

# נְנַחַח נְחַחְמָן מְאוּמָן

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Na Nach Nachma Nachman Meuman (Hebrew: [נְנַחַח נְחַחְמָן מְאוּמָן](#)) is a Hebrew language name and song used by a subgroup of Breslover Hasidim ...

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Ki yesh Tsadik, Na Nach Nachma Nachman Meuman by Yoel Taieb

... כי יש צדיק, [נְנַחַח נְחַחְמָן מְאוּמָן](#) מאת יואל טייב מושר ...

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Jan 15, 2015 - [נְנַחַח נְחַחְמָן מְאוּמָן](#). A stop in to Trader Joe's today to pick up some veggies and fruit (the kid loves pomegranate seeds and cucumbers ...

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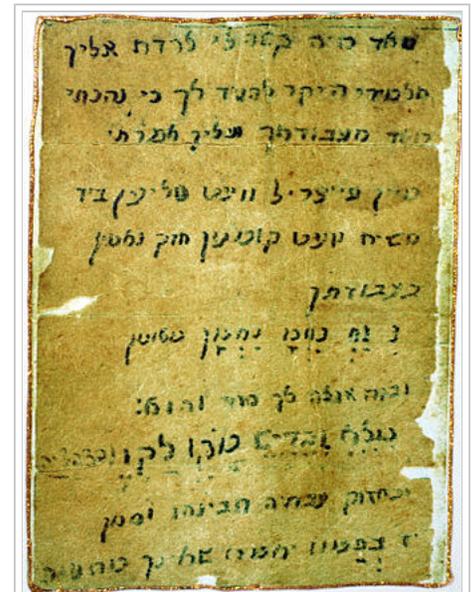
# Na Nach Nachma Nachman Meuman

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**Na Nach Nachma Nachman Meuman** (Hebrew: נַח נַחמָּה נַחמָּן מְעוּמָן) is a Hebrew language name and song used by a subgroup of Breslover Hasidim colloquially known as the *Na Nachs*. The complete phrase is *Na Nach Nachma Nachman Me'uman*. It is a kabbalistic formula<sup>[1]</sup> based on the four Hebrew letters of the name *Nachman*, referring to the founder of the Breslov movement, Rebbe Nachman of Breslov, along with a reference to his burial place in Uman, Ukraine.

In 1922, Rabbi Yisroel Ber Odesser a Breslover Hasid, claimed to have received a *petek* (note) addressed to him from Rebbe Nachman, although the latter had died in 1810. The seventh line of this *petek* is signed *Na Nach Nachma Nachman Meuman*, which became Rabbi Odesser's personal meditation and song. Before he died, he taught this phrase to a group of devotees who formed the Na Nach movement.

Rabbi Moshe Feinstein said about the *petek* in a letter, that he was "inspired by a secret document which he possesses".<sup>[2]</sup>



A reproduction of the *petek*.

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## History of the phrase

The *Na Nach Nachma* phrase was "revealed" and taught by Rabbi Yisroel Ber Odesser, a well known Breslov figure who was born in 1888 in Tiberias. Odesser was among the first Breslover Hasidim in Israel, having learned about the movement from Rabbi Yisroel Halpern when he was a young yeshiva student.

When he was 33 years old, Odesser was overcome with weakness and hunger on the Fast of Tammuz. He decided to eat. But immediately after eating, he felt great sorrow at having succumbed to his own physical temptations. After five continuous days of prayer, a powerful thought came to him: "Go into your room!" He obeyed the inner voice, went to the bookcase, and randomly opened a book. In the book was a piece of paper that he would later call "The Letter from Heaven." The paper, written in Hebrew with one line in Yiddish, read as follows:

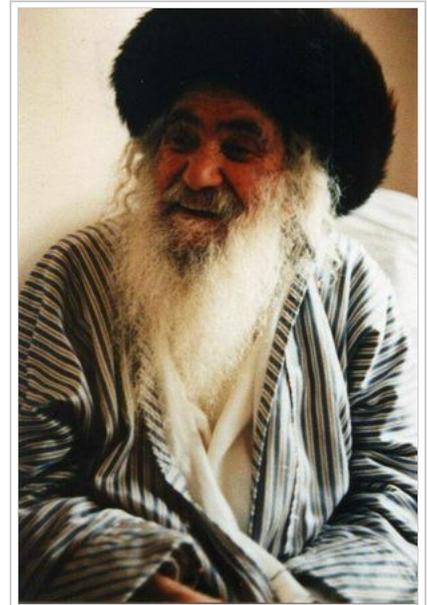
It was very difficult for me to come down to you  
 my precious student to tell you that I had pleasure  
 very much from your devotion and upon you I said  
 my fire will burn until  
 Messiah is coming be strong and courageous  
 in your devotion  
 Na Nach Nachma Nachman Meuman  
 And with this I will reveal to you a secret and it is:  
 Full and heaped up from one extreme to another extreme  
 (PTPTYH)<sup>[3]</sup>  
 And with the strengthening of your devotion you will understand it  
 and a sign  
 The 17th of Tammuz they will say that you don't fast

