to be up to it at the moment. It just is helpful to know in what direction one is expected to go. And then, sometimes, when there is a siyata dishmaya, Hashem gives us a present and we can taste what it is like.

Regarding your questions, which I really did not address properly....

Asking things from Hashem is not like a child nudging a parent. Can I have a (fill-in-the-name-of-the-toy-that-is-currently-in-rage). Can I have a (ditto). I *really* want a (ditto).

That type of asking is selfish.

We ask as a form of submission. It is a meditative activity that brings us back into focus as to where the things we want really come from.

This is the simplest level of tefila, it is the aleph beis. This is what tefila is.

So, the more the merrier. A father would not mind at all if a son came and humbly said, you give me everything. You give me my entire existence, my place of dwelling, you protect and save me, I am completely dependent on you. It happens that at the moment I would like (ditto). If you see fit, would you please grant it to me?

and then end with praises...

R' Tatz related a story of a women who went to a renowned gadol to ask for a yeshua for her very sick child.

He first asked her, tell me, if you knew for sure that it is Hashem's will to have this child taken from the world, could you make peace with that?

And after much introspection, she honestly said, yes.

Well, he answered, now we can start davening.

In other words, we are not "telling" Hashem we want this and this. We **must** have it. (you sometimes see people davening with extreme shuckeling, eyes tightly shut, fists clenched... can't say for sure, but they might be doing just that... erroneously) We are saying that we are submitting ourselves to HIM, because we know He is in charge of all, and therefore requesting of Him the following. It is a complete exercise in HUMILITY. It is not an exercise for a trial lawyer!

And regarding knowing what is good for us, you are right on the mark on that.

R' Pam would often say that one should not daven for a specific outcome, but rather for 'success' in a specific endeavor... and leave it to Hashem to decide what success really is. I remember distinctly at the begining of the Iraq war, he said not to daven, for example, for the downfall of Saddam Hussein specifically, but that the war effort should be matzliach.

Of course, there are many specific things that we can daven for, such as Hashem, please grant me a safe trip to work.

and so on.

and if you don't mind, I'm going back to kutan. the big K is making it hard for me to daven properly.

:D

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by Sturggle - 24 Sep 2009 12:29

ok, k, you made me chuckle.

thanks for your responses.

i think ill write some more responses later.

want to process a bit.

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense
Posted by TrYiNg - 24 Sep 2009 12:40

Sturggle, I'm not sure I understand your question. Hashem doesn't work harder when he gives you something, its all the same for him. So why do you feel bad? Besides, sometimes we don't get certain things , precisely because hashem wants us to ask for it. There is nothing sweeter to hashem than hearing his children call out to him.

Kutan, beautiful, thanks for your post.

The prime benefit of tefila, according to the Nefesh Hachayim, is to ask for these things FOR HASHEM.

We want these things so that we can serve Hashem.

We start shmona esrai as a servant approaching his Master, and saying I'd like to have these things to be able to do my job, for YOU.

I know it sound high, not something for little us. Maybe it isn't. But it IS the ultimate goal, and knowing that may help us do it, at least sometime.

But, we truly want these things for hashem. Nothing high about it. Think about it , isn't it what we care about most? Isn't this whole struggle about him?

with daas, with teshuva, with selicha, with geula, with refua, with parnasa, with kibutz galius...etc

what else do we need these things or anything for?

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by kutan - 25 Sep 2009 17:56

The issue of wanting all this so that we can serve him... is DEEP.

There are two wantings... in the mind and in the heart.

The two are separated by the throat area.

The throat area has the oref... as in 'am kshai oref'.... which prevents the brain from influencing the heart... unless there is a lot of work put in.

The goal of tefila, and this is a life long process, no short cuts here, is to create a razton (a magic word... the source or m'kor for everything that we do) to serve Hashem, with our HEARTS.

it is an 'avoda sh'b'lev'

and the way is through meditation with our minds, and humbleness, standing like an eved in front of his master (pre-Lincoln days). See the Biur Halacha in the Mishna Brura that suggests that missing this attitude is me'akev in the whole davening!

Knowing with the heart means it is instinctive. Its like the story of R' Moshe ztl not crying out in pain when someone slammed the door on his finger, so as not to embarrass that person. It was not a calculated decision it was instinct.

That is Ratzon.

All this said and done, I need to report that I forgot about this whole thread completely today.

V'ata v'ata v'ata. Need to start NOW.

Gut Shabbos all...

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by kutan - 29 Sep 2009 13:08

;D

;DYom Kippur ;D

;D

I love Yom Kippur.

Interesting thing is that I've never felt so clean like after this Yom Kippur, and I also find that starting after YK my sensitivity to lust has heightened.

But being a talmid of Dov, I am not trying to figure it out.

Just keep asking Him for his handouts.

And he is still giving them, bH!

Bl'n, we will resume asking Hashem for 'pashute' things throughout the day.

kutan

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essence
Posted by bardichev - 29 Sep 2009 16:09

I love Yom Kippur.

Interesting thing is that I've never felt so clean like after this Yom Kippur, and I also find that starting after YK my sensitivity to lust has heightened.

you are more sensitive because you are clean thats good keep it uppppppp

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Re: Bilvovi Mishkan Evneh - Bringing Hashem into Your Essense

Posted by nishmas - 29 Sep 2009 19:32

Kutan,

You say, "Interesting thing is that I've never felt so clean like after this Yom Kippur, and I also find that starting after YK my sensitivity to lust has heightened."

I have the same feeling. I think that the the seriousness and "burden" (it was a good burden) of the Yomim Noraim made me more alert and in constant attack mode against the Y"H, and now I feel a little more relaxed, which makes it harder to fight.

Does anyone have any songs they can post? I find that when I listen to some of the songs that were posted in the past (both the freilach tunes as well as slower moving tunes), it helps me.

Nishmas

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