



*Kol Ha'Olam Kulo gesher tzar
maod v'haikar lo l'fached klal*

כָּל הָעוֹלָם כֶּלּו גֶּשֶׁר צָר מְאֹד
וְהַעֲיָקָר לֹא לִפְחֹד כָּלֵל

**The whole world is a very narrow bridge,
but the important thing is not to fear at all**

1. And Rabbi Shefatya said that Rabbi Yohanan said: Concerning **anyone who reads from the Torah without a melody or studies the Mishna without a song, the verse states: "So too I gave them statutes that were not good, and judgments whereby they should not live"** (Ezekiel 20:25) – Talmud, Megillah 32a

וְאָמַר רַבִּי שְׁפָטְיָה
אָמַר רַבִּי יוֹחָנָן כָּל
הַקּוֹרָא בְּלֹא נְעִימָה
וְשׁוֹנֶה בְּלֹא זְמִירָה
עָלִיו הַכְּתוּב אוֹמֵר
וְגַם אֲנִי נִתַּתִּי לָהֶם
חֻקִּים לֹא טוֹבִים וְגו'

2. Who in their right mind would teach 'don't be afraid at all' in a world which is very scary? To teach 'don't be afraid at all' to [someone] who is already scared, is like teaching "You mustn't cry" to [someone] who is in great pain. – Rabbi Stephen Arnold

3. Do not fear them, for it is the Lord, your God, who is fighting for you." לֹא תִירָאוּם כִּי יְהוָה
אֱלֹהֵיכֶם הוּא הַנִּלָּחֵם לָכֶם:
– *D'varim* 3:22

4. Understand: that (when) a man/person must cross a very, very narrow bridge, the essential/most important thing is not to make himself afraid at all." דע, שהאדם צריך לעבור
על גשר צר מאד מאד,
והכלל והעיקר שלא
יתפחד כלל
– Original context in the writings of Rebbe Nachman of Breslov: *Likutei Muharon* 48

5. Envision a tightrope walker, balance pole in his hands, crossing between two buildings, with no net. He's scared; but he keeps on moving. Forward, then back, then forward again. Always in motion. If he were to freeze up with fear and stop moving, that's when he'd be most likely to fall. Hence the bottom line *v'hikar she'lo yitpacheid klal*, it's critically important that **he not fill himself with fear.**"
– *Likutei Tinyana* 48, translation by Rabbi Stephen Arnold