

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

#### Short Quotes from Various Tzaddikim - Week 137

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לענ'ן פעסל בת ישראל מנחם / לזכות חילינו

*Always remember: Grapes are crushed to make wine. Diamonds are formed under pressure. Olives are pressed to release oil. And seeds begin to sprout in the darkness of the ground. Whenever you feel crushed, under pressure, pressed, or in darkness, you're in a powerful place of transformation. Trust the process.*

BASED ON THE TEACHINGS OF REBBE NACHMAN (1772-1810)

*During a seminar on life skills, the professor distributed a balloon to each one of his seventy students. He then instructed them to blow up the balloon and write their names on it with a black marker. After each student wrote their name on their balloon, the balloons were collected and placed in a huge ballroom. The seventy students were then told to enter the ballroom and find the balloons with their names written on them. There was nothing but chaos as each student frantically searched for their balloon. After ten minutes almost nobody had found their balloon. The instructor stopped them and told them to each randomly pick a balloon and give it to the person to whom it belonged. Within two minutes, each student was holding their balloon. The professor then explained the lesson of the balloons. Oftentimes, we frantically search for happiness, running in many different directions confident that we will find the happiness we seek, but we are ultimately left feeling empty handed. What we fail to realize is that the greatest happiness lies in sharing and giving to somebody else.*

RABBI AVI WIESENFELD

*When the world around you seems like it's falling apart, turn to the One Who can put it all back together.*

RABBI DANIEL AGALAR

*Sometimes your presence is greater than any intervention. Often, people don't need solutions or answers – they simply need to feel heard, to know that their voice matters and their feelings are valid. By listening with an open heart, you remind them that they are not alone, that their struggles and their story carry weight, and that they themselves are worthy of care and respect. In a world where so many feel unseen, your quiet compassion can be the light that helps someone remember their value and worth.*

BASED ON THE TEACHINGS OF THE LUBAVITCHER REBBE, RABBI MENACHEM MENDEL SCHNEERSON (1902-1994)

*Butterflies rest when it rains to protect their wings; so too Shabbos is our rest – the shelter where our weary wings find refuge from the storms of life. It is the canopy that shields us, the calm that restores us, the gentle pause that gives us strength to carry on.*

BASED ON THE TEACHINGS OF THE SEFAS EMES, RABBI YEHUDAH ARYEH LEIB ALTER (1847-1905)