



## Institute for Jewish Spirituality

# The Prayer Project

## Prayer as Practice

Hitbodedut: Cultivating Spontaneous Conversations with God  
Taught by Rabbi David Jaffe and facilitated by Rabbi Susan Leider

Sunday, October 21 - Friday, November 16  
This online course is for Kol Shofar members only.

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According to Rebbe Nachman of Breslov, hitbodedut - talking spontaneously with God - every day is the most powerful path to spiritual growth. Over these four weeks we will try out this potent practice, starting with small amounts of time and building each week. Daily assignments will explore preparing to speak, setting intentions, time and space for practice and closing a session. We will address what it means to have a conversation when you are not sure to whom you are speaking or if there is any conversation partner at all! Related practices will include turning Torah into Prayer, a particular technique for connecting the mind and the heart to transform action. A month of hitbodedut has the power to open the heart, clarify priorities, increase awareness of our soul's desire and strengthen our connection with God. Hitbodedut is not designed to take the place of liturgical prayer but it can have a profound influence on the quality of our more formal prayer lives.





Rabbi David Jaffe is the Founder and Principal of The Kirva Institute, dedicated to bringing people into closer, healthier relationships with others, themselves and God for the sake of the repair of the world. He is the author of *Changing the World from the Inside Out*, Winner of the 2016 National Jewish Book Award for Contemporary Jewish Life and Practice.

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### Course Requirements:

Watch teaching video and read brief lesson on Sundays; set aside 20 minutes to practice Monday-Friday; post in online discussion forum in response to weekly reflection questions; participate in live, weekly processing group with Rabbi Leider.

This course is taught through online, interactive ZOOM sessions.  
For questions or to enroll, please email Dawn at [Dcastelli@kolshofar.org](mailto:Dcastelli@kolshofar.org)

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**for more information visit:**  
**[www.kolshofar.org/center-for-jewish-spirituality/](http://www.kolshofar.org/center-for-jewish-spirituality/)**

