



Module 1 - Part 1 Activity: Investigate the Sources

Personal Prayer has an ancient history, but was reintroduced to the public by Rebbe Nachman of Breslov. Here are links to two original sources with English translations that explain the ancient history and recent innovations of Personal Prayer taught by Rebbe Nachman of Breslov.

RAMBAM (1138–1204CE) Mishnah Torah, Laws of Payer 1:1

https://www.sefaria.org.il/Mishneh_Torah%2C_Prayer_and_the_Priestly_Blessing.1.1?lang=bi

***Mishnah Torah** is a medieval code of Jewish Law considered by many to be the greatest and most extensive composition codifying the rulings of the Talmud.*

Rebbe Nachman of Breslov (1772-1810) Lekutey Etzot, Hitbodedut

https://www.sefaria.org/Likutei_Etzot%2C_Hitbodedut?lang=bi

***Lekutey Etzot** is a book written by Rebbe Natan of Breslov that organises Rebbe Nachman's teachings according to subject.*

