

*Set  
Yourself  
Free*

# *Set Yourself Free*

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*STRAIGHTFORWARD ADVICE ON HOW TO  
BUILD ONES CONFIDENCE AND SELF-IMAGE  
AND HOW TO REALLY SUCCEED IN LIFE*

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BASED ON THE TEACHINGS OF  
**RABBI NACHMAN OF BRESLOV**  
AND OF HIS STUDENT  
**RABBI NOSSON OF BRESLOV**

RABBI NACHMAN INSTRUCTED EVERYONE  
TO SAY THESE TEN PSALMS, AS A  
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1.

*If* you want to be successful in life then strive to become independent, and stop allowing the opinions of others to control you. All your goals and objectives in life should be driven by this quest for independence, and then success will be yours. But, if you sit back and fold your arms, expecting others to fulfill your needs and manage your life, you've set yourself up for failure. A person who is self-reliant is groomed for success, so start taking responsibility for your life, and stop relying so much on others. Adopt a do-it-yourself approach to handling life issues,

because when it comes to success, there's nothing sweeter than knowing you've done it by yourself.

2.

*L*ife is an ongoing series of difficult challenges and personal struggles that demand inner strength and initiative. Don't bow out of the picture, by letting other people fight your battles; after all they're human too, and they probably can't even help themselves, so how do you expect them to help you? But, if you arm yourself with self-confidence and wage war against self-doubt and insecurity you will prevail over your fears, bearing the trophy of success in hand. Take the coward's way out, by waiting for others to rescue you, and you'll amount to nothing but a loser. To triumph in the race of life you have to cross the finish line on your own.

3.

*D*o you suffer from an inferiority complex? Do social situations make you feel uncomfortable? Are you tired of having to deal with all the shame and humiliation that results from the put-downs of other people? In order to regain your pride and self-esteem stop acting like a victim and start practicing the art of detachment. If people are hurting you it's because you allow them to hurt you. Selling yourself short, will make everyone else seem naturally superior, and allowing the success of others to intimidate you, will only further induce you to slavishly win their approval. Liberate yourself from the crippling effects of approval-seeking behavior, by realizing that your job is to please G-d – not other people. G-d is the grand conductor of life, and it is He who orchestrates all of reality. Accepting G-d's

control over your life will emancipate you from the imagined authority that others' opinions and expectations has had over your mind. Automatically, you will avoid unhealthy alliances with others, as you learn to depend only on G-d. Set yourself free by letting go of others and letting G-d in.

4.

*L*iving in today's rootless and impersonal society, and in an era where the generation-gap youth have turned their backs on their parents' values, has probably left you feeling very alienated and confused about life. Remember however, that G-d does not leave any generation orphaned! If you need guidance, companionship, or even love and affection, you can turn to Him, as a child does to his father. G-d's compassion is

abundant and He won't let you down. Speak to Him in any language you understand and tell Him about any problem you may have, no matter how private. Don't wait around, expecting others to solve your problems for you. Make it a practice to rely only on G-d to help you resolve life issues, and this will put you on the road to responsibility and self-care. Naturally you prefer to depend on others to step in and take care of the hurt, but why be a fugitive from pain? Learn to embrace all of life's circumstances, however unpleasant, by recognizing that they have been contrived by G-d, for your benefit. G-d wants you to grow and mature into a responsible adult; your welfare is His concern. As a concerned parent, He's involved in your life, challenging you every step of the way, to help you stand on your own two feet. Don't spend the rest of your life being a stepping stool for others. Put yourself under G-d's

managed care and you'll be free to live life the way you want.

