

Believe In Yourself -Rebbe Nachman's Remedies

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Rebbe Nachman tells us that our biggest obstacle is in our mind.

What is this obstacle?

We don't understand how important we are, how important our lives are. We don't understand the potential we have, the spiritual potential to achieve personal greatness. We don't believe in ourselves.

The Rebbe tells us that every day we should wake up in the morning and think about the purpose of our life. These thoughts don't have to be heavy and weighty and feel like a burden. They can be joyful and light and increase our enthusiasm.

The main thing is to recognize who you are and where you're headed—to believe in your spiritual importance. The fact that Hashem made you and He gave you a soul and that this soul of yours is accomplishing something that no one else can possibly accomplish but you. Rebbe Nachman teaches you to believe in yourself.

May you have a day of tremendous personal spiritual achievement, sparkling with joy.

Today's mini lesson is sponsored by Barbara Wachspress and is dedicated in memory of her father Berel ben Yosef.