

Use Your Freedom Of Speech

written by Yehudis Golshevsky

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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...

*Speech remains in exile until Pesach.
Pesach is "peh sach"—"a mouth speaking."
...This the main idea of the Exodus.
([Rebbe Nachman's Wisdom #88](#))*

What does this mean to me?

Before the exodus, the Jewish people was not only in the geographical state of Egypt-Mitzrayim, we were in the spiritual state of *meitzar garon*-the constriction of the throat. We were choked off and disconnected from G-d, and even when our suffering got so bad that something had to give, we could only "groan" and "cry" as the Torah describes. Crying out without words conveys pain, but it is not articulated prayer...and articulated communication with our Creator is what we are here for. When we were liberated from Egypt, we were given the chance to begin our face-to-face relationship with G-d as a nation. On Pesach, we spend all night talking, learning, singing G-d's praises and praying to Him. This is what it means to be free.

A prayer:

*G-d of life,
help me pray
with all of the force that I can muster.
If only I could invest all my energy
into each word
–even into every letter–
of my prayers,
I know that it would give me renewed strength...
renewed spirit.
“Prayer to the Almighty is my life,”
says the Psalmist.
Please,
help me pray.*

(The Gentle Weapon, p. 28*)

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

*“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.

Feedback:

Baruch Hashem

It is very good and useful for me to wake my soul and spirit up and share it with facebook friends.

Toda Rabah.

PA

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