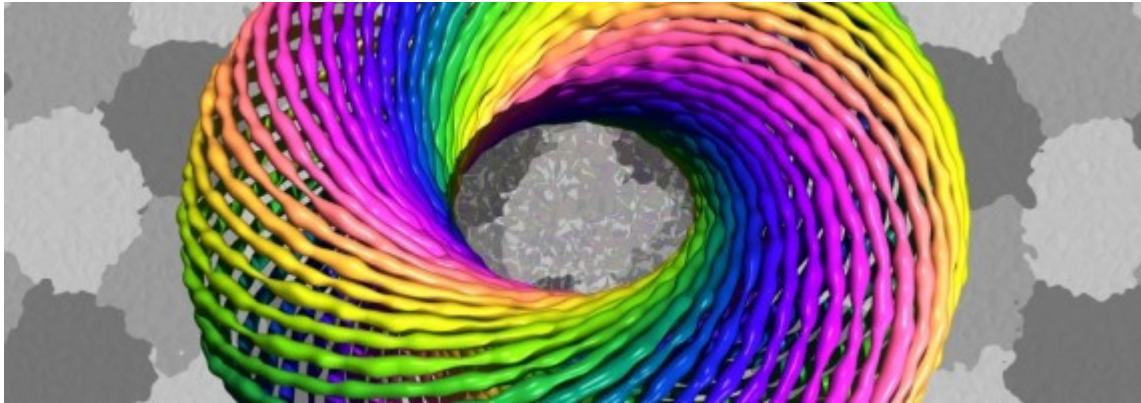


SidePATH: “I will give you a way to repent. Dance every day!”

written by Chaim Kramer
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The Rebbe talks about the special power that dancing and clapping have to make us happy and mitigate the negative things affecting us (*Likutey Moharan* I, 169). It is customary in every Breslov synagogue to dance each day after the morning and evening prayers. Many Breslover Chassidim dance after learning together, while some even dance daily by themselves. It's a surefire way to arouse a feeling of real joy and happiness.

Reb Noson once said to Reb Moshe Breslover, “I will give you a way to repent. Dance every day!” (*Aveneha Barzel*, p. 62).