

# Hearing the Message

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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...**

*Reb Nosson wrote: "At every moment we must fulfill G-d's command: 'Hear O Israel!' That means to listen carefully to everything in the world, because His Oneness is contained within it... 'These words...shall be upon your heart when you sit...when you walk...when you lie down and when you rise up.' That is, we should hear a declaration of G-d's unity in everything that happens to us. Indeed, everything can help us come close to G-d, as our rebbe has written in many places."*

*([Healing Leaves](#), p. 26)*

# What does this mean to me?

The declaration of G-d's unity—the Shema—is the most basic statement of Jewish belief. When we say that G-d is One, we don't only mean that there is only one G-d; we mean that G-d's existence is absolute and vitalizes all of Creation—there is no place devoid of Him. Since G-d is everywhere, it means that G-d can also be discovered and accessed everywhere, in every experience. Everything in the universe declares the message of His unity and presence, and calls us to seek Him out. “The entire earth is filled with His glory.”

## A prayer:

*Merciful G-d,*

*Lead me through the confusion of this world, along the path of truth.*

*Be gracious to me, and share Your wisdom with me so that I will be able to cleave to You through everything that the world contains—to decipher the countless hidden messages that You have woven into the fabric of everyday life, to bring me closer to You.*

*([The Flame of the Heart](#), p. 99)*

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

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## Feedback:

I can say to the prayer that God's will be always our will": Amen  
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