

Bilvavi Summary / Avodah Sheet

This is not in place of learning the actual sefer, which itself must be read very slowly and carefully with many breaks for hitbonenut and integration and a commitment to taking at least several years (but really your whole life) to do the actual avodah as he says, with a cheshbon hanefesh chart.

Section One: Clarifying the Purpose of Life

Num	Idea	Musshel / Quote / Thought	Avodah - See chart at end
1 - 5	You have to identify the purpose of life. What does Hashem want from us? Have to yearn and work hard for it. Mitzvahs are not unrelated entities, build a structure The deep ratzon is the starting point. The reason you are alive is Only for serving Hashem. Must live with this, always be conscious of it. Adapt all thought emotions and action to attain this - consistently with no distractions.		(DB - work on developing deep ratzon)
6	Not just intellectual knowledge.	If you knew this deeply, your whole life would change	Note in pocket - look at it every 15 minutes
7 - 16	Whole purpose is closeness, perfection is dveikus. Only the time during which you consciously recall the purpose of life, you are called alive. Alive = awareness of H. Not just a slogan or piece of info - is the reality of life. Mitzvot (and everything we do) the goal is to feel connected. Torah is the ultimate power tool. Have to have absolute clarity of purpose and work to actualise it. Everyone equal - simple man/sage	Fall off cliff, grab onto tree - must cling on, your very life depends on this! Your life depends on consciously remembering what your purpose is. Don't miss forest (ultimate goal of dveikus) for the trees (individual mitzvahs)	
17 - 18	Just doing mitzvahs is not enough. Doesn't automatically connect you. Must do them in a way that actually makes us feel dveikus.	Can put on tallis everyday and never feel more connected to Hashem	
19 - 25	Purpose is to literally sense Hashem in our hearts at all times. Have to clarify what closeness is. Torah and mitzvahs not the main thing - they are meant to be leading us to an experience. Make vessel for Hashem's light in soul/heart.	Should be willing to give all our money to understand this. If we don't know this, not just missing a little detail, it's the whole essence.	
25 - 37	Closeness - Hashem is close spatially (He's everywhere) and familiarly (He's our loving father). So really means SENSING the closeness that already exists. Live and breathe this at all times - in everything we do.	Hashem is so close, even takes up the same space as us!	
38 - 40	Not a minor detail, it's your whole life and you have to daven to really want it! Complete consciousness shift, conscious, clear and always aware and internalise that whole life is ONLY for dveikus	Next world the language is dveikus. If you don't learn the language here, won't chup anything there. Will still yearn for Olam Hazeah after you die!	
41-43	Need a path. Doesn't come automatically from doing mitzvahs. Mitzvahs can't be disconnected	Jew is full of mitvahs k'rimon seeds - which aren't connected to each other!	Honestly contemplate how much your Torah and mitzvahs

	acts. Need a system and inner element that unifies everything - dveikus.		bring you to dveikus. Examine how genuine and effective your path is. Beseech Hashem to help.
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Section Two: Belief in the Creator

Num	Idea	Musshel / Quote / Thought	Avodah
44 - 47	Purpose, obligation and soul aspiration, only closeness. Be very very pashut. Starting point is a clear and simple awareness that there is a creator - yesh borei l'olam Don't think you chupped it already, takes work Is this a fact you know, or does it grip your mind and heart? In order to be close to something you must first know/sense it exists - can then work on closeness.	Two guys know that Chayim won the lottery. One is Chayim himself, the other is Fred. Have the same info, but for one it grips their mind and consciousness and heart, for the other it's just info. This is not background knowledge, it's the driving force of life	
48 - 58	Chochma -know the fact Bina - understand it well Daas - connected, attached, engaged with it First step is RATZON to live every moment with daas - be firmly attached to this thought at all times. The more you think about Hashem here, the more you enjoy olam haba. The yetzer hara gets you caught up with externals. Can even do mitzvahs, learn Torah without Hashem - if done with daas, will bear fruit. Thoughts trickle into your heart and build vitality. Tamu U'Rau Ki Tov Hashem - in your heart.	Living with this simple awareness puts you in a completely different world. Will have inner serenity and focused purpose. Will be living with the creator! Should be prepared to give all your money just for this simple awareness. Biggest pain for soul is when it realises what it could have achieved in olam hazeh, but didn't. (The Vilna Gaon)	
59 - 66	Realise whole life is just for Hashem. Will be obstacles, takes many years. Take small steps and don't despair. Live with the most basic, primary, fundamental thought - YESH BOREI L'OLAM Remove foreskin of heart with repetition of simple thought	There is no alternative (to putting in the effort and sacrifice to achieve this purpose) NOTHING ELSE is worthwhile This is the whole and only reason you are alive. Rabbi Akiva drip of water.	Wake up Yesh borei l'olam as your first thought. Who woke me up? YOU! What for? To serve you! On way to shul - Who am I going to daven to? YOU! Walk around with simple thought - yesh borei l'olam. Repeat many, many, many times Devise external reminders -once an hour, then increase.

