

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 152

To join our Whatsapp group for daily messages, contact us at 845-641-2648

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

*Sometimes the harshest criticism comes from within. We set unrealistic expectations, compare our journey to others, and begin to stress over imagined deadlines. But the truth is, spiritual growth is deeply personal. There is no single timeline for success; everyone's path unfolds differently – and that's not a flaw, it's the design. Quiet the inner critic. Don't measure your progress with someone else's ruler. You are not behind. You are not late. Compare yourself only to who you were yesterday, not to who someone else is today. Trust in your journey, stay in your lane, and run your own race.*

INSPIRED BY THE TEACHINGS OF REB ZUSHA OF ANIPOLI (1718-1800)

*After a fierce storm, a gardener discovered that his favorite tree had a jagged split down the center. Neighbors told him to cut it down. "It'll never grow right again," they said. But instead of heeding their advice, he bound the trunk with thick rope and supported the branches with wooden stakes. "Give it time," he said.*

*Months passed, and the tree looked worse before it looked better. Leaves wilted, bark peeled, and sap leaked from the wound. But slowly, almost imperceptibly, small green buds appeared, pushing through the damage. The gardener tended to it with unwavering patience, watering it every day.*

*One year later, the tree bloomed more beautifully than ever – fuller, stronger, rooted deeper. The split was still visible, but it had fused into a unique twisting pattern that made the tree distinct from all the others. People came from around the neighborhood just to see it. And the gardener would say, smiling, "A tree grows strongest at its broken places."*

*The tree symbolizes anyone who has felt split by life – by loss, disappointment, failure, or heartbreak. We often think brokenness is permanent, but the truth is that healing can create strength deeper than before.*

*The gardener's patience is a reminder that we must give ourselves time. Growth after pain or trauma may not look graceful at first. There are seasons when things appear worse before they improve, where the process of regrowth feels slow, uncertain, or invisible. Healing rarely looks heroic; it often appears like simply holding yourself together. But presence, consistency, and gentleness do something remarkable over time – they allow strength to form from the broken place itself.*

*Like the tree's fused trunk, our wounds and our battle scars can grow into patterns of resilience that make us unique and beautiful. With time, nurturing, and belief, we can bloom more beautifully after a storm than we ever did before it.*

INSPIRED BY THE TEACHINGS OF REBBE NACHMAN (1772-1810)

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*Don't try to fix people; try to love them. Love will do the fixing.*

INSPIRED BY THE TEACHING OF REB NOSON OF BRESLOV (1780-1844)

*A young student was told to fetch water in a woven basket. Confused but obedient, he ran to the stream and filled it, only to watch the water immediately leak out. He tried again, faster, spilling less but still arriving empty-handed.*

*Frustrated, he complained to his teacher. "Why make me do something impossible?"*

*The teacher asked him to look closely at the basket. It was no longer dusty and dirty – it had been washed completely clean.*

*"What you thought was pointless was actually purifying the basket," the teacher said.*

*"Some actions change you even if they don't seem to 'hold' anything."*

*We often get discouraged when effort seems wasted – when prayers aren't answered as quick as we hoped, when emotional exertion doesn't offer quick clarity or relief, when spiritual work doesn't yield the desired results.*

*But, like the basket, many processes transform us in ways we may not notice.*

*Growth isn't always measured in outcomes; sometimes it's measured in who we become through the effort.*

*Not every effort reveals its impact right away; some of the most meaningful changes happen quietly, beneath the surface.*

*What you do with sincerity is never wasted, even when there is no immediate proof to hold onto.*

*Growth often unfolds in hidden stages, strengthening roots before anything visible appears.*

*Trust that each step forward is shaping something real, even if the results have not yet come into view.*

*Every attempt strengthens our character, cleanses our mindset, and refines our soul; every effort – even the seemingly failed ones – builds resilience and clarity. The hidden transformation is still transformation.*

*Never underestimate the value of who you're becoming behind the scenes.*

INSPIRED BY THE TEACHINGS OF THE BAAL HATANYA, RABBI SCHNEUR ZALMAN OF LIADI (1745-1812)

*When you see something beautiful in someone, tell them.*

*What takes a moment for you could last a lifetime for them.*

BASED ON THE TEACHINGS OF RABBI AVIGDOR MILLER (1908-2001)

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