

A Journey of Repair

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Rebbe Nachman of Breslov taught...

Medicines are compounded from plants, which grow from the earth, which is sustained by rain, which is sent by G-d's mercy to a world that acknowledges Him and has faith in Him. When the ultimate catalyst, faith, is lacking, illnesses come to the world that medical experts cannot cure. But that does not mean that there is no hope. We can always go back to the Source.

(Likutey Moharan II:5)

What does this mean to me?

Rebbe Nachman spoke a great deal about physical illness, healing and faith. He suffered for years from the tuberculosis of which he died so young, and was no stranger to sickness, whether it was through the loss of his own young children or his first wife, or any of the many complaints that afflicted his followers. When he focuses on faith as the remedy to all illness, we should not think that he is being simplistic. Rebbe Nachman certainly advocated for simplicity and straightforwardness in one's spiritual life, but he was also well aware of the complexities of sickness. When he taught, over and over again, that faith is the only real remedy, he was championing the essential purpose of human existence—the apprehension of G-dliness and the building of faith, through all circumstances.

A prayer:

*Dearest G-d, remove from Your people
Even the severest of illnesses,
Including those that seem to have no cure.
Have compassion because of Your kindness,
Even though we may not deserve it.*

*We have no real power
Except to beg for Your mercy.
So please, loving G-d, come to our aid now.*

([Between me and You](#), p. 56-58)

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