Section three: Man and his Creator

Num	Idea	Musshel / Quote / Thought	Avodah
67 - 79	Up til now, maintain in mind that there is a creator, do your part and Hashem will help. Next stage: Know that everything that exists was created by Hashem, especially that He created you. We all have some doubt (Pharoah) about the fact that Hashem created everything including us. This is simple, you think you know, but you don't. All spiritual deficiencies come from lack of daas that Hashem created you. Because of this, soul lacks light. If you knew this with emuna chushit, Torah and mitzvahs would be strong, and wouldn't do aveiras.	Chofetz Chayim used to review first few pasukim of Bereishit over and over again - just to remind himself of basic fact that Hashem created everything. Not sophisticated - very pashut.	Daven for help in doing the avodah Repetitive thoughts and speech about emuna
80 -	When you want to instill a concept in your heart	AVODAH:	<u>Avodah cont:</u>

86	must be in the form of question and answer - to give a space for your Pharaoh to be expressed. Father (intellect) teaches son (heart) Don't advance too quickly, need prior stage firmly established in your heart. Can't miss a rung of the ladder. Should do this avodah until everything screams out at you "I am a creation of Hashem!" Just remember - whole purpose is deveikus and nothing else.	The Torah says you created the world. You and none other created every single thing. <u>Say this thousands of times.</u> Then q and a: What did You create? The heavens and earth. Point to sky: Who created the heavens? You and none other chas vshalom Point to earth: Who created earth? You and none other. Was this created by itself? Chas v'shalom! You created it. Who created light? You! Go through everything. <u>Start with a few minutes - build up to half an hour a day.</u>	Know that everything was created by Hashem, then focus on yourself - each limb. All avodah has two parts: a) fixed time for hitbonenut contemplation b) remember the point every half hour
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Section Four: Hashgacha Pratis

Num	Idea	Musshel / Quote / Thought	Avodah
87 - 107	Hashem never stops guiding the world. People think they need Hashem's help in big things - buying house, getting married, but not small ones - buying a table or tin of tuna. Truth is Hashem decides which table you get and which tin of tuna you 'choose.' Every minor detail of daily life depends on Hashem - apart from YIRAH. V'yadata hayom, v'hashvota al levavecha Takes a) Hitbonenut plus remembering throughout the day. b) Speaking about it all the time Go shopping with Hashem and this consciousness you make a physical and spiritual acquisition!	Remember a) He exists b) He is the Creator c) He created everything including me d) He is involved in every detail Very simple avodah, effects the deepest recesses of your heart. Yetzer hara teases you and gets bored of this avodah. Keep going! Hashem is called hidden. Where is He hiding? In your heart. Reveal Him there through pshitut and temimut d'kedusha	Avodah: Think before everything you do and then say - Ribbono shel Olam, I feel that I am choosing/in control, but I know really You are. I'm going to go shopping and 'choose' but I know it's really You. Why did I take this tin of tuna and not a different one? It was all from You. Take (an hour) exercise: Who chose my house, wife, chair, fridge, - seems as though I chose/control, but that isn't true. Only You control everything (apart from Yirah).
108 - 124	You want to check your emuna, check your anger (DB- and worry, envy). To the extent you have emuna you won't have anger All tikkun hamiddot is talui on bringing Hashem into the picture Know there is no bad and nothing lacking. When life is just stam - and your head and kal v'chomer your heart don't chup that everything is from Hashem, things are hard when they go wrong. When you realise everything comes from Hashem who loves you, never cause for anger. Nothing is poge'a becha. If you chup this, not only will you never be angry - you'll be marmish b'simcha - smeichim b'yisurim.	What makes anger? Anything that goes against your ratzon - teva or kavod Everything, even things that come from people comes straight from Hashem. All our dealings are straight with Hashem - don't pay attention to the emtzayim (dog and stick, Bilaam and she-donkey, shimi ben gera, yosef and brothers). Know and feel: 1. Only Hashem controls everything 2. Hashem loves you alot 3. Hashem knows what best for you 4. This is the only way it could be best for you	In car - who gave me this car? Hashem! How does the car have strength to go? Hashem! Puncture happens: Who made puncture? Hashem! Because He loves or hates me? He loves me! Know and feel: 1. Only Hashem controls everything 2. Hashem loves you alot 3. Hashem knows what best for you 4. This is the only way it could be best for you Need hitbonenut harbei on these four points and speaking about it over and over during the day..

