

# Sealed Doors, Opened Windows

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...**

*From Reb Nosson's Letters: "Even while the gates are closed and locked on every side and in every corner—so that one ought mistakenly have thought that there was no hope, G-d forbid—I still believe that there remains plenty of hope! For G-d's capacity to send relief and deliverance is very great, indeed, and His power of salvation is inexhaustible!"*

*([Healing Leaves](#), p. 51)*

## What does this mean to me?

Rebbe Nachman taught a very short lesson, recorded toward the end of the first section of his *Likutei Moharan*, in which he sets down an essential life-principle. In modern idiom it translates to, “G-d doesn’t close a door without opening a window.” Of course, he borrows language from a better source—King David himself, who certainly knew about what it meant to live a hard life. The Psalmist sang, “While in trouble, You broadened the way for me.” In Hebrew, one word for trouble is *tzaar*, which actually means “narrow.” In other words, “While in the narrows, You made broad openings for me.”

Within every situation of constriction and confinement, there are nevertheless broad stretches and openings. He ends the lesson by stating trustingly and hopefully, “Aside from our anticipation of G-d delivering us soon from all troubles and doing much good for us...even within the trouble, He offers us respite!”

## A prayer:

*Master of the universe, full of mercy,  
help me and open my eyes, my heart and my mind  
so that I will always see the kindness and release  
that You provide for me  
even in the midst of the straits of my troubles.  
This alone can offer me solace from the many  
pressures that I face,  
both physical and spiritual,  
which box me in both right and left and make me  
feel as though I have no escape...  
If I could only feel and see all that You do for  
me even here and now  
I would rejoice and my heart would be filled with  
prayer and gratitude.  
I would not cease from thanking You for all that  
is done  
and crying out to You for all that is yet to be  
accomplished.*

(Likutei Tefillos, I:333)

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

## **Feedback:**

I firstly just wanted to be *maker tov* for the  
wonderful emails you have been sending as part of  
the narrow bridge series. They are truly inspiring  
and they seem to always be pertinent to whatever I  
am working on at the time. Tizku Limitzvot they  
are mamesh unbelievable.

BE

I love these Narrow Bridge e-mails. They get me  
through the week! It's mamish brilliant how you  
put these together! Thank you, thank you!

Love S