

Opening the Way

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... |
| <i>All beginnings require that you unlock new doors. The key is giving and doing. Give charity and do kindness. (The Empty Chair, p. 19*)</i> |

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| What does this mean to me? |
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Rebbe Nachman taught that giving charity is always the way to make a fresh beginning in a spiritual endeavor. The Torah tells us, 'You will surely give openly to him.' The actual words—"patoach tiftach"—mean literally, "you will open an opening." The way to make that first breakthrough is with the power of charity. If self-preservation is the most basic of instincts, then the impulse to give purely altruistically is simply unnatural. This unnatural, really supernatural, act takes the drive to selfishness and transmutes it into lovingkindness. A radical act like this catalyzes a radical response—and the breakthrough is accomplished.

And even when an opening and a beginning already exists, giving charity widens the opening even more.

A prayer:

*Dear G-d, full of mercy,
Have mercy on me and open all of the gateways of
holiness for me.*

Help me to truly enter them soon.

*Make me worthy, please, of giving a great deal of
charity all the time,*

You who act so charitably with all creatures.

*May I merit to give to the truly needy, without being
judgmental or particular.*

*Help me to give in exactly the way that You want-
with two hands, with all my heart.*

Please open, then, all of the gates of holiness for me.

*"Open up the gates of righteousness,
I will enter into them and thank You."*

(Likutei Tefillot II:4)

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

yehudis.golshevsky@breslov.org

Feedback:

I was so touched by the beautiful prayer you shared.

Bitterness has

provided me the ability to be taught and the desire to
see the

challenges of my life as gifts from Hashem. Shabbat
shalom.

MS

Thanks!

DK

Thank you Yehudis, That is exactly where I find myself
now. Working hard for Hashem, With his help I will be
in Israel this summer and if you still have your
classes, maybe I'll get to come this year. Blessings
always, L

*"The Empty Chair: Finding Hope and Joy – Timeless
Wisdom from a Hasidic Master, Rebbe Nachman of Breslov"
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