

# New! Rebbe Nachman's Remedies Audio

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New on BRI SoundCloud—Rebbe Nachman's Remedies, Audio Mini-lessons with BRI Women's Chaya Rivka Zwolinski. Today's post is *A Spiritual Ascent*: Learning why the descent comes before the ascent based on the teachings of Rebbe Nachman of Breslov. Join our [WhatsApp Group](#) receive a daily mini-lesson.

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