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You may have heard about *hisbodedus* before and you may have read about it in other places, but in this *sefer*, you will study it as never before, seeing it in an entirely new light. This is a *sefer* that spans the fundamentals of religious Jewish life, of our values, of how we can reach our purpose on this world that we were created for, of how we can use the soul and all its powers to reach our desired purpose. Throughout this *sefer*, you will encounter three general levels, alternating back and forth between them as you advance.

The first level can be called “**Self**”, where you connect to your soul, via the five layers of the soul: *Nefesh, Ruach, Neshamah, Chayah, and Yechidah*. At this first stage, you are learning about yourself, the different parts that are in you, and in turn you become more connected with your true self. Ultimately, by connecting to your true self, you can connect your being with Hashem, and that should be your underlying motivation. But in this stage, you are mainly involved with simply getting in touch with your self, with your soul.

The second level can be called “**Bonding.**” These parts explain how to utilize your soul with its five layers to develop your relationship with Hashem.

The third level can be called “**The Level Beyond.**” It can be described as a non-ego state, in which you “let go” of your sense of self.

We present the English adaptation of this special and holy *sefer*, with a *tefillah* to Hashem that the study of this *sefer* will bring us closer to ourselves, and to Hashem - each on our own level.

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