

From Ruin To Repair

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...**

*"If you believe you can ruin,
believe that you can repair!"*

(Likutei Moharan II:112)

What does this mean to me?

I am always struck by the parallel phrasing of this brief teaching of Rebbe Nachman's. Why should a person's assessment of the spiritual damage that he has caused be a matter of belief? I've always felt that Rebbe Nachman was providing us with a key here, by letting us know that our tendency to feel low after having fallen spiritually is itself an exercise of *emunah*. If we didn't have the power of faith within us, the fall would not affect us so deeply. If we didn't have *emunah*, we wouldn't care. As Reb Nosson taught, the fact that our spiritual defects bother us is itself a mark in our favor!

Rebbe Nachman finishes the statement by stating, "Believe that you can repair!" If you already have activated your power of *emunah* in your admission of having erred, then you should activate it at least as much when looking forward to correcting the damage. Both ruin and repair are matters of *emunah*; why not harness its force for the good?

A prayer:

*Kind, loving, mighty G-d:
Stretch out Your hand
to strengthen me.
Lift me up
from my abyss;
right my wrongs;
turn my every failure
into success.
Look upon all my troubles
and say,
"Enough!"*

(The Gentle Weapon, p. 17*)

We encourage hearing your feedback and may anonymously publish your remarks. Please send email to:

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Feedback:

This is my light for today, to spread Torah and emunah... It seems like my "simple-minded" way is the best way to seek Hashem for everything. Thanks.

Shalom,

F. from Tennessee

Blessings to you and all at the Narrow Bridge project. My dear wife has been going through [a great deal recently]. I have seen her Emuna develop exponentially especially as a result of the tefilos and learning from Rebbe Nachman and Rebbe Natan may they forever blessed ... Today the Rebbe spoke directly to her.

Hatzlacha raba.

Love and best wishes,

YB and family.

*"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.

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