

A decorative border of intricate, symmetrical scrollwork and floral patterns in a light gray color, framing the central text.

Don't Worry

ENLIGHTENING AND ENCOURAGING
A PERSON TO GUARD HIMSELF FROM
WORRY WHICH IS DANGEROUS TO THE
HEALTH AND RUINS HIS LIFE. FURTHER-
MORE, IT INFORMS THE PERSON AS TO
HOW WORRYING IS POINTLESS AND ONLY
LEADS TO THE THRESHOLD OF DESPAIR.

BASED ON THE TEACHINGS OF
RABBI NACHMAN OF BRESLOV
AND OF HIS STUDENT
RABBI NOSSON OF BRESLOV

הכתובת להשיג את הספר הקדוש הזה וכל ספרי
אדמו"ר מוהר"ן מברסלב זי"ע וספרי תלמידיו הקדושים
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1.

My dear fellow Jew, you must know that worry destroys a person completely, and will bring him nowhere, but to the threshold of despair.

Therefore be certain to do everything possible to make yourself happy. You should avoid all types of anxiety which ruin your health. As our holy Sages say, "Do not bring within yourself worry, for many strong men worry has killed" (Sanhedrin 100b).

It is up to you to try in every manner to attain true happiness. The method to achieve this is to train yourself to speak only to G-d, Whose reverence fills the world. Tell G-d of all that is in your heart, of all that disturbs you. It is up to you to remember that there is no one who can understand you, except G-d alone. Therefore, why rely on human beings who can only make it worse for you.

It is better for you to rely on G-d, and speak to Him in your own language. Every worry you have, bring it forth from the heart to the mouth, and from the mouth to G-d. You will then be at ease, and you will feel like an entirely different person.



Why must you worry about everything in the world? Life goes on regardless of whether you worry or not. Therefore make sure to sneak in some happiness today - rejoice, be happy - even dance a little. Furthermore, make your family happy and your neighbors happy as well, by always speaking to them in an encouraging manner.

With worry and concern you will achieve absolutely nothing. Instead you will destroy your life and the life of everyone around you.

Therefore, disregard every type of anxiety you have and stop worrying. Then you will find contentment and happiness out of life.

You will achieve this only if you have faith in G-d - knowing that the world does not operate independently. Rather there is a Creator who continuously rules the world with utmost supervision.

All the worries which you experience are due to lack of belief and atheistic ideas which have pervaded your mind because of your many sins and iniquities.

However, if you sincerely return to G-d and accept His Rulership, then all your worries will dissolve, and you will delight in the radiating brilliance of the Divine Presence of G-d.



My dear fellow Jew, why must you worry so much? In any case worrying will not help you achieve your desired goals. On the contrary it will drive you further away from your objective. For anxiety fills a person with desperation and

carelessness until he lets himself go completely. Then he will achieve nothing.

You must fill yourself only with faith in G-d, Know that His Mercy is great and that you should cast your burden upon Him, for He will certainly not abandon you.

If you train yourself to speak to G-d in your own words, you will come to believe and trust in Him with pure faith. Then you will realize that worrying is pointless.

Anyway ,we are in the hands of G-d, just as clay is in the hands of a sculptor. If he desires he lengthens, and if he desires he curtails.

It is therefore better for you to believe in G-d, and always take shelter in Him. This will eliminate all your worries.

My dear fellow Jew, you must know that the anxiety that a person has from day to day, and even from one hour to the next can shatter his nerves completely. It fills a person with 'despair,

depression and an internal despondency', and makes him very tense.

Therefore, why must you worry about the future? How do you know what tomorrow will bring? Maybe it will not come at all.

Train yourself to always think of G-d, and believe only in G-d. Only He can help you, and without his permission no human being can harm you at all. When you realize the truth of G-d's existence, and remember that there is nothing at all without G-d, and when you begin to speak to G-d in your own words, you will understand that there is no reason to worry. For worry lies in the hearts of fools and the faithless, while belief lies in the hearts of the wise who have faith in G-d completely. Fortunate is one who has faith, believes, and does not worry.

The wise man has already said, "the anxiety confined in the heart accelerates the aging process". Therefore, why worry and jeopardize your health by shattering your nerves? Worry can lead to nothing but destruction, G-d forbid.

You must train yourself to believe only in G-d, who will certainly not desert you. As He has helped you until now, so too, will He continue to assist you for the rest of your life.

Remember what kind of pain and troubles you once had, and yet G-d pulled you out of there. Therefore you must believe that now also, G-d will free you from the hardship you endure. Even though you are totally devastated and it seems that hope is lost, heaven forbid, you must nevertheless remember that in those times of trouble, worrying did not help you at all. Instead, it made your life even more bitter and filled you with more tension and apprehension.