Num	Idea	Musshel / Quote / Thought	Avodah
125 - 129	You can see the world on an external level - domem, tzomeach, chai, medaber (mi she nivra ha'olam) or an internal level - everything is under hashgacha (ad she'lo nivra ha'olam). It's a whole new form of life/existence for you - EVERYTHING you see and engage with is just H Don't look at creations as things in themselves - they only have value to the extent they reveal Elokut. Any other value is only in Alma D'Shikra Creation is either a mechtiza or reveals Him, mitkarev and mitdabek to Him through it. Can connect through everything, whatever form - bchol derachecha deahu Deah = chibur	Domem isn't an independent thing - see Hashem in everything. D, Tz, Ch, M are just clothes of Hashem Look passed the clothes to the wearer (DB -coat sleeves move up and down, really the arms of the wearer). Let go of what your eyes see - see pnimius (DB - Lekutei Mohoran 1)	
130 - 138	From here can enter the world of Tefillah- not just three times a day, every second, or at least every 15 minutes - it is our life, constant and consistent. Remember Hashem all day, only address for needs, all success comes from Hashem. The actual point of tefillah is not to get things - it is dveikus. Don't get caught up in what you are davening for, rather in speaking to Hashem. Talk in second or third person. Second better - have to feel Hashem is marmish marmish standing over you. Talk to Him like a friend who is right there.	Lishpoch siach m'umka d'liba	Talk to Hashem constantly - no way to buy table - please help me get the right one, guard my eyes, travel easily. Go to daven - please help me concentrate, study Torah please help me understand. Constant conversation.

Section Five: Yirah

Num	Idea	Musshel / Quote / Thought	Avodah
139 - 148	The foundation of building a mensch is Yiras HaOnesh! Yirah Tata. Two types of onesh - in this world and in Gehenom. Did Hashem create onesh to hurt or help us? Everything to help create kirvah. Sin creates barrier, onesh removes it. Onesh comes from Hashem's love. The point of Yirah, like everything else, is kirvat Elokim, so should have fear, but remember it's for our best. Onesh is just meant to be a deterrent. Yirah is meant to create closeness not worry Yirah is marmish a mitzvah, connection point to Hashem. Rejoice in your suffering - (yoma 23a) because it brings to ahava, dveikus, simcha.	Main hishtadlus in all avodah is begging Hashem for help. State your reasons, difficulties and hopes. No chance without this! Different avodah at different times. In times of growth are Yiras HaRomemus, Ahava. Times of regression - Yiras HaOnesh. Don't mix avodah. When working on yirah, stick with that. Yiras HaOnesh should bring simcha - gilul biradah. Rav Shach - simcha in gehenom.	Use imagination - koach hatziyor - to imagine onesh in this world and Gehenom. Ask: Who created Gehenom? HKBH! Who punishes in Gehenom? HKBH For my good? Of course! Read: Gehenom/Chibat HaKever in Reishis Chochmah Minchas Yehudah - HaRuachos Mesapros by HaRav Yehudah Fetaya Daven: Pour out your heart to Hashem to help you get Yirah. State reasons, difficulties and hopes. See all the suffering around you. Shabbos 55a - no suffering without sin. Inner dialogue: If I steal this I will get punished.
149 - 150	Five levels of yirah Yiras HaOnesh: suffering and punishment		Yiras HaShleimus: Must yearn for dveikus, at which point will develop

