

Today Is All There Is

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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.

If you would like to receive these emails [click here](#).

Rebbe Nachman of Breslov taught...

Reb Nosson wrote: "May we merit to study Rebbe Nachman's works with the intention of practicing and fulfilling his holy words and his deep, consummately pure advice. They are suited to every person in the world, regardless of his level—whether he is ascending spiritually, or G-d forbid, descending, in good times or bad. The key is for us to turn his lessons into prayers...according to the theme of the teachings. We can find ourselves in all of the Rebbe's teachings every day."

([Healing Leaves](#), p. 82)

What does this mean to me?

Rebbe Nachman taught that when Torah is transformed into prayer, “it brings the greatest joy on high.” This is what is meant by learning in order to fulfill—not just amassing knowledge of how to observe the *mitzvot*, but achieving a deep internal bond with G-d through that which we learn. This bond is formed through prayer.

For example, if I learn a teaching about the greatness of Shabbos I can transform this into action by observing the Shabbos with more devotion, but we all know how hard it is to get from point A to point B—from knowing something, to living it. If I want to really internalize what I’ve learned, I need to ask G-d for help. This is turning Torah into prayer—begging G-d to help me fulfill that which I’ve learned so that I can come closer to Him.

A prayer:

*Merciful G-d,
reveal Your Divine providence throughout Creation.*

*Dear G-d,
help me to grasp the true intent of the tzaddikim
when I learn their holy teachings,
so that I can compose beautiful prayers to offer before You
about that which they said
in every single one of their lessons.
Help me to go with each concept for a time
and speak freely with You about it
until it becomes a part of me.*

(Likutei Tefillot, II:22)

We encourage hearing your feedback and may anonymously publish
your remarks. Please send email to:

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Feedback:

This is exactly what I needed to hear today... Today is a new
day, and reading about renewal is helping me realize how I
need to renew as today is a new day and it is brighter and
warmer outside. And I have new opportunities...

Today Rabbah!

NG

Lovely piece. The use of zeraim was inspired and
inspirational.

LF

I'd never seen a seed transition into a sprout and didn't know
that it actually looks like decay. Thank you for this teaching
and every one you send out !

Thanks again for the Words of Wisdom from Rebbe Nachman.

TN

All across the Northern Hemisphere at this time of years the
seeds that will literally feed and sustain most of the world –
most of us humans and our livestock – are going into the
ground. Millions and billions and trillions of tiny seeds:
wheat and barley, soy and corn, cotton and flax, fruits and
vegetables... Ultimately, it is the Source of Life that causes
most of the seed to grow, develop, mature and – ultimately,
begin the cycle all over again.

So too do we begin our fragile lives, to grow, develop, mature
and – ultimately move on, into our vast universe of space and
time, into dimensions barely seen or felt in this lifetime...

Today I am grateful to be alive, and to live in peace and
happiness, harmony, good health, joy, love and freedom. May
all of life be so.

Shalom, QDO