Stop worrying and believe in G-d, for he will not abandon you. Even though you are the way you are, you must realize that G-d is our Merciful Father. If you will attach yourself completely to G-d, and speak to Him in your own words - telling Him ail that is in your heart, and everything that occurs to you in the utmost detail, as one speaks to a friend - then G-d will certainly not abandon

you. Therefore, turn to G-d and don't worry at all, for then you will see wonders.

4.

My dear fellow Jew, you must understand that anxiety makes a person narrow-minded and petty. There is hardly a person who did not suffer failure in his life, because he worried about his situation. Those who succeed in life do so because of the strong belief they have in G-d, and also because of their self-confidence. They do not worry at all about the future.

Be aware, that worrying about the future is stupidity. For who knows if you will have a future? Many people went to sleep and did not wake up. Many people thought and worried about a specific matter, and in the end G-d changed everything around for the better. G-d came to their aid in a way completely unimaginable, from a source that was just as unthinkable.

Therefore why must you worry and fret? It is much better for you to believe in G-d, and to have self confidence that you are capable of succeeding in all that you undertake with the help of G-d.

You will see how you will succeed, for a persons success comes mainly from ridding oneself of anxiety and unnecessary worry.



Most of the time the worry a person has is brought on by himself. As our holy Sages say, "whoever has one hundred wants two hundred"

(Midrash Ecclesiastes, Chapter 1, No. 34).

A person can have a modest salary which is sufficient for his needs, be happy with it and live a contented life. However, as soon as he looks at others, he becomes envious of his friend and wishes to compete, by living on a budget well beyond his means. He goes into debt, and from then on, is filled with much worry. By day he is troubled with vexations and at night he tosses

and turns in his bed, unable to sleep because of his great worries.

Now I ask you, would it not have been better to be satisfied with what you had, than to have gone into such great debts?

It may reach a point that, a different creditor will be searching for you and knocking on your door pestering you to repay him. You become afraid to go out in public because of the nerve wracking tension you have to deal with.

All this occurs to you because you are unwilling to be happy with your portion, and therefore bring on yourself even greater worries.

Accustom yourself to always be happy with what you have. You will then be filled with hope and self-confidence until you won't need to worry at all. You will be able to get up in the morning without any worry at all.

6.

My dear fellow Jew, you must realize that anxiety causes a person to be tense and very nervous. The tension can build up to a point that the person wants to commit suicide.

Why don't you rather ask yourself this question; why and for what purpose must I worry about the future? Maybe tomorrow will not come? If so, then I have worries about a reality that does not exist. Therefore, my worrying is for nothing at all.

Accustom yourself to live only for this day. Then you will have no worries, and will derive pleasure from life. The principle source of bitterness and depression which a person has is the worry about what will be tomorrow or the day after. This fills him with so much tension and stress that it can lead to a nervous breakdown. His life is very bitter and he is always filled with apprehension, never at peace with himself.

If he will live for this day alone - knowing that he only has this day, he will experience life entirely different. He will merit to perceive holiness within the corporeality of this world.

Many times, when a person is very tense and nervous, it feels as if the earth is blazing underneath his feet, and he trembles due to his fear and apprehension about the future. Filled with worry he can't enjoy his life.

If, however, a person focuses only on this day then his life is totally different. He derives sweetness out of life. Fortunate is he!



My dear fellow Jew, you must know that most feelings of anxiety and depression are of an unrealis- tie nature, and come from being paranoid about other people. This comes from lack of self-confidence and failure to believe in yourself. You do not believe that you can rise to the very top and bring forth the talents within you.

Since you lack self-confidence, and think of yourself as the most wretched person alive you become filled with fear and worry. In reality, this is a great error. Rid yourself of this sickness of the mind which has caused you to have a low self esteem and to be fearful of others. Otherwise you will continue to be worried day and night.

How will you accomplish this? By training yourself to say what's on your mind and not being ashamed of your opinions. A true leader is one who is not afraid to express his opinions in public. If you do this, all your worries and fears will dissipate and you will rise both spiritually and physically. You will then succeed in life.

As long as you do not express your opinion or speak your mind, revealing your inner thoughts, you will be overcome by fear of your fellow man and surrounded by worry.

Therefore, don't be foolish - reveal to everybody your hearts desire. Even if they snicker, you must nevertheless be adamant in expressing your opinion and what you feel is the truth. Then

you will certainly rise to a position of leadership; conquering your fear and worry and succeeding in all that you do, both spiritually and physically.



You must know that speaking to other people words of faith and encouragement and boosting their self-confidence - by convincing them not to worry or despair - will effect a transformation in yourself. You will not be worried or afraid of anything. For speaking with your fellow man in this manner will fill you with happiness and serenity. By helping others you will help yourself as well.