## 5.

*I*t cannot be stressed enough that G-d is the invisible force controlling the entire universe, and that all outcomes are determined by Him. And no matter how many times you're presented with this straightforward idea, the concept will remain slippery in your mind, because G-d deliberately obscures His presence to allow you to exercise free choice. For were the veil of obscurity to be lifted, you would submit to His authority automatically, and be freed from the imagined control other people have over your life. So why grovel at the feet of another person for what you need, when you can become self-sufficient, through sheer reliance on G-d? Never has the

need to exercise our trust in G-d been greater than in our generation, where His authority has been so challenged and undermined. In the name of glorifying human achievement, cherished beliefs have been trampled on to pave the way for fast-paced technology and science, leaving you in an uncomfortable state of uncertainty. And, even though the menace of modernity can be interpreted as just another, in a series of tests of our allegiance to G-d in our bitter exile, never before – since the rebellion of Nimrod in Abraham's time – has the spiritual threat been so dire. By casting off the moral restraints of a G-d fearing society, the new age's twisted concept of freedom, serves only as a green light for permissiveness. Yet, for all their freedom, why does today's 'me' generation find itself shackled by materialism? What happened to all their seductive promises of liberation? Isn't it time to

admit that liberalism has failed to liberate society from anything except decency and morality. The answer to mankind's deep longing for liberty lies not in wresting control from G-d, but from surrendering to His authority. Indeed, real autonomy means performing G-d's will, undeterred by the pressures of conformity, and not altering your religious behavior to suit public opinion or to win approval. Committed to the timeless truths of the *Torah*, your open observance of the commandments – wearing *tzitzis*, donning *tefillin*, eating kosher and keeping the *Sabbath* – plain and simple, without apology, serves to promote public awareness about the reality of G-d's existence. On the other hand, can there be a worse form of enslavement than that suffered by the liberals whose morals and religious values bend at the knee in conformity to popular tastes – after all, they reason, "what

would people think?". Why follow the crowd when you can savor the true taste of freedom? Let today be your independence day! Combine religious observance with *Torah* study and they will liberate you from the shallow thinking and empty lifestyle of today's world, which has the rest of society enslaved.

6.

Come to terms with your own self-destructive role in causing the emotional pain in your life and you will be on the road to recovery. Hold on to your poor self-image and you will continue to desperately seek other people's approval, sacrificing your pride and dignity to win acceptance. Sadly enough, for all your efforts at people-pleasing, instead of winning love, you will become a doormat for all to walk over and step on. Don't let your neediness

make your life into a tragic cycle of use and abuse! Stop turning to people to fill the empty void in your life and start turning to G-d. Switch gears and break your unhealthy dependency on others, by accustoming yourself to ask G-d for what you need, and not other people. As you become less and less reliant on people, you will emerge from your former existence, living in the shadow of their expectations, self-assured and bursting with confidence. But those stubbornly ingrained fears that have made you chronically shy and socially inhibited, can only be erased when they are matched by an equal amount of stubbornness in pleading with G-d to overcome them. So go ahead, approach G-d as a son approaches his father; talk to Him, ask Him for what you need. By sharing your vulnerabilities with Him you will feel a sense of freedom from

the need to emotionally rely on others. Talking to G-d routinely will help you adopt a more realistic approach to life, because you will grow more reliant on G-d's point of view, rather than on your own limited perspective. G-d's wisdom is higher and His potential is limitless. The moment you accept there is something greater and beyond yourself, then G-d reveals himself to you from behind the guise of nature; what is commonplace becomes sublime! Deepen your awareness of Him and become more conscious of His involvement in your everyday life and you won't need to rely on others. He will suspend the laws of nature for you because He is nature, and you will see miracles in your own lifetime. Once your eyes become opened to the unlimited possibilities of what G-d can do for you, you will stand in awe before Him; there will be nothing desirable in life

except that which is connected to G-d. The lesson having been learned, automatically your overriding attachment to materialism will dissolve. So, stop letting others interfere in your life and let G-d take over, and watch the miracles happen!

7.

