

# Activate Your Power of Speech

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June 19, 2022

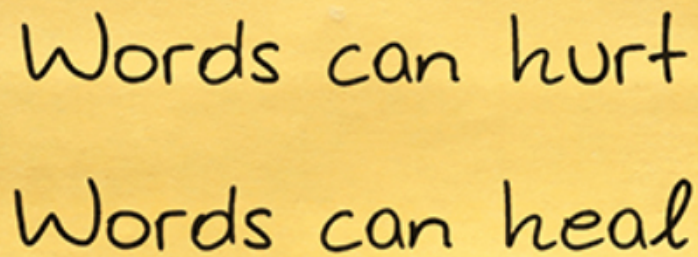


## *Hold On! – Meshivat Nefesh #18*

### *“Mama Loshon”–Mother Tongue*

Sometimes we find ourselves in places where G-dliness is in concealment, often enough as fallout from our own poor choices. But Rebbe Nachman offers a powerful piece of advice:

“Speech is called ‘the mother,’ and just like a mother will follow her children wherever they go, your power of speech goes with you wherever you do, no matter how far from G-d you seem to be. If you’ll activate your power of speech to keep talking about G-d, to study Torah and pray, to speak to G-d, your ‘mother tongue’ will keep you in a state of connection...and eventually take you back home.”



Words can hurt  
Words can heal

*Rebbe Nachman offers a powerful piece of advice!*

*Dear G-d,*

*May I always remember this secret,  
of the power of my speech to keep me connected to You  
no matter where I go or what I do.*

*May my "mother tongue" of faith  
follow me everywhere I roam  
and keep me aware of You  
so that I will always find my way home..*

*(Based on Likutey Moharan I:74)*