

פעם אחד ספר מענין מעשה בני-אדם. ענה

A Quarter of an Hour

THE TEACHING

Speaking about how people behave (מעשה בני-אדם), Rebbe Nachman said one sharp sentence about the price of a passing pleasure.

MAIN POINTS

- “בשביל תענוג קטן אחד של רבע שעה הוא יכול לאבד ולהפסיד כל העולם הזה עם העולם הבא”: for one small pleasure of a quarter of an hour, a person can lose and forfeit all of this world (עולם הזה) together with the World to Come (עולם הבא).
- He said it in Yiddish, and Reb Noson records his exact words:
“א מענטש פון איין תענוגל וועגן פון א פערטל שעה”...
- Think of the scale: on one side a quarter of an hour, on the other both worlds.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

A passing pleasure feels large only in its moment. Remember the quarter hour, and what stands against it.

<https://breslovai.com/tinyana/108/>

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