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[Home](#) > Testimony - 001 In Appreciation of Bilvavi Part One

Testimony - 001 In Appreciation of Bilvavi Part One

Thank you very much for the free copy of the first part of Bilvavi Mishkan Evneh.

I read it some time ago, when I first came to Yeshiva. The title caught my attention since I came from a background of yoga and meditation where building the heart is very important. So I was curious to know how would the Torah approach to it would be. The book helped me to feel Hashem as a presence which is constant in my life. And I have been integrating some of the exercises into my daily life. Especially talking to Him and thanking for everything that happens. It helped me be aware and raise consciousness when I arrived to a new place, and understand that is all acts of Him. I also set a sort of automatic association to every time an alarm sounded, I would think He is there. It has been nonetheless decreasing because my life is quite a routine therefore thanking Him for bringing me from the Beit Hamidrash to the Dorms and back has turned into somewhat an automatic thing, not necessarily filled with a feeling of Dveikut.

In fact, when I used to spend a long time meditating throughout the day, I would feel very present and conscious, but I would lack a focus and did not know that it was, in fact, Him! So, the most important complement I received from the book was directing all my previous effort and internal work to God. BH, thank you. Nonetheless, it is important to share that my experience in Yeshiva it's been of a decreasing feeling of the presence of Hashem. Feeling Dveikut requires effort and internal work: studying at Yeshiva requires a lot of externally directed attention (Books, Jevrtuta's and so on) and therefore it is not a conducive atmosphere for that kind of work.

Finally, regarding the writing of the book itself. I found it somewhat repetitive. Although I understand the importance of being clear with transmitting a message of delicate matters, some of the paragraphs seemed not to add much newness. I decided to write this paragraph, because I spoke to someone else about this book, who had also read it, and he agreed with this point as well. [1]

I hope this brief feedback serves useful. I would be happy to continue expanding on my experience with the book and even collaborating to further writing as I can contribute a focus of a different perspective.

Thank you again,
Tizke Le-Mitzvot

[1] Editor's Note: All the repetitions in the Rav's *sefarim* are on purpose to "drive home the point."

Source: <http://bilvavi.net/english/testimony-001-appreciation-bilvavi-part-one>