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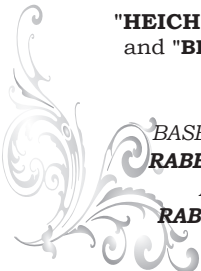
# All will be well !

**Explaining The High Level That a Person**  
can reach when he fills his mind with the  
truth of G'd's existence and encourages  
himself to trust and believe that all will  
be well and does not allow himself to  
be disheartened.

~ ~ ~

Written by the holy tzaddik  
**MORAN MOHORO"SH ZT"L**  
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~ ~ ~



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

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אדמו"ר מוהר"ן מברסלב זי"ע וספרי תלמידיו הקדושים

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# **All Will Be Well**

## **1. Give it a Shot!**

The situation is bleak and you're about to give up; you tried every method, every technique, every resource, many jobs and what didn't you try? You see yourself as a discrete failure, with a future, at best, obscure. What else could you do? Well, my dear friend, you tried all, but not at all "all". Indeed, you might have tried every avenue, everything within your power but you might have missed the most vital move that will bring about the awaited change and the awaited results.

Imagine dinning in a lavished catered Five Star Restaurant, where you're offered a Buffet, a delectable tasting menu, featuring gourmet cuisine from Hawaii and around the globe. You could indulge with the greatest meal, however you say to yourself, "I can't believe that this meal will ever enter my mouth, it's simply impossible", and you walk out the restaurant, leaving behind your greatest meal. Well, it never happened. Why would you? Well, don't you realize this is exactly that you might have done in other aspects in life? Were you thinking while trying everything possible that *all will be well*, or were you saying everything that you do is about to encounter the same failure, if not even worse?

Clearly, you have been challenged. Numerous attempts yielded zero results. But, these were only challenges to see if you're dedicated to invest all your might in achieving what you need. Don't give up! Challenges are meant to make you more

determined in saying *all will be well*. Now, as you're about to obtain the great life, don't walk off and say "I Can't, I won't" but say "Now Is the Time". "I won't give up, I'll succeed", "and *all will be well*". Doing so will grant you the greatest, joyful life. You'll obtain the greatest life that "All Is Superior and extraordinary Well".

Your positive verbose is the power of your survival. King Solomon says, (Proverb, 18:21) "The tongue has the power of life and death"; life and death is indeed decisive by the person's own words. You, as a person, might be submerged in the worst anguish, but with the power of your mouth, by accustoming yourself to say *all will be well*, things will really turn around well.

Allow nothing that occurs to you, either spiritual or material, to discourage you. Instead, tell yourself that *all will be well*. Your acquaintance with this

course of action will help you succeed in all of your endeavors.

Also console and encourage others; inspire them with the ideal that *all will be well*. The power of speech has great potential to give others hope and courage. By advising people not to worry, and informing them that all will turn out well, you will make a real change in their lives. Habit is akin to second nature. When a person habitually believes that *all will be well*, he will really be able to improve his situation and attain a life where all is great. Therefore, if you concentrate on the thought that *all will be well*, and you also speak to that effect to others, then everything will truly turn out for the best.

## **2. Simple Faith in G-d**

Fill yourself with a simple faith in G-d. Know that G-d sustains and animates all of existence.

There is nothing at all which is not under His direct supervision. Some matter may appear inscrutable; nevertheless, they come from G-d.

When you will devote your very soul to G-d, you will realize that all that occurs is for the best and in the end, *all will be well*. The principle source of a person's despondency and bitterness is the questions he harbors about G-d. He cannot resolve his doubts and is therefore discouraged and believes that he has no hope.

Instead, have simple faith in G-d. Believe without any hesitation that G-d is altruistic. No bad can emanate from Him, for He desires the good of all His creatures.

It may now be difficult for you to discern this, because the bitterness that you endure has shrouded you in darkness. Nevertheless, if you will remain firm, trust in G-d and always say *all will be well*, your life will be altered completely.

Be steadfast in maintaining a hopeful view; do not allow yourself to fall prey to pessimism and despondency. Remember: if you remain impregnable to thoughts of despair, then *all will be well*.

### **3. Habit Becomes Second Nature**

Why must you think that everything will come to an unfavorable conclusion, G-d forbid? It is much better for you to surmise that everything will turn out well. By accustoming yourself to say *all will be well*, you will perceive how all is truly well.

Habit becomes second nature. A person who repeatedly says that *all will be well* will successfully come to believe and see how indeed all of his difficulties will be solved. Fortunate is he and fortunate is his lot, for his life is filled with happiness.

