

Rebbe Nachman's Wisdom Lesson #30 | Being Flexible

written by Effie Sussman
May 7, 2020



<https://www.youtube.com/watch?v=R5NF-0v65g0>

In this lesson Rebbe Nachman speaks about the need to not drive yourself crazy with religious scrupulousness. Observance shouldn't lead to anxiety and depression. Try your best. Hashem prefers happiness.

Topics Discussed:

- *Not being too strict in Halacha
- *Going easy on yourself
- *Being flexible.
- *Serving God with simplicity and joy!

For any questions or comments Effie can be reached at

Effie.Sussman@gmail.com