

Nature, Prayer & God

written by Yehudis Golshevsky

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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...

*As often as you can, take a trip
out to the fields to pray.*

All the grasses will join you.

*They will enter your prayers
and give you strength to sing
praises to G-d..*

(The Empty Chair, p. 86)*

What does this mean to me?

The Jewish people were released from Egyptian bondage in the springtime; a gift that the Psalmist described as G-d, "...bringing the imprisoned out at a time that is best suited..." In Song of Songs we likewise hear that the time of redemption was a springtime of sudden growth, new life, fresh blossoming. Physical reality is a reflection of spiritual reality, and when the earth is liberated from its winter bondage, it is a sign that spiritual liberation is in the air. Rebbe Nachman taught that praying in the fields is most powerful when the growing things are in their first burst of growth out of dormancy. Everything that exists—inanimate, vegetative, animal and human—wants always, at its essence, to devote the vitality that sustains it to the service of the Creator. When the human being goes out to the field to pray and can almost feel the world around him thrumming with life and longing for G-d, it stirs his own soul. Together, they make the most harmonious music before the Creator.

A prayer:

Master of the universe, let me seclude myself in meditation and prayer every day, going out to the fields to meditate, among the trees and grass, pouring out my heart in prayer. For all the leaves and grass, all the trees and plants, will stir themselves to greet me; they will rise to imbue my words and prayers with their energy and life force... They will combine all their spiritual power and bring my words up to their supernal Source...

(([The Flame of the Heart](#), p. 64)

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

Feedback:

Heileger Rebbe Nachman is one of my greatest teachers and I love him and his teachings very much. Your ways of bringing his teachings out has been very meaningful to me. Thank you! May you be very blessed for the work you are doing. With love and blessings,

DSL

So simple, just accept EVERYTHING WITH EMUNAH, and know that it is from Hashem and that it has to be for our good. I hope that I can actualize this in my lifetime! Please, G-d, help me to accept everything that happens to me as perfect and wonderful and directly from YOU for my good.

DR

*“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.