	Yiras HaKavod: Embarrassment Yiras HaShleimus: Lack dveikus (lose the reward?) Yiras HaRomemus: Worried that his mitzvah aren't good so take away from honour of the King Yiras HaChet: Worried that anything he does could take away the honour of the King		fear of not having it
151-157 Ratzon	Your heart has many desires - have to reach the place where you only have one desire - deveikus. RATZON is the foundation of the whole building. The more you yearn for dveikus, the more you fear sin (DB- and chase Torah and mitzvahs). Once you have strong ratzon, nothing can get in your way How? Zohar says Body covers up the natural ratzon of the soul. The body must be 'struck!' But self-affliction and fasting is not relevant to most people now days. A real eved Hashem wastes no time. His whole being is Torah, Avodah, Gemilus Chassadim Once you want it enough, you focus. Not a chore. You davka get your taanug from (struggling to and) fulfilling ratzon.	Desire and fear go hand in hand. If miss bus to wedding, only upset to the extent you wanted to go to it. Dveikus is measured by what you are thinking about all day. (DB- First level is reminding self to think about Hashem - real dveikus is you are compulsively thinking about Him all the time!) Three ways to acquire ratzon: a) Batter your body and scold self b) Daven like crazy c) Hear/learn the words of a tzaddik speaking about this.	Hisbodedus: Cry out from inner depth of heart and scold self for lack of ratzon "Hashem, you know I want dveikus but my ratzon is too weak. Please Ribbono shel Olam help me attain true ratzon in my heart." Do this day after day. Request ratzon.
158	Once have strong ratzon for dveikus you can truly fear sin - because it causes distance.	By always checking whether something will bring you close or distance you from Hashem, your whole life becomes a search for ways to be close to Hashem (ahava. And distancing from sin so as not to distance yourself from Him)	Daven: Mitbonen and livdok: Spend hold day considering - will this bring me close to Hashem or far from Him. I could steal this but that would distance me from Hashem.
159 - 160	Also to acquire Yirah must be gentle, refined and quiet. No loud and boisterous behaviour. This takes us up to the level of Yiras HaShleimus. The two higher levels only come after acquiring Ahava.		

Section Six: Ahavat Hashem

Num	Idea	Musshel / Quote / Thought	Avodah
161	Loving Hashem is a mitzvah d'oraissa Three levels - Lev, Nefesh, Meod Two types - Taluya B'Davar, Eino Taluya B'Davar Work on taluya then reach eino taluya which comes from inner unity. Only Yidden have this.		
162 - 167	Taluya b'davar Know that everything you have comes from Hashem. Not that Hashem gives me a lot - EVERYTHING Even all thoughts and feeling. Even koach to do histadlus. I have nothing of my own. Everything belongs to Hashem, nothing is mine = Nachnu mah?	Don't think I do some things and then I get siata dishmaya. You do nothing. This isn't humility - it's a perception of the truth of existence.	Mitbonen: Every detail Where did I get my wisdom, strength, talent, ears, wife, house ... Then think hundreds and thousands of times: Why did You give it to me? Because You love me.
168	Eino Taluya B'davar Deep within us as we are One - this is our essence	Our whole life, every thought, every breath must remember we are in the	Hitbonenut and dibur: Choose some pasukim that speak of

		presence of Hashem. The avodah needs inner calm, strength and passion (not external passion, that's just excitement). Be solid in your avodah and don't fool yourself.	Hashem's love for us, or our love for him - or your own phrase in your own words, and repeat this many, many times from the heart for a long time.
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Section Seven: Kirvat Hashem

Num	Idea	Musshel / Quote / Thought	Avodah
171 - 176	Must establish in your consciousness that Hashem is everywhere marmish, marmish, standing next to you The whole purpose of Torah and mitzvot in this world is to establish in our mind and heart the Hashem (You) are right here right now.	For the sechel, Hashem is third person For the heart Hashem is second person. Speak to Hashem constantly for many years, you will literally feel Hashem right there. THIS IS DVEIKUS THE AVODAH IS NOT FAR FROM YOU, IT JUST TAKES HABIT - TRAIN YOURSELF TO DO THIS!!!	Hitbonenut or learning kabbalah. Need to have constant conversation with Hashem throughout the day: You, Hashem, are with me, I'm not alone, You are right here, right now.

