

Teleportation

written by Yehudis Golshevsky
June 20, 2013



Rebbe Nachman of Breslov taught...

*You are wherever your thoughts are.
Make sure your thoughts are where you want to be.
(The Empty Chair, p. 20*)*

What does this mean to me?

In *Rebbe Nachman's Wisdom*, Rebbe Nachman explains that, physically, every faculty in the body that is higher on the vertical plane can "reach further." One can reach higher than he can kick; one can hear from further away than his voice can project; one can see to a further distance than that from which he can hear; and the horizon of a person's thoughts are truly endless. Thought is our highest faculty (other than the will that propels them), and wherever it goes, it takes us with it.

A prayer:

*Help me, dear G-d, stay calm
And settle my thoughts.
Shine down upon me
The light of Your holiness
So that I can have a clear mind
To direct my attention to You,
As You desire.*

*Help me control my mind
And steer clear of confusing, immoral
Or unholy thoughts.*

*My sins have hidden You from me,
So I beg You, please forgive me, heal me
And rebuild the temple of my mind.*

*Work wonders for me,
That I focus always on You.*

*May I experience the joy of Your highest lights,
And may they illuminate all of my life.*

([Between me and You](#), pg. 194-196)

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.](#)

*"The Empty Chair: Finding Hope and Joy – Timeless Wisdom from a Hasidic Master, Rebbe Nachman of Breslov" by Rebbe Nachman of Breslov, Adapted by Moshe Mykoff and The Breslov Research Institute, 1994. Permission granted by Jewish Lights Publishing, Woodstock, VT, www.jewishlights.com.

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.Org 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](#).