



Bikur Cholim Conference 5768
The Master of Prayer (inspired by the Stories and Lessons of Rebbe Nachman of Breslev(1772-1810)

Strategies and Techniques for Mastering Uniquely Jewish Spiritual Tools for the Bikur Cholim Encounter.

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I. Sources –What are the traditional required elements of the Bikur Cholim visit according to Shulchan Aruch? (Yoreh Deah Ch.335)

- 1. Bikur Cholim (Visiting the Sick) as a way of honoring each person’s unique journey (Talmud Bava Metziah 30b) “V’halacta b’drachav” To journey in G-d’s path is a biblical source for this mitzvah (“Ask...What has been your journey?”)**
- 2. The obligation to pray when visiting the sick Shulchan Aruch Yore Deah, 335:3-6). “To be included among the other sick of Israel.” What about praying for the end of the suffering patients life?**
- 3. The Shechina (Divine Presence) at the bedside. Psalms 41;4 Eres D’vai (Shabbat 12b).**
- 4. Spontaneous Jewish Prayer - Hisbodesus– personal, simple prayer in one’s own spoken language; a major part of Rabbi Nachman’s Hassidic practice. –Maimonides on “Original” prayer**
- 5. The Story of Baal tefilah (Master of Prayer)-from Rebbe Nachman’s Stories**
- 6. Reflecting the Face of the Tzaddik (Rebbe Nosson of Breslev – Likkutey Halachot Hashkamat Boker 4;14 re G-d’s visit to Abraham). The light in Noah’s Ark - The Tzaddik’s light.Likkutey Moharan 1-35 Other images-The light of Sinai, the burning bush, the Temple in Jerusalem all channeled into the crown of one’s head – the connection point to our souls.The Chanukah candles the Light of Noahs Ark**



Likutei Halachot (Reb Nosson Laws of Chanukah Ch.6)

7. The Tikun Klali - The Ten Psalms Healing and Spiritual Repair. (Psalms 16,32,41,42,59,77,90,105,137,150) Revealed by Rabbi Nachman (Likkutei Moharan I 205) as a general remedy to all spiritual “illness” and particularly sexual impurity and addiction. Rav Nachman promised that anyone who visited his gravesite in Uman in the Southern Ukraine and recited these ten Psalms and gave some charity, that his soul would cleave to that person until they effected a complete tshuvah (repentance and spiritual repair) even to the extent of pulling that persons soul from gehennom (purgatory) “by their earlocks”. (Other recommended healing Psalms are: 3,6,13,20,23,30,38,41,121)

II.”Soul-full Prayer”

- 1.Using standard prayers...the Misheberach, Shema, Tehillim, and the Viduy.
- 2.How to engage the patient...Issues in Visitation and Prayer.
- 3.Enrolling others to pray...the Rabbi...the Synagogue, Bikur Cholim groups.
- 4.My journey Elul 5768 to Volodnik(Tiferes Israel),Mezbuz,9the baal shem)berditchev(reb levi yitzchok) and Uman (Rebbe Nachman)

III.Summary: A Simple Approach to Jewish Pastoral Prayer

- Request permission to enter patients “space”.
 - Inquire about the patient’s well-being and needs.
 - Ask patient and family, “What shall we pray for?”
 - Offer both traditional and original composed prayers
 - Be a prayer voice to wishes of patient and family.
- See oneself connected to the shechina above the bedside. Reflect the “Face of the Tzaddik”

Use the Kabalistic Archetypes from the Master of Prayer to create a profound healing encounter.

Role Playing and Discussion

Q and A