

A Journey of Repair

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Rebbe Nachman of Breslov taught...

All journeys can serve as a means of repairing one's faith. Sometimes a person travels because he feels unsure that G-d can provide for him where he is; this is a sign of blemished emunah. Later, when he makes another journey, he can repair the damage to faith that made him take the earlier trip. This is true of the individual just as it was of the Jewish people as a whole in their journeys through the desert.

(Likutei Moharan I:40)

What does this mean to me?

Rebbe Nachman would say that when a Jew is presented with the opportunity to travel, he should take it. In the new place that he visits, he has opportunities to reveal G-dliness through his actions that are unique to that location. He especially emphasized making blessings over foods with careful concentration when on a journey, since a blessing uplifts fallen sparks of holiness that are dispersed throughout creation.

A prayer:

*G-d, please be with those of us
Who are traveling or about to go on a journey.
Be there when we set out, while we travel
And when we arrive.
Guide us and show us how to behave at all times.
Teach us to know whether or not we should travel,
Where and when,
And for how long we should go.
Guide us as to which route to take
And which transport to use.
Just as You went with Your people
When they traveled to the Land of Israel,
So be there with us now.
May each part of our journey
Be as You wish,
And please ensure that our going and returning
Is safe and peaceful.
Whatever the journey,
Let us go in purity and holiness.
Help us travel with faith,
And please protect us from harm.*

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

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