

# What Gets the Good Going

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.*

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**Rebbe Nachman of Breslov taught...**

*Reb Nosson wrote: "Trust in G-d and do good"—in order to do good, a person must trust in G-d, both regarding his livelihood and in order to muster his own inner strength. For a person requires enormous trust in G-d's kindness and in His abundant, inexhaustible compassion. One who sincerely trusts in G-d's kindness is able to do much good."*

(Healing Leaves, p. 40)

**What does this mean to me?**

There are many projects that I've undertaken in my life that I would never have had the courage to walk into if I had not placed my trust in G-d. There were times when my trust was weaker, and my life was much less rich for it; without trust, I didn't have the strength to attempt things that seemed so far beyond my ability. As my faith and trust have deepened, I have become more empowered and more free to attempt many things that seem daunting.

With trust, I realize that they're only daunting to *me*—they're not daunting to G-d at all.

**A prayer:**

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*Almighty G-d,  
Source of  
all the energy of life,  
without You I am helpless.  
Give me the courage—  
the physical drive,  
the emotional energy,  
and the spiritual will—  
to risk in order to grow,  
to welcome every challenge  
as my life unfolds.*

(From The Gentle Weapon\*, p. 4)

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

**Your Comments:**

I love reading the poetry of the gentle weapon;  
thank you for sharing it.

I have hardly any time to read, and the length of  
your emails seem to be always right on time.

JP

Thank you- I enjoy reading your inspirational  
prayers and explanations of Rabbi Nachman.

Question from RV: Is this geared for women?

YG answered: It is geared for anyone and everyone!

That was awesome!

CL

Thanks so much for your emails. I am based in  
England and I regularly convert the emails into  
SMS text messages which I send on to a number of  
friends and acquaintances...

I hope this 'yofutzu' is acceptable to you!

Thanks again and be successful in spreading the  
daas of the holy rebbe in the world,

RD

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

*These emails are sent free of charge and are part of the ongoing work of the Breslov Research Institute to make Rebbe Nachman's Torah available to people of all languages. If you enjoy these emails and our other work and would like to contribute to our mission, we encourage you to do so by [clicking here](#) or the PayPal (P) icon below. All US donations are tax deductible.\**

*"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](http://www.jewishlights.com).*