



THE TZADDIK WHO TAUGHT PEOPLE TO BEGIN AGAIN

Rebbe Nachman

of Breslov | 18 Tishrei 5571



REBBE NACHMAN'S TZION | UMAN, UKRAINE

Find one real point of good. Then another. Let the good you discover change how you see yourself!

Rebbe Nachman (1772-1810), a great-grandson of the Baal Shem Tov, gave Am Yisrael a path of heartfelt tefillah, honest self-examination, simchah, and enduring hope. His hilula is 18 Tishrei, during Chol HaMoed Sukkot.

ONE WAY TO HONOR HIS HILULA

Name one real point of good in yourself and speak to Hashem about it. Appreciate it! Then find another and speak with Him about that one too. Thank Him, ask for help, or say whatever comes naturally from your heart. Keep gathering the good!



The life behind the teaching

Rebbe Nachman was born in Medzhybizh in 1772 and later settled in Breslov. His disciple Reb Noson preserved his teachings, conversations, stories, and much of the account of his life. Rebbe Nachman passed away in Uman on 18 Tishrei 5571, at only thirty-eight.

THE FIRE THAT REACHED REB NOSON

Breslov tradition tells that after hearing Rebbe Nachman teach, Reb Noson could not simply go to sleep. He went to the river and poured out his heart to Hashem. He wanted the fire he had encountered in Breslov to become alive within him.

That is what a teaching can do. It reaches a person; then that person must make room for it in tefillah and in life. Reb Noson went on to record and publish Rebbe Nachman's words so that others could receive that strength too.

FOR YOUR OWN LIFE

Which teaching of Rebbe Nachman do you already know, yet still long to live more fully? Name it. Ask Hashem to help you live it, then begin with one practical step.



A Simple Hilula Seder

1

Give tzedakah

Give tzedakah in the zechut of the tzaddik and pray for yeshuah and rachamim for all of Am Yisrael.

2

Light a candle

If you are lighting a memorial candle, light it l'ilui nishmat Rebbe Nachman and in honor of his hilula.

3

Say Tehillim

Read Psalm 67 and Psalm 121. Ask Hashem for the help you need in your own words.

4

Learn Azamra

Learn Likutey Moharan I:282, Azamra. Name one good point in yourself, then keep looking for more.

5

Add Pnimityut haTorah

Read the first Mishnah of Masechet Avot (1:1), or a short passage of Zohar such as Patach Eliyahu.

6

Carry it forward

Choose one mitzvah or act of chesed that lets today's learning shape your actions.

You may also say Tikkun HaKlali: the ten chapters of Tehillim selected by Rebbe Nachman - 16, 32, 41, 42, 59, 77, 90, 105, 137, and 150, in that order. Use this seder as an invitation; give particular attention to the words that open your heart today.



Azamra: the point of good

One point. Then another. Then another.

In Likutey Moharan I:282, Rebbe Nachman teaches us to search for real good in another person and in ourselves. Find a mitzvah, an act of kindness, a moment of restraint, a tefillah, or a sincere desire to come closer to Hashem. Each point is real. Keep searching!

A person can spend years collecting mistakes as evidence against themselves. Eventually, "I am a failure" can start to feel like a name. Despair drains the desire to try again. Azamra invites you to gather true evidence of your goodness: one point today, another tomorrow, and more whenever you remember.

Let those points come together. Pause long enough to feel that this good is truly yours, placed within you by Hashem. You have succeeded in real ways, and you can keep succeeding! Rebbe Nachman connects finding the good to simchah, niggun, and tefillah. As your picture of yourself changes, chiyut, clarity, and courage can return for the next mitzvah.

TRY IT TODAY

Name five true good points from your life. Stay with each one long enough to appreciate it. Ask yourself what these points reveal about you. Speak to Hashem about them, and ask for the courage to express one of them in your next action.

WHAT CHANGES?

You can begin to recognize yourself as a person with real goodness, real successes, and more good to do!



Speak to Hashem from where you are

Rebbe Nachman taught hitbodedut: set aside time to speak to Hashem personally, in the language that lets you say what is actually in your heart. He encouraged people to bring their longings, difficulties, gratitude, and requests into that conversation (Likutey Moharan II:25).

If words feel far away, begin with one honest word. Rebbe Nachman says that even one word of hitbodedut is very good (Likutey Moharan II:96). One word offered to Hashem with your heart has tremendous value! It can open the door to the next word.

SIMCHAH CAN BEGIN WITH SOMETHING SMALL

Rebbe Nachman gave enormous importance to simchah (Likutey Moharan II:24). Even on a hard day, remember one moment when you chose good. Let that moment matter! If a niggun opens your heart, sing a line. Ask Hashem to help that small spark become strength for one more good choice.

A TWO-MINUTE AVODAH

Name one good point, then another. Appreciate them as real successes! Speak to Hashem naturally about each one: thank Him, tell Him what you feel, or ask for the courage to grow. Choose one point and live from it today - through a mitzvah, a call, a tefillah, or one needed act of kindness.



Lev Emunah tefillah - Hebrew

LEV EMUNAH TEFILLAH | PREPARED BY RABBI BITTON

רבונו של עולם, אב הרחמים,
שהיום הוא יום ההילולא של
רבנו נחמן בן רבי שמחה זצ"ל,
עזור לי למצוא נקודה טובה אמיתית שבי,
ולגלות עוד נקודה ועוד נקודה,
עד שאכיר וארגיש את הטוב שנטעת בנשמת.
ועזור לי לראות את הטוב גם באנשים שסביבי.
תן לי להכיר גם בהצלחותי האמיתיות,
ותן לי חיות ואומץ לשוב אליך בכל יום מחדש,
ולדבר עמך בפשטות ובאמת מתוך הלב.
האר את נפשי באמונה ובביטחון,
פתח לי דרך לשמחה, לתפילה, ולמעשים טובים.
שלח ישועה ורחמים לכל עם ישראל,
רפואה לחולים,
נחמה לזקוקים לנחמה,
ופרנסה ושלום לכל בית ישראל.
ובזכות הצדיקים תקרב אותנו אליך,
ותביא את גאולתנו ברחמים. אמן.



Lev Emunah tefillah - English

LEV EMUNAH TEFILLAH | PREPARED BY RABBI BITTON

Master of the world, Father of compassion,

On the day of the hilula of Rebbe Nachman,
son of Rabbi Simchah, ztz"l, help me find one genuine point of good
within me, then another and another, until I recognize and feel the
goodness You placed in my neshamah. Help me see the good in the
people around me, too.

Let me appreciate the real ways I have succeeded. Give me chiyut and
courage to return to You each day, and to speak with You simply and
honestly from my heart.

Illuminate my soul with emunah and bitachon. Open a path for simchah,
tefillah, and good deeds.

Send yeshuah and rachamim to all of Am Yisrael: healing to those who
are ill, comfort to those who need comfort, and parnassah and peace to
every home.

In the merit of the tzaddikim, draw us close to You and bring our
redemption with compassion. Amen.



Let one good point become a beginning

There may be a part of your life you have described mainly by what went wrong. Rebbe Nachman invites you to search again. What is still alive there? A sincere desire, a mitzvah, a moment of courage, an opening toward Hashem?

Gather the good points, one after another. Give yourself time to feel that they are yours! You have succeeded in real ways. Speak to Hashem about what you discover, and let that clarity and courage shape your next good action.

A PERSONAL REFLECTION

1. Three real good points I can name:

2. What I want to say to Hashem about them:

3. One practical step I will take:

CARRY THIS INTO LIFE

If this page made you think of someone who needs chizuk, share one sincere word with them today.