

Riding The Roller Coaster

written by Yehudis Golshevsky

November 1, 2013



Rebbe Nachman of Breslov taught...

*Growing spiritually can be like a roller
coaster ride. Take comfort in the knowledge
that the way down is only preparation for the
way up.*

(The Empty Chair, p. 43)*

What does this mean to me?

“The way down is only preparation for the way up” is a translation of the phrase, “yeridah l’tzorech aliyah,” and in the original Hebrew it also implies that without the “down” you cannot really get to the “up.” It’s natural that I want to be on a perpetual “up,” and to be able to navigate through life on a steady upward path. But, somehow, it never works out that way. Instead of thinking that there’s something wrong with me, I can take comfort from realizing that those periodic downs are designed as part of the plan. What kind of person would I be if I never experienced failure? Could I develop my G-dly nature without having to accept my vulnerabilities and flaws?

A prayer:

*Dear G-d,
let my heart grasp
the profound wisdom
with which You created me.
Help me understand
that my vulnerabilities
in fact open me to growth;
my limits
draw me to new frontiers;
my very failures
teach me to succeed.
(The Gentle Weapon, p. 73)*

Your Feedback

On the subject of Jewish Joy...

I feel so much joy just reading your emails! YBI value and cherish your weekly messages, as well as the Rebbe's books (of which, my collection is ever growing.) Often what you say is a God-send, the timing being perfect for what I am currently going through. THANK YOU!

CDShalom I want to say I enjoy reading your newsletter every time it is emailed to me. Keep up this good work. Thank you

DT

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

[To view the past emails, click here.](#)*“The Empty

Chair: Finding Hope and Joy – Timeless Wisdom from a Hasidic Master, Rebbe Nachman of Breslov”

by Rebbe Nachman of Breslov, Adapted by Moshe Mykoff and The Breslov Research Institute, 1994.

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Weapon: Prayers for Everyday and Not-So-Everyday Moments – Timeless Wisdom from the Teachings of the Hasidic Master, Rebbe Nachman of Breslov” by Rebbe Nachman of Breslov, Adapted by Moshe Mykoff

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These emails are sent free of charge and are part of the ongoing work of the Breslov Research Institute to make Rebbe Nachman's Torah available to people of all languages. If you enjoy these emails and our other work and would like to contribute to our mission, we encourage you to do so by [clicking here](#) or the PayPal (P) icon below. All US donations are tax deductible.

**"The Gentle Weapon: Prayers for Everyday and Not-So-Everyday Moments – Timeless Wisdom from the Teachings of the Hasidic Master, Rebbe Nachman of Breslov" by Rebbe Nachman of Breslov, Adapted by Moshe Mykoff & S.C. Mizrahi with the Breslov Research Institute, 1999. Permission granted by Jewish Lights Publishing, Woodstock, VT, [www.jewishlights.com.](http://www.jewishlights.com)*

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