

A Prayer for Peace

written by Yehudis Golshevsky
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**Rebbe Nachman of Breslov
taught...**

*"When there is true peace down below,
within the individual,
there is peace on high—in G-d's heaven above.
And when there is peace on high,
abundance and mercy fills the world below."
(Likutei Moharan I:39)*

What does this mean to me?

In this lesson, Rebbe Nachman describes the catalyzing effect that making efforts to change ourselves can have in the world. We are used to thinking that, if you want to make great changes, you have to convince a lot of people of some big idea. But here we learn that if we want to make the world a better place, we have to first learn to overcome our own worst tendencies. The little miracle of a human being overriding his lowest impulse may not be known to anyone but myself and my Creator...but it has an effect above, and a corresponding effect below. "He who makes peace in His heavens will make peace upon us..."

A prayer:

*Have mercy, dear G-d.
Draw Your peace into the world
and let it spread
among all Your people.
Take away all forms of conflict,
for You know how much evil and sorrow it creates.
Show us Your compassion
and cool Your anger.
Send me and all of Israel
Love, life and peace, always.
(From [Between Me and You, p. 36](#))*

We encourage hearing your feedback and may anonymously publish your remarks. Please send email to: yehudis.golshevsky@breslov.org

Feedback:

Thanks so much for such beneficial wisdom. It would seem that ever narrow bridge email is perfectly timed and so apt for the moment. I am sure these emails are written and delivered by angels, they are so humble yet make such a big impression on my soul. Toda Raba!

S.K.M

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