Odesser believed the letter to be a message of consolation, directly from Rebbe Nachman's spirit to himself here on earth. Since his name did not appear in the *petek* as the recipient, Odesser said that this was reason for every person to consider the *petek* addressed to himself or herself personally.<sup>[4]</sup> Odesser adopted *Na Nach Nachma Nachman Meuman* as his personal meditation and song, and became so totally identified with it that he later said, "I am Na Nach Nachma Nachman Me'Uman!" (This quote appears on Odesser's tombstone in Jerusalem.)

## Authenticity of the *petek*

Most Breslover Hasidim do not use *Na Nach Nachma* (some groups actually oppose it) and not everyone believes it is an authentic writing from Rebbe Nachman. The following are some of the diverse opinions:

- Rabbi Odesser believed the "Letter from Heaven" was a genuine miracle, pointing out that the bookcase where the *petek* (note) appeared was locked at the time, and he had the only key. His followers believed in the miracle also. They continue to this day to chant the phrase as a "Song of Redemption" for the coming of the Jewish Messiah. Odesser's personal account of how he found the Letter has been translated into English under the title *The Letter from Heaven: Rebbe Nachman's Song*.
- Some believe that the letter was a note written to someone by Rebbe Nachman when he visited Tiberias during his pilgrimage to Israel in the early 19th century. Somehow it was placed in the old book, but Odesser's finding it was a coincidence (or miracle of timing), as was the reference to someone eating on the Fast of Tammuz.
- Still others believe it was a well-intentioned forgery, written by one of Rabbi Odesser's fellow students in order to cheer him up after he became depressed from breaking his fast.



Rabbi Yisroel Ber Odesser,  
 teacher of the *Na Nach Nachma  
 Nachman phrase*.



A Na-Nach Breslover Hasid stands beside a van emblazoned with images of Rabbi Yisroel Ber Odesser and the "Na Nach Nachma Nachman Meuman" phrase in downtown Jerusalem.

Although *Na Nach Nachma* is based on the name of Rebbe Nachman, he himself did not use it, and it was unknown in his day. However, he did say that repeating one word over and over was an effective form of meditation (*Likutei Moharan Tinyana #96*). His own personal phrase was *Ribono shel Olam* (Master of the Universe) which he pronounced with the Yiddish intonation as: *Ree-BOY-noy shell OY-lahm*. Many Breslover Hasidim today still prefer this phrase.

## Rabbi Moshe Feinstein

In the early 1980s, Rabbi Odesser met with Rabbi Moshe Feinstein, who had seen the *petek* and wished to meet its owner. At the meeting, Rabbi Feinstein asked Rabbi Odesser for a blessing, and Rabbi Feinstein also called in his wife to get a blessing from Rabbi Odesser. Rabbi Feinstein gave Rabbi Odesser the following approbation:<sup>[5]</sup>

I am writing on behalf of a most unusual individual, Rabbi Yisroel Dov Odesser, *shlita*, from Israel. This individual is a gaon in Torah. I had the pleasure of recently meeting with him. I saw a secret document he possesses; it is something very wondrous.

Rabbi Odesser is soliciting funds to enable him to print Rabbi Nachman's sefarim, and it is a great mitzvah to assist him in this endeavor. Hashem will reward all those that so assist him.

Rabbi Moshe Feinstein

Those who doubt the authenticity of the *petek* downplay Rabbi Feinstein's approbation by saying that he was known for his loving kindness and his desire to help people. They say that all Rabbi Feinstein wrote was that the *petek* was wondrous, but he didn't verify its authenticity.

## Pronunciation and meaning of the phrase

During his lifetime, Rebbe Nachman spoke of a "Song of Redemption" that would be revealed before the coming of the Jewish Messiah. This song would be in a "single, double, triple, quadruple" form. (*Likutei Moharan II, #8*). The *Na Nach Nachma* phrase has such a structure (keeping in mind that Hebrew often omits the vowels) and is based on the Rebbe's name, "Nachman":

- Na (One Hebrew letter: Nun) -- נ
- NaCH (Two Hebrew letters: Nun-Chet) -- נח
- NaCHMa (Three Hebrew letters: Nun-Chet-Mem) -- נחמ
- NaCHMaN (Four Hebrew letters: Nun-Chet-Mem-Nun) -- נחמן
- Me'Uman (a double entendre: it can mean "from Uman" -- Rebbe Nachman's burial place and can also



Fully punctuated *Na Nach* graffiti on Yehuda Halevi street in Tiberias.

mean "believed" or "accredited.") -- **מאורמך**

The phrase is pronounced with a soft **A** sound as in "ah" and a guttural **KH** sound as in German "ach." It is usually accented as follows:

**Nah-nakh-nakhmah-nakhman-meh-oo-mahn.**

Speakers of Yiddish have also noted that *na nach* can mean "now to," which would loosely translate the phrase as "Now to Nachman from Uman," that is, traveling to the Rebbe on pilgrimage to his gravesite or in one's heart.