*D*ialogue with G-d is the surest way for you to gain control over your life and achieve autonomy. When you accept G-d as your personal confidant, you've arrived at the superior truth that G-d is all there is to life, and He is all that matters. Automatically your mind becomes free from the imagined control other people's opinions have exerted over it. Focus your discussion with G-d on how to combat defects in your character and poor habits that make you feel trapped and unable to function effectively in life. Address

these problems only with G-d, in an open dialogue and on a consistent basis. Confide by getting into as much personal detail as you can, as if you were speaking to your closest friend or like a child before a parent. You may be reluctant at first, because you feel so insignificant and unwanted in G-d's eyes. Don't be discouraged; laugh it off and resolve firmly in your mind that you don't have any choice, because G-d is all there is and all that you have. Make this your own personal declaration of independence, and you will remove from yourself the worst form of tyranny that a person can suffer; dependency on others. The more you consult with G-d on a regular basis, the clearer the picture will become in your mind that there is nothing else besides Him. You will begin to notice G-d in everything around you and you will develop a distinct sense of being embraced by the warmth of His

friendship. But the journey doesn't stop there! A few flashes of insight here and some close encounters there doesn't mean that you've seen all of G-d there is to see. Probe deeper into the mystery of G-d's existence and begin to fathom the enormity of the distance separating your inferior intellect from the vast meaning of G-d. Humility will oust the conceit from your heart and inspire you with the proper awe and reverence of Him. In every generation the search for G-d continues, but it never ends; the essence of knowing G-d lies in the paradoxical awareness that you can never know Him. G-d is so great! His importance in your life is beyond your own self-importance. The ticket to freedom will be yours, once you recognize how much you need G-d and not other people. But in our promiscuous society, a great spiritual darkness has descended

over the world, because of its quest to become free by removing itself from the authority of G-d. By offering deceptive promises of freedom, the liberation movements have spiritually betrayed an entire generation who have forsaken the service of Heaven, only to have fallen into the trap of living life in service of the self. Their concept of freedom is a myth: the soul remains caged, while man's ego roams free and enslaves him in a debased existence of self-indulgence. If liberation-movement fever has caught you, then at least head in the direction of true freedom, by moving as far away from them and their corrupt views as possible. Then, live your life based on the disciplines of faith in G-d, diligent *Torah* study, and observance of the commandments and you will free your mind of the dangerous misconceptions of secular thought. Your eyes will

open to the unfortunate phenomenon of our day, whereby contemporary society has become alienated from G-d because of their conversion to this kind of free thinking. Furthermore, you will comprehend how G-d's unpopular image created in the modern mind, has persuaded so many insecure Jews to desert the faith of their forefathers and to scorn its venerated traditions. Desperate for social acceptance, they foolishly leap out of the loving arms of their Heavenly father into the uninviting hands of their gentile neighbors. How can they be so submissive and act so disgracefully? Where is their Jewish pride? Aren't they the people chosen by G-d, to reveal Him to the nations of the world by remaining apart from them? Stop denying your own self-worth and start believing in yourself, by believing in G-d. The image of G-d you project to

the world is a reflection of your own self-image. Therefore, deepen your relationship with G-d by selecting a private area where you can relate to Him your innermost thoughts, on a steady basis. As G-d becomes more and more real to you, public opinion will matter less; your self-confidence will grow and you will no longer feel ashamed of your Jewishness. Freedom of expression of your Jewish identity is after all, what Jewish independence is all about; it liberates you from the sham of the intellectuals who deny what every creature on earth recognizes as the undisputed truth: G-d is the creator of the Universe. So, say no to assimilation and yes to Jewish pride. Celebrate your independence from others by celebrating the reality of G-d in your life.

8.