Therefore, make it a practice to speak with your fellow man about having trust and faith in the Divine Providence of G-d. This will uplift and raise your spirit. It will broaden your mind and open your heart

and you will find contentment out of life. You will benefit as well, because when a person helps

his fellow man he is helped himself. If a man would know this, he would never be bitter or depressed. Instead, he would speak to others, strengthening them and giving them assurance. Then he would succeed in every aspect of his life.



Make sure in every way possible not to worry at all. For anxiety destroys the mind and saps the strength of a person. It diverts him from his ultimate goal until he has no peace of mind whatsoever. He becomes confused and broken completely, causing him not to be able think straight

It is necessary for you to think only of what you have to do right now. You must focus on reality and not be concerned with tomorrow's worries, for the worries of tomorrow might not come at all.

Those problems, calamities, and the black clouds you see in your future may never materialize. Therefore, why must you be distressed by fictitious worries. Instead, you should live with reality, thinking always of the present, what is now in front of you. This is realistic thinking, while concern about the future is mere illusion. Why must you imagine that everything will turn out bad and gloomy. Think rather that all will be bright and cheerful. Then you will be invigorated by a life without worry, anxieties, and confusion. You will find contentment in your life. You will be serene, refreshed, and sure; unafraid of anything in the world.

10.

My dear fellow Jew, you should know that the fear and worry which haunts your mind and heart stems from a lack of self-confidence. This causes you to be fearful of everything and engage in unnecessary worry.

If you believe in yourself, that you, too, are truly a creation of G-d, and that you can achieve anything by simply asking G-d, then you would not worry or fear anything at **all**. For your very existence would always be attached to G-d.

Make it a practice to speak to G-d always, as one speaks to a friend, telling Him everything that disturbs you, and all that you're going through in the utmost detail. Be steadfast in doing this, for every single word you say to G-d is heard and accepted. G-d's glory fills the entire world and everything without exception gives testimony to His presence, and He is at all times very near.

If you will accustom yourself to speak to G-d then you will gain self-confidence. You will believe in yourself and in your ability to achieve anything by trusting G-d. This will eliminate the irrational fear,

the unnecessary worry and the foolish fantasies you experienced. You will be full of trust, full of life and vigor, and will succeed in overcoming everything.

11.

All the worry, stress and depression a person experiences, comes from his lack of true peace of the mind. He believes that he must do everything at once, until the pressure from his various undertakings becomes too overwhelming. He begins to worry and panic about the future. How will I complete and achieve all my goals at once? These worries confuse him and fill him with great dejection until he is broken completely. He is buried and weighed down by the heavy burden of his worries.

If, however, you focus on one thing only, and when that has been completed, you tell yourself to begin one more project, and so on, you will certainly succeed and not have to worry at all. Truly, you must know that it is impossible to do everything at once.

A person's life is a long chain with many links. It is impossible to construct this chain unless you connect one link to another until it forms one

complete chain. So too, it is impossible to undo a long chain unless you detach one link at a time.

Similarly, what a person does resembles a long chain. It is important to know that it is essential to go slowly, link by link; only then will he succeed.

This will free him from the edginess and worry which ruins his health, which confuses his thoughts and causes him to lose his mind, so that he becomes a nervous wreck. When you realize that it is necessary to wait and go slowly, doing one thing at a time, rather than doing everything at once, you will succeed in all your dealings and will eliminate the worries surrounding you completely. You will feel refreshed, full of life and genuine happiness, and all your life will be spent in an entirely different fashion.

Strengthen yourself by having simple faith in G-d and don't worry at all. For when a person is imbued with faith and believes and testifies that everything is only from G-d, he is spared from all worry and bitterness. He merits to receive his salvation from above.

The cause of anxiety is lack of faith, which brings a person to depression and edginess until it threatens Ms very existence.

Therefore be steadfast in having simple faith, and as soon as you even begin !O woiry, make certain to distance yourself from it. Have faith, in G-d who will never desert you.

Faith and trust go hand in hand, conversely, heresy and worry are dependent upon each other. Therefore, if a person worries it is certain that he has within him some sort of atheistic thought, G-d forbid.

Conversely he who trusts in G-d is certainly filled with faith in G-d. Fortunate is one who trusts, has faith, and doesn't worry at all, for he will then merit to enjoy all the good of the Almighty.

12.

My dear fellow lew, strengthen yourself by having simple faith in G-d. You must always occupy your mind with the truth of G-d's existence. This

will help you develop much trust and belief in G-d, and you will not fear anyone in the world. You will not worry at all, for the cause of a person's anxiety is his lack of faith and trust in G-d, which produces unnecessary fear and much worry.

Therefore strengthen yourself in having a simple faith, and practice speaking regularly to G-d as one speaks to a friend. This will instill your heart with faith and trust and you will not worry at **all**.

13.

