

The aim of this master thesis is to introduce the personality of R. Nahman of Bratslav (1772 – 1810) and his concept of hitbodedut as one of the characteristic features of his teachings. The first part deals with the description of R. Nahman's basic life events and his internal world. The second part consists of a translation of the introduction and selected parts of Hishtapchut ha-nefesh (Outpouring of the Soul), the fundamental Bratslav work dealing with hitbodedut. Based on this translation and selected parts of the Bratslav esoteric text Megillat setarim (Scroll of Secrets) the master thesis focuses further on R. Nahman's messianic consciousness and his role in the messianic process. The closing part of the master thesis deals with the description of a mystical experience within R. Nahman's concept and the basics of hitbodedut.