

Hold Your Course

written by Yehudis Golshevsky
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Rebbe Nachman of Breslov taught...

<p><i>"In the early stages of your spiritual journey, it may seem that Heaven is rejecting you and spurning all your efforts. Stay on course. Don't give up. In time, all barriers will disappear."</i></p> <p>(The Empty Chair*, p. 42)</p>
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What does this mean to me?

<p>It's natural to wonder why G-d doesn't make it just a little bit easier for us to get closer to Him—isn't that what He wants? Especially when we are first setting out on a spiritual path; it would seem that instead of being sent obstacles, we should be helped along. Rebbe Nachman explained, however, that what appears to us to be a barrier is actually part of a longer process of drawing us closer. What appears to be Divine rejection is actually playing an important role: it cleanses, it humbles, it teaches us patience, and also forces us to forge a bond with our Creator in the place of distance.</p>
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A prayer:

*Help me, G-d,
to be strong and determined
in serving You; never let me fall.*

*"Do not cast me away from Your Presence;
do not take Your spirit of holiness away from me."
Grant me the skill to engage in spiritual ascent...
as well as the skill to return to the mundane
and serve You through the simple tasks of everyday
life.*

Help me to find You everywhere.

(From [The Flame of the Heart](#), p. 24)

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

Your Comments:

Amazing! I needed to hear this today. Something so
special about Rabbi Nachman's teachings, they always
help me. What would I be or do without him. Thank
you Hashem for connecting me to this amazing Tzadik!

SL

This world is dark the All Mighty has given us all
that we need may I take it upon myself the
commandment to love one another. May our people
bring real love in a rising world who again hates us
. May Moshiach come speedily in our days. B'H.

B

To be an "ish tam" (a simple man) is the best. This
world ridicules one who always looks toward
HaShem, and asks Him, and argues with Him, etc. Yet
every day we say "human beings cannot save you." It
means exactly what it says. This doesn't mean it is
easy-it is not. but then nothing worthwhile ever is.

RT

Rebbe Nachman saved my life!
Keep the wisdom coming...I would be lost without it.

DY

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