

# The Only Advice

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## Rebbe Nachman of Breslov taught...

*Reb Nosson wrote: "There is no other advice for anyone in the world except to have faith and to trust G-d. The most effective way to build this trust is to strengthen oneself in Torah study and prayer each day. For the world is a passing shadow and, no matter what, our days are going to pass."  
(Healing Leaves, p. 39)*

## What does this mean to me?

In Hebrew, the word for trust is *bitachon*, which also means security and confidence. Reb Nosson here emphasizes that our growing awareness of the transient nature of our material existence helps keep us focused on where we need to place our best efforts. As we develop more trust in G-d, we find that He is worthy of that trust; when we learn to depend on G-d, we find that He is with us in a more and more palpable way. Faith-*emunah*-is also like a craft-*omanut*-that needs nurturing-*eimun*. The more we work at it, the more we gain from it.

**A prayer:**

*My G-d,  
It has taken me time,  
but I'm finally learning  
to trust You.  
When I called, You answered;  
when I cried, You sent relief;  
when I was in need,  
You came through.  
You are there for me  
in every instance.  
I need only  
look, think, and understand,  
and I can always find You;  
There You are,  
always ready to help.  
Thank You G-d,  
For waiting for me.*

(The Gentle Weapon, p. 87\*)

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