Most of the illnesses people endure are due to anxiety. For stress alone causes a person to lie sick in bed, until his worries saps his strength and breaks Mm completely. Considering his life worthless, he is unable to eat, unable to sleep, and unable to speak to due to his anxiety. He lies in this manner on his bed of misery like a dead corpse, G-d forbid.

If you have experienced such a crisis due to anxiety, and you want relief, then start living in

the present. For just as water in a river or spring flows and drifts away, so too the life of a person - the days, the hours, the seconds go by and are no more.

It is therefore necessary for you to start living in the present - to realize, that you have only the present, whose existence is certain. For the only thing that is certain, is the present in which you now exist; and if so why and for what purpose must you worry about the future?

Make sure to begin living with the present only - figure on today and make your destiny from now onward.

Why must you worry unnecessarily and ruin your whole future and your entire life? If you will act according to the manner prescribed, your life will be changed entirely and you won't worry anymore at an.

Most worry is over what will be tomorrow or what was yesterday, but if you will begin with the present, your life will take on an entirely different perspective, and you will slowly be healed. You will

be able to eat and sleep, and speak to others. You will be able to engage in your business and your entire life will change for the better.

My dear fellow Jew, don't be foolish - stop worrying! Do not allow worry to gain hold of you even for a second. Live with the present and only with the present, and then you will find satisfaction out of life.

14.

Notice how the days pass by and you still worry unnecessarily about the future which hasn't arrived. How long will you worry? Do you gain anything by worrying? Do your worries help you in any way?

Therefore, I must ask you why are you worrying so unnecessarily and ruining your health. Not only that, but through this you come to despair and depression, until you become careless in fulfilling G-d's commandments. You become indifferent to G-d, and slowly drift away from Him. All this

stems from excessive worry which results from sinning. For worry stems from sins, as King David said, "I worry about my sin" (Psalms, 38:19). All worries result from sin. Therefore you must completely and sincerely return to G-d by repenting. Accustom yourself to speaking to G-d, telling Him everything that happens to you in the utmost detail, just as one speaks to a friend. This will free you from the tension, the fear and unnecessary worry you possess. Thus, you will merit to have faith, trust and happiness and your life will completely change .

15.

My dear fellow Jew, do whatever you can to strengthen yourself and not worry at all.

Anxiety comes to a person because he does not think. In truth, if he were to realize that our days pass like a shadow - now it is day and soon it will be night, and that all disappears just as a shadow - he would not world, at **all**. For there is

no reason for him to worry about a world that is passing by.

A person is overcome by worry, mainly because of his narrow-mindedness and lack of faith. For a true believer who believes in G-d knows that everything is from G-d, and that "a person does not hurt his finger down here unless it is declared above" (Chulin 7a), and that "a person does not touch what has been prepared for his friend (Yoma 38b), and even the job of a caretaker of wells and garbages are appointed by heaven" (Berachos 58a). Every minute detail of creation is supervised by G-d's Divine Providence.

My dear fellow Jew, have faith, and don't worry at all, then you will see wonders in your own life. G-d will perform supernatural miracles for you if you will only place your trust in Him and stop worrying!

Rabbi Nachman's Sayings

Gevald!! Never give up hope.

It is forbidden for one to give up hope.

Hisbodedus (meditation) is a very high level. In fact it is above all other levels.

If you believe that you can destroy, believe that you can rectify.

Know, that a person walks in life on a very narrow bridge. The most important rule is not to be afraid.

Even when things appear to be at their worst, it can instantly turn around for the best.

A person for the pleasure of a quarter of an hour can lose his portion in this world as well as in the World to Come.

When asked, What is in reality the power of choice? "the Rebbe answered", Simple. If you want, you do, if not, not. Too many people are trapped in the

customs of their habits, but if they truly want to, they can easily overcome.

Although the Land of Israel appears to be as ordinary as any other land, nevertheless, it is very great and awesome in its holiness. The same is true of a righteous man. He appears as others do, yet his inner being is completely holy and different from the average man.

Concerning wars that take place between nations, Rabbi Nachman remarked, "See how wise and intelligent these people are, constantly thinking and planning to invent the ultimate weapon that can in one moment wipe out thousands upon thousands of people".

Faith may be on the lowest level, but only through faith one can attain the highest of all levels.

The main mitzvah that is entitled "doing" is the act of charity,

A student was once complaining to Rabbi Nachman about his lack of accomplishment in serving G-d. He said that he wanted very much to serve

G-d. Rabbi Nachman said to him "Do you truly want to desire?"

One must always look for the good points in every single Jew.

Peace comes when there is truth.

Peace is the sign of life.

* * *

Rabbi Nachman instructed everyone to say these ten psalms, as a wonderful remedy (tikun) for all sorts of problems.

16 - 32 - 41 - 42 - 59 - 77

90 - 105 - 137 - 150

It is a custom to recite them every day.