

New Series Intro

written by Yehudis Golshevsky
January 20, 2016



Hold On!

Introduction

We're starting a new series of meditations on the work *Meshivat Nefesh*, translated as, "Restore My Soul!"

My goal with it is to distill the essential point of each teaching, one section at a time, and share with you how I find comfort, strength, hope or advice within it in my own life. Maybe what I've found in these short lessons can shine a light into your life too.

So, *Hold On!* We always have so much in Rebbe Nachman's work to keep us going, no matter what.

Yehudis Golshevsky