

Am I Nuts?

written by Yehudis Golshevsky

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BRI's NarrowBridge.Org sends out twice weekly inspiration providing a regular dose of hope, meaning and courage. These emails include small doses of Rebbe Nachman's wisdom, enabling us to get through the week in a more spiritual way.

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Rebbe Nachman of Breslov taught...

*Did you ever notice that
the further people are from truth,
the more they consider someone
who turns away from evil
to be a fool?
When there is no truth in the world,
anyone who wants to turn away from evil
has no choice
but to play the fool.
(The Empty Chair, p. 74*)*

What does this mean to me?

Rebbe Nachman told a parable about trying to stay spiritually sane in a crazy world—[The Tainted Grain \(click here to read the tale.\)](#) But the root of the idea is found in the words of the prophet Isaiah: “And the truth is absent; and he who turns from evil is considered mad...” The sages taught in the Talmud that this is just one of the symptoms of spiritual ill-health that will descend upon the world as we approach the time of Moshiach. When the world is crazy, I have no choice but to be willing to be considered foolish or mad if I refuse to follow along with the mood and opinions of the time. It requires courage to keep on the right path even when the world around me believes that I am wrong.

A prayer:

*O G-d,
grant me clarity
and assurance
in whatever I do.*

*Teach me to trust in wise teachers-
to learn from their insightful words.*

*Teach me to trust in true friends-
to treasure their care and concern.*

*Teach me to trust in myself-
to judge my own course
correctly,
and so to live
with conviction
and hope.*

(The Gentle Weapon, p. 77**)

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

*Congratulations to Raphael A. of Lakewood, NJ on
winning the Keurig Coffee Maker!*

To download the free Lag B'Omer with Rebbe
Nachman, [click here](#).

*"The Empty Chair: Finding Hope and Joy – Timeless
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