



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

כל העולם כלו גשר צר מאד
והעיקר לא לפחד כלל

**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

יאמר רבי שפטיה
אמיר רבי יוסנן כל
הקורא בלא נעימה
ושוניה בלא זמרה
עליו הכתוב אומר
וגם אני נתמי להם
חוקים לא טובים וכו'

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." – *D'varim* 3:22

לֹא תִיראָם כִּי יְהוָה
אלְ�הֵיכֶם הוּא הַנִּלְתָּם לְכֶם:

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." – Original context in the writings of Rebbe Nachman of Breslov: *Likutei Muharon* 48

דֹעַ, שַׁהְאָדָם צָרֵיךְ לְעַבּוֹר
עַל גִּשְׁר צָר מִאֵד,
וְהַכְּלָל וְהַעֵדָר שֶׁלֹּא
יַתְפַחֵד כָּלְלָה

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