

How To Make Your Words Count

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Rebbe Nachman of Breslov taught...

Not every word is really called a word. Because a word that is not heard and accepted can hardly be called speech.

(Likutey Moharan I:29)

What does this mean to me?

Rebbe Nachman teaches that it is the goodness that is within every word that makes it heard and acceptable to others. Everyone is naturally drawn to goodness; when a word is infused with good, it is attractive as a matter of course. How, then, do we make sure that our words are filled with goodness? By making sure that we speak from da'at, with conscious awareness of G-d.

A prayer:

*Dear G-d, bring me peace of mind
To choose wisely what I say,
And bring goodness into my words
So that they are heard and acceptable.
Please be there with me
Whenever I speak.
Then everything I say
Will be blessed by You.*

([Between me & You](#), p. 182) We encourage hearing your feedback and may anonymously publish your remarks. Please send email to: yehudis.golshevsky@breslov.org
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