

NarrowBridge.Org: Don't Be Afraid!

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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.

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

Rebbe Nachman of Breslov taught...

Reb Nosson wrote: The Rebbe told me explicitly, "G-d is right there with you; He's right next to you. Do not be afraid."
([Healing Leaves](#), p. 38)

What does this mean to me?

When I read these words of Reb Nosson's, I imagine Rebbe Nachman infusing his student with the deep awareness of G-d's constant, loving and protective presence so that it was really palpable to him. We see from later writings of Reb Nosson that this awareness was what carried Reb Nosson through the terrible challenges that he lived through after Rebbe Nachman's passing.

He suffered financial and actual physical persecution; the destruction of his own good name; hounding from the Russian government; setback after setback that would have left a lesser person in despair. Yet he kept on going through it all, "through fire and water"—as his biography is known—with unwavering trust in G-d and fearless commitment to his goals.

I want to live my life without fear, and so I begin with building my awareness that G-d is right here with me; He is right next to me. There is nothing to fear.

A prayer:

*May I be worthy to fully realize that "the whole world
is full of G-d's Glory."*

*Then I shall live with a constant sense of Your
presence and truly know and believe that Your Glory
fills the world.*

*For You both permeate all worlds and transcend all
worlds,*

and there is no place from which You are absent.

([The Flame of the Heart](#), p. 33)

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

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Feedback:

This is a very nice service you are providing. Keep up
the good work. □

DK

Speaking as someone who has gotten stronger
religiously over the years, there are so many times
that I want to forget so many things from my past and
they somehow still linger. What a gift from Hashem to
be able finally close those doors and free ourselves
of all the guilt carried along. In those instances,
forgetfulness is truly a gift.

IS

Woke up today with a heavy heart. There are many
things going on in my life that I have no control over
and I began to feel sad. Only Hashem is in control but
He gave us free will. Who controls my happiness?.....only
I do... Tonight is my mother's Yahrzeit and she used to
say," if you can't get out of
your sadness you should clap your hands and dance and
you can smile and force yourself to be happy". I
believe that some of that had to have come from the
teachings of Rebbe Nachman. My day became a very
blessed day.

BH

A wonderful wonderful truly inspiring lesson and so
true in our lives. The baggage we carry. It has given
me much hope, you cant imagine how much.

Blessings, T.