*T* rue success is synonymous with self-reliance. Therefore, in climbing the ladder of success, don't rely on others as the rungs from which you need to rise to the top. Most people have their own agendas to pursue in life, and they won't hesitate to step on you in their own climb for success. Of course, if it's in their interest, they will help you, but once they find you useless, they will leave you hanging in the air, bitterly disappointed. So, stop handing your heart over to others to break. Learn to stand on your own two feet and be independent by recognizing that you have no one to help you in life, except G-d. Consider the fact that G-d is the underlying bond that unites all of creation and it will strengthen your own bond with Him. Indeed, when this idea

becomes incorporated into your everyday thinking, you will be capable of completely shifting the focus of control off other people and onto G-d. As you detect with increasing awareness, the invisible hand of G-d orchestrating reality, your mind becomes free from the illusion that others have power over you. You will never suffer disappointment again, nor will anyone be capable of hurting you, because you will interpret every event as emanating from G-d. Although on the surface this idea may seem simple, beneath it lies the paradoxical challenge: how do you fathom G-d in reality when in reality He is unfathomable? The answer is, that in searching for G-d you must let faith serve as your highway, and let your vehicle, be your speech. Break decades of silence between yourself and G-d, instantly, by simply opening your mouth and

literally talking to Him. The clearest indication that G-d has achieved any relevant meaning in your life is when you turn to Him to give you that meaning, and no one else. So, go ahead and create a sanctuary in your heart or home where you can retreat from the world and get in touch with your feelings, by getting in touch with G-d. The conversations you have with G-d, will silence the clamor of other peoples' conflicting opinions in your head, and allow you to begin hearing your own inner voice guiding you. The secret to self-discovery lies in discovering how much you need G-d and not others. When you set yourself free from others, then you will be free to be yourself. The inferiority complex, suffered by so many adult people-pleasers today, could have been prevented had a clear message been sent in their youth, that their responsibility is only to

please G-d, and not other people. Freedom is achieved by letting go of the unrealistic expectations you have about people, and not misplacing your faith in them. Think about it! If a person is not seeking to please G-d, then he is seeking only to please himself – even if it means hurting you, so why trust him? And if he does seek to please G-d, then he will want you also to put your trust in G-d, and not others. So set yourself free by detaching yourself from others and connecting yourself to G-d.

9.

*I*f you want to be headed towards success then stop allowing others to map out the road for you. By permitting other peoples' opinions to direct your life, you will find yourself going

around in circles and getting nowhere. As a Jew, your independent-mindedness is born out of a spirit of nonconformity, carved into the collective conscious of the Jewish People at Sinai. It is the ideals of the *Torah*, that gave the Jews throughout the ages the determination to march to the beat of a different drummer and resist the pressure to assimilate. Indeed, only by adhering to the *Torah* can you find any meaning to your existence as a Jew; and only by clinging to a simple faith in G-d can you free yourself from the corrupt influences that abound today, as the Sages taught (Avos, 3) "*Whoever accepts upon himself the yoke of Torah, will have the yoke of government and worldly matters removed from him*", and furthermore, "*the only genuinely free person is one who immerses himself in Torah*". Contrary to popular opinion, belief in G-d doesn't close your

mind to the outside world; in fact, it opens your eyes even more to the wondrous truth of how the entire creation is driven by G-d's invisible hand, and not by human device. Likewise, the laws of the *Torah* were not meant to deprive you of the basic rights of liberty and the pursuit of happiness, rather they were designed to guarantee them, by giving you the power to regulate your behavior and gain self-control; moreover, when combined with intensive *Torah* study, they aid you in transcending the constraints of rational thought so that your mind grasps more, not less. If anyone is misleading the masses, it's the secular movements whose march towards liberation is nothing more than a dangerous leap in the direction of self-worship and moral anarchy. Pretending to be the champions of democracy, they lead an open rebellion against G-d's authority

and mock sacred Jewish beliefs, in order to free society to pursue its selfish interests and become corrupt. As a Jew, however, your declaration of independence finds its expression only in the Holy *Torah*, which teaches that freedom is achieved by submitting to the authority of G-d, and not by casting it off. So go ahead, join in the march towards true liberation; not by giving up on G-d, but by giving in to Him! In this message lies the true formula for liberty, which must be spread to every Jew, and instilled in the youth, if we are to overcome the forces of assimilation, and truly be free.

10.

