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בלבבי חלק ה - עמ' שלו "דרך להשיב דברים מן השכל אל הלב"

In order to internalize a matter – in other words, if we want our mind’s knowledge to settle into our heart, as it is written *“And you shall know today, and you shall return the matter to your heart”* – first we need to acquire the knowledge about the matter, and after that, we can begin to internalize it in the heart.

How can we internalize our mind’s knowledge? The way is to **repeat** something – the **brief** description of a matter [as opposed to exploring the matter in-depth] - again and again, for thousands and even **hundreds of thousands** of times. It can be a **constant repetition** of just one fact, again and again.

This is a method that is tried and tested.

If someone possesses strong mental capabilities, he can do this constant repetition even **mentally**, but if he can’t do this, then there are two alternate methods he can try: 1) Either review a matter many times **verbally**, 2) Or review a matter many times by constantly **writing** it down.

Source: <https://bilvavi.net/english/bilvavi-part-5-337-how-internalize-something-you-know>