

פעם אחד דברתי עמו ז"ל, והבנתי שהיה

Guard Yourself from a Stray Thought

THE TEACHING

Reb Noson tells of a time he was with Rebbe Nachman and understood that the Rebbe very much wanted to reveal something he had grasped (מהשגותיו), as was his way, but it was hard for him. They walked together in silence (בשתיקה).

MAIN POINTS

- Then these words came from his holy mouth, in Yiddish: “ס'ע האט א פנים אז מע מוז זיך פון א הרהור זייער היטן”, “it seems one must guard oneself very much from an improper thought (הרהור).”
- From the Rebbe's words and his holy movements, Reb Noson understood that at that moment the Rebbe had perceived “עצם פנים הרהור”, how great the damage of such a thought is, Heaven forbid.
- And Reb Noson ends: “וואי אפשר לצייר זאת בכתיב”, it is impossible to portray this in writing.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

A passing thought is not nothing. Guarding the mind, gently turning it to something good, is real service of Hashem.

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