

Soaring

written by Yehudis Golshevsky
November 15, 2013



Rebbe Nachman of Breslov taught...

It's important to have mercy on the body, to allow the light of all that the soul realizes to enter the body and refine it. Because the soul is constantly experiencing wondrous things, but the body doesn't automatically share that knowledge.
(Likutey Moharan I:22)

What does this mean to me?

My soul enjoys Torah study, prayer, the fulfillment of mitzvot—but does my body also feel that pleasure and light? What a different life I would have if my body was as attuned to spiritual pleasure as my soul is!

A prayer:

*Holy One,
grant me the strength
to cast off
the spiritual sluggishness
and indifference
which encumber my body.
Let my body–
together with my soul–
soar
ever closer
to You.*

(The Gentle Weapon, p. 8*)

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

[To view the past emails, click here.](#)

*NarrowBridge sends out twice weekly inspirational
emails. These emails include small doses of Rebbe
Nachman's wisdom, enabling us to get through the
week in a more spiritual way. If you are not
signed up and would like to receive these emails,
[click here.](#)*

*"The Gentle Weapon: Prayers for Everyday and Not-
So-Everyday Moments – Timeless Wisdom from the
Teachings of the Hasidic Master, Rebbe Nachman of
Breslov" by Rebbe Nachman of Breslov, Adapted by
Moshe Mykoff & S.C. Mizrahi with the Breslov
Research Institute, 1999. Permission granted by
Jewish Lights Publishing, Woodstock, VT,
www.jewishlights.com.