*T*hinking of starting a business? Then let it be your own enterprise and nobody else's. Avoid partnerships, and you will save yourself the risk

of being exploited; because when the profits are good, he'll take the credit and demand the lion's share, but if there are losses, you'll surely be blamed. It only makes smart business sense to be your own boss and never to take in a partner. Homiletically speaking, the only partner that should have any stake in your business is G-d, in whose silence can be heard the appeal for you to conduct yourself ethically, by not stealing or committing fraud; to honor the *Sabbath*, by not working on that day, and to be religiously observant in general. So, free yourself from the lure of monetary gain, by entering into business partnership with G-d and show the world that only He controls your life, and not the almighty dollar. Remember however, that although the prospect of a shared business may seem bright at first, partnership with another person eventually leads to conflicts resulting in legal battles,

followed by mounting debts, and finally bankruptcy. Do you need this? Even if you find the world of business exciting and you're attracted to the glamour of corporate life, don't let others run your company; be independent by running it yourself. The secret to success in business is to keep trouble out, by keeping partners away.

## 11.

*I*ndependence is a state of mind; it's feeling good about yourself as a person because you've mastered the art of self-acceptance. Isn't it time to let go of all the debilitating feelings of shame that make you uncomfortable being around others? Aren't you tired of constantly worrying about what other people may think of you? Break free from your own self-made prison and conquer

social shyness by realizing that no one has any power over you except G-d. Everything large and small is controlled by G-d, so why do you imagine that others can hurt you? What makes you so thoroughly convinced that you are any less of a person than they are? In the eyes of G-d we are all valuable, except we're not aware of it. Open your eyes to the reality of how much each and every one of us is totally reliant on G-d. We all need Him, so what makes one person better than the other? Maybe your having problems in life? Perhaps you need money to help pay the bills? Or, maybe you're lonely and just need some company? Why not tell it to G-d? Approaching G-d for all that you need will automatically release you from the grips of unhealthy dependency. A Jew by definition is free. His unique life mission of unmasking G-d's presence

in the world, by perfecting himself through diligent *Torah* study and religious observance, is the key he possesses to unlock the chains of conformity, so he can set himself free. Assimilation, on the other hand, doesn't satisfy his innate desire for freedom; it's only an excuse to behave like the rest of the pleasure-seeking world in order to win their approval. What kind of freedom do you have if the price of social acceptance, is slavish obedience to public opinion? And what glory is there in liberation if it means betraying G-d and your heritage? – invariably your left out in the cold because the outside world will always reject you. Give up on the game of pleasing the world and start taking pride in your own Jewish heritage. The days of posturing in order to blend into mainstream society are over! The time has come to celebrate

your difference as a Jew, not by sinking deeper into the mud of the alien culture surrounding you, but in elevating yourself to the lofty ideals of the *Torah*. Our long and painful history has taught us not to seek favors from the world around us. We have survived only because of the unconventional methods of faith in G-d and His holy *Torah*. So, put an end to your exhausting struggle for independence! Come inside from the cold of the outside world, back in to the waiting arms of G-d. Don't budge until He swings the gates of freedom wide open for you. When you appreciate how much you need to ask G-d for all that you require, and not other people, then freedom will be only words away.



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## Yavne'el Breslov City in the Galilee

Over one hundred families of Breslover Chassidim now reside in the newly built Yavne'el Breslov City in the Galilee. It has become one of the most dynamic and rapidly expanding centers of Breslover Chassidus in the world today. The city flourishes on the principles of Breslover Chassidus which emphasizes joy and happiness, and its inhabitants relay this message to all people they come in contact with. Breslover Chassidim chose Yavne'el as their home because when Rabbi Nachman visited Tiberias in 1798, he strolled on the surrounding hills, and pointed towards neighboring Yavne'el saying, "There would be an ideal place to live". After nearly two-hundred years, Rabbi Nachman's vision has been translated into a reality as Yavne'el has been transformed into a vibrant Breslov community. A beautiful new Bais Hamedrash stands, housing a Kollel, Yeshiva and Mikvah. The new Boy's School, Girl's School, Nursery and Kindergarten are all institutions to be proud of.

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