## Popularity of the phrase today

Whatever the origins of this phrase, it is now very popular among a subgroup group of Breslover Hasidim who follow Rabbi Odesser, who are colloquially known as the *Na Nachs*. The name has been incorporated into both traditional and contemporary Jewish music, appeared on bumper stickers, billboards and public graffiti throughout Israel, and is used on jewellery and amulets.

Among some groups of Sephardic Jewish youth in Israel, it has become a sort of rallying cry for returning to traditional Judaism, although not necessarily to mainstream Breslov.

More recently, some people have begun to wear the words of the phrase crocheted on large, white yarmulkes with a little tassel on top. (These hats are a modification of a traditional white yarmulke that has been worn in Jerusalem for centuries. That style, in turn, apparently evolved from the medieval Jewish hat with the ball on top — hence the tassel.) When Rabbi Odesser was still alive, some of his followers were already wearing large white yarmulkes, but without the phrase on them. Today, the *Na Nachs* make this crocheted yarmulke part of their uniform attire. *Na Nach Nachma Nachman Meuman* yarmulkes in other colors are also appearing on the market and are a popular item for Purim.



Typical white "Na Nacher" style yarmulke with the phrase woven into it, made in Jerusalem in 2005

## Bibliography

The following books were written on the *petek* and the meaning of its words:

- *Matzpon Hapetek* ("The Compass of the Petek"), by Amos Levi. This book divides the 6,000 years of the world by the 51 words of the *petek*, allocating 120 years to each word, analyzing history and the future based on the corresponding word and letters in the *petek*. E.g. the first word of the *petek*, *Meod* (very) corresponds to the first 120 years of the world. Thus the word *Meod* can be rearranged to spell *Adam*, the first person to live in those years.
- *Seventy Rectifications of the Petek*
- *Zeh Yinachamainu* ("This Will Comfort Us"), by Rabbi Yitzhak Besancon. An in-depth study of every word and letter of the *petek*.

## References

1. "Achorayim" -- A progressive expansion of the name, one letter at a time (<http://www.scribd.com/doc/28475131/Kabbala-and-the-10-Plagues-The-Holy-Ari>)

2. <http://www.zissil.com/topics/File:00000050-moshe-feinstein-haskama-petek-jpg>
3. This is the name of an angel in charge of the soundings of the shofar.
4. *Yisroel Saba* tape recording and transcript.
5. <http://www.zissil.com/topics/File:00000050-moshe-feinstein-haskama-petek-jpg>

## Sources

- *The Letter from Heaven: Rebbe Nachman's Song*. an account of Rabbi Odesser's life and the story of the *Na Nach Nachma*, published by Netzach Yisroel Press, Israel, 1991, 1995.
- *Young Buds of the Stream*, letters to Zalman Shazar from Rabbi Odesser, English edition published by Netzach Yisroel Press, Israel 1995. Pages 37–43 contain a detailed explanation of the meaning of the phrase.
- *Outpouring of the Soul*, translated by Aryeh Kaplan. (Compilation of Nachman of Breslov's quotes on meditation and prayer). Breslov Research Institute, 1980.

## External links



Wikisource has original text related to this article:  
**The Letter from Heaven**

- Rabbi Yisroel Ber Odesser ([http://www.moharan.com/pages\\_angl/page\\_rabbi\\_israel\\_angl.htm#18](http://www.moharan.com/pages_angl/page_rabbi_israel_angl.htm#18)) page—direct link to the section discussing the authenticity of the *Letter from Heaven* (including handwriting analysis, police lab analysis of the paper, etc.) and cites references to similar miraculous letters mentioned in the Talmud.
- NaNach.Net (<http://nanach.net>) Current news about Na Nachs all over the world. Sabba Yisroel, the community, pictures, videos and articles about people shouting Na Nach Nachma Nachman Meuman!
- Haaretz, 5/25/08 (<http://www.haaretz.com/hasen/spages/984972.html>) Ha'aretz: Rolling with the Na Nachs, the most high-spirited and newest Hasidic sect

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