

שְׁמַעְתִּי שְׂאִישׁ אֶחָד שָׁאַל אוֹתוֹ: כִּיצַד הוּא

Free Choice, Simply

THE TEACHING

Someone asked Rebbe Nachman how free choice (בְּחִירָה) works. He answered plainly (בְּפִשְׁטוּת): free choice is in a person's hands, simply. “אִם רוֹצֶה עוֹשֶׂה, וְאִם אֵינוֹ רוֹצֶה אֵינוֹ עוֹשֶׂה”, “if he wants, he does; and if he does not want, he does not.”

MAIN POINTS

- Reb Noson writes that he recorded this because it is very much needed: many people are deeply confused about it.
- They have been used to their ways since their youth, so it seems to them that they have no choice, Heaven forbid, and cannot change their deeds.
- But in truth it is not so: “יֵשׁ לְכָל אָדָם בְּחִירָה תָּמִיד עַל כָּל דָּבָר”, “every person has free choice, always, about everything”; as he wants, he does.
- He ends: “וְהִבֵּן הַדְּבָרִים מֵאֵד”, understand these words well.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Habit makes the old way feel like the only way. The Rebbe's answer is simple: you want, you do. Choose once, today.

<https://breslovai.com/tinyana/110/>

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