Conversely, a person who thinks that everything is bleak and that all will remain so forever, will really make himself joyless, as he is brooding in self-pity and misery, hence this life turns bitter and distasteful.

Why won't you accustom yourself to thinking that *all will be well*. Don't only think it; say it out loud as well. Then you will really see your life improve and *all will be well* at all times.

#### **4. Don't Worry!**

Why must you worry needlessly? Why must you be so tense and depressed, as though you have no hope, G-d forbid. Instead, say to yourself *all will be well*: “just as G-d has not forsaken me so far, He will not abandon me now”.

Fill your mind with the thought that *all will be well*; believe it with unfaltering certainty in G-d.

Then you will insure your success. Your problem will be transformed into triumphs. In line with your outlook on your situation so will matters actually develop. This is because the power of thought and speech has the potential to accomplish everything.

So at all times think and speak with unfaltering certainty that *all will be well*, because there's nothing to worry about. You will see how everything will truly turn out for the best. You will be given everlasting assistance and all will be forever well.

## **5. Foundation for Success**

Worrying about upcoming events accomplishes absolutely nothing. Worry won't lead you to your goals. On the contrary, it will make your situation even more trying and you will become completely confused. Worrying is not a solution.

Instead, become aware of the foundation for a successful life. Ingrain well within your mind the truth that *all will be well*; expel and annihilate your worries. When a person worries his head sways upon his shoulders, like a pendulum. His intellect is befuddled and he is unable to concentrate on anything. A person's anxiety is the cause of all the distractions and difficulties he encounters in his day-to-day life.

Remain indifferent to the complications in your life; say the words *all will be well*, accepting the bitter realities you must face. You will then escape the delusions that have darkened and ravaged your thoughts. You will be filled with hope and strength and you will work out a plan to emerge from the hardships that have enveloped you. *All will then be well*, with everything turning out for the best.

## **6. A Realistic and Positive Outlook**

Be aware that *all will be well*. This will show your trust in G-d, which is the most essential element of a person's existence. A person's success depends solely on his trust in G-d and on his firm belief that "*all will be well*, G-d will not abandon me".

Our holy Sages said, "Do not let this verse depart from your lips: "Fortunate is the person who trusts in You (G-d)" (Jer. Talmud Ber. Ch. 5 Hal. 1)". Trusting in G-d means that a person always says *all will be well*.

It may seem to you that because of your many transgressions G-d will not help you. This is not true. The truth, however, is that *all will be well*. The Psalmist says, "Much pain to the wicked, but as for him who trusts in G-d, may kindness envelop him" (Psalms 32). Our Sages commented on this verse that even if a person is wicked, kindness will

envelop him when he trusts in G-d; G-d will show him favor and assist him in his endeavors.

Perhaps you consider yourself despicable on account of your many misdeeds and it seems to you that Heaven doesn't wish to assist you. Nevertheless, accustom yourself to think and say *all will be well* and speak of how G-d will certainly come to your aid.

In the merit of your trust in G-d, you will gain a more realistic and positive outlook and G-d will help you overcome your problems. You will then be released from darkness and you will see wonders.

## **7. Acquiesce to the Will of G-d**

When a person regularly says *all will be well*, this tells a number of things about him. First, it indicates that he has a strong trust in G-d which is the most important element in life. Also, it shows that he

accepts everything he undergoes- an acquiescence to the will of G-d. Our holy Sages stated, “Accept G-d’s will so that He will in turn accept your will” (Chapters of the Fathers 2). When a person says *all will be well* he is humbling himself and his will before that of G-d. G-d will then humble Himself and His own will before that of this person.

In other words, through one’s great trust in G-d by saying again and again *all will be well* and not being stubborn about one’s own desires, one can succeed in nullifying himself totally before G-d. This, in turn, brings about a favorable situation. A person must learn to accept matters as they are. Coming to terms with reality, even if it is unpleasant, saves a person from a possibly worse fate.

The meaning behind a person’s uttering that *all will be well* is that he trusts that G-d will help him escape the abysmal chasm he has fallen into. One can be assured of being saved if he prays a great deal

to G-d and accepts with joy all that he must endure. Then, one will succeed in overcoming difficulties and *all will be well*.

When a person only considers the will of G-d and says *all will be well* G-d considers the person's will and blesses him with much good.

Fortunate is the person who always says *all will be well*, accepting everything he must undergo with composure and coming to terms with his situation. Then, his affairs will come to a pleasant conclusion and *all will be well*.