

# Hold Your Horses!

written by Yehudis Golshevsky

March 30, 2012



*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.*

If you would like to receive these emails [click here](#).

<b>Rebbe Nachman of Breslov taught...</b>
<i>Too often we want to improve ourselves and our relationships so quickly that we make ourselves frustrated and confused. (The Empty Chair, p. 14*)</i>

<b>What does this mean to me?</b>
-----------------------------------

In the evening prayers, we ask G-d to “remove the Enemy from before us and from behind us.” There are those that say that the Enemy before us is the inner adversary that goads us into rushing to do something wrong, while the one behind us is the negativity that afflicts us after the fact, when only the aftertaste of guilt remains. But there is another kind of Enemy that pushes us on, and it’s very well disguised...because it seems to be mobilizing us toward growth, only way too fast to be real or lasting.

When I seek to come closer to G-d and improve myself, I need to stay balanced and remain patient, so that my forward motion doesn’t become another case of “crash and burn.”

## **A prayer:**

*G-d, I want  
to be so many things,  
to do so much,  
to achieve so endlessly—  
but can anyone  
be everything,  
do everything,  
have everything?*

*You alone understand the fragile balance of my soul.  
You've invested in me  
the potential  
to make of that balance a perfect creation.*

*Now help me fashion myself  
into just such a creation,  
"in accordance with Your Will."  
(The Gentle Weapon, p. 93\*\*)*

We encourage hearing your feedback and may  
anonymously publish great remarks. Please send email  
to: [yehudis.golshevsky@breslov.org](mailto:yehudis.golshevsky@breslov.org)

\*"The Empty Chair: Finding Hope and Joy – Timeless  
Wisdom from a Hasidic Master, Rebbe Nachman of  
Breslov" by Rebbe Nachman of Breslov, Adapted by  
Moshe Mykoff and The Breslov Research Institute,  
1994. Permission granted by Jewish Lights  
Publishing, Woodstock, VT, [www.jewishlights.com](http://www.jewishlights.com).

\*\*"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](http://www.jewishlights.com).

## **Feedback:**

Beautiful, If I can only be conscious of this in  
every moment..The rebbe would constantly start a new  
many many times in one day.

GN

# Win a FREE Keurig Elite Gourmet Home-Brewing System

---

We have Baruch HaShem been receiving fabulous feedback and would love to share these emails with more people. Over 3500 people are now signed up. By helping us out and using the forward link below you will get the chance to win the Keurig Coffee Brewer pictured above. We will ship it to the address of your choice as long as it is in the US. You will automatically receive one chance to win for every friend that you forward this email to.

Please tell them to sign up and receive these wonderful emails by visiting [www.narrowbridge.org](http://www.narrowbridge.org)

[FORWARD](#)

[SUBSCRIBE](#)