Section Eight: Hitkalelut

Num	Idea	Musshel / Quote / Thought	Avodah
177	Knowing that everything is actually a part of Hashem. This is actually beyond our grasp, so don't try to use sechel. Just have emunas chachamim who teach this At first this includes a sense of Self which is part of Him. Then no thought of self at all - just think about Hashem. Just think of self when need to get practical thing done. Don't attend to self at all, serve Hashem, help others. Complete eved. No attached to self and material world. This is higher than deveikus - deveikus means two things, this is complete unity. Stop perceiving self - the self ceases to exist!		Don't try to understand this - just keep saying it. Just think that only Hashem exists. Simple thought - not hitbonenut.

AVODAH TABLE (Need to create cheshbon hanefesh chart and fill it out every night)

This Avodah is a ladder and must be done one step at a time. If you miss an earlier rung the whole thing will be unstable. So really you should spend at least three months on step one (but really closer to six months) - Clarifying the Purpose of Life before moving on to step two. Even if you think you already chupped step one, if you didn't do the avodah for three months, you didn't chup it. Even if you think you really did. Then go on to step two, but keep tapping into to step one now and again to build a solid structure. Same process (even if you think you have chupped step two - "Of course I know there's a Divine Creator - I'm frum aren't I?!" Intellectual knowledge, believing in a fact is not what we're talking about. We need to palpably sense the reality that there is a borei olam). And so on. I believe it takes *at very least* ten years of constant avodah to really integrate and live Ahavat Hashem.

Clarify Purpose of Life	Note in pocket - look at it every 15 minutes - whole purpose is dveikus (set alarm on your phone) Honestly contemplate how much your Torah and mitzvahs bring you to dveikus. Examine how genuine and effective your path is. Beseech Hashem to help.
Belief in the Creator	Thoughts about Hashem in question - answer format. Wake up Yesh borei l'olam as your first thought. Who woke me up? YOU! What for? To serve you! On way to shul - Who am I going to daven to? YOU! Walk around with simple thought - yesh borei l'olam. Repeat many, many, many times Devise external reminders -once an hour, then increase.
Man and His Creator All avodah has two parts: a) fixed time for hitbonenut contemplation b) remember the point every half hour throughout the day	Daven for help doing the avodah! The Torah says You created the world. You and none other created every single thing. <u>Say this thousands of times.</u> Then q and a: What did You create? The heavens and earth. Point to sky: Who created the heavens? You and none other chas vshalom Point to earth: Who created earth? You and none other. Was this created by itself? Chas v'shalom! You created it. Who created light? You! Go through everything. Start with a few minutes - build up to half an hour a day. Know that everything was created by Hashem, then focus on yourself! Every limb and function of your body
Hashgacha Pratis	Think before everything you do and then say - Ribbono shel Olam, I feel that I am choosing/in control, but I know really You are. I'm going to go shopping and 'choose' but I know it's really You. Why did I take this tin of tuna and not a different one? It was all from You. Take (an hour) hitbonenut: Who chose my house, wife, chair, fridge, - seems as though I chose/control, but that isn't true. Only You control everything (apart from Yirah). In car - who gave me this car? Hashem! How does the car have strength to go? Hashem! Puncture happens: Who made puncture? Hashem! Because He loves or hates me? He loves me! Know and feel: 1. Only Hashem controls everything 2. Hashem loves you alot 3. Hashem knows what best for you 4. This is the only way it could be best for you Need hitbonenut harbei on these four points and speaking about it over and over during

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KIRVAT HASHEM	Hitbonenut or learning kabbalah. Need to have constant conversation with Hashem throughout the day: You, Hashem, are with me, I'm not alone, You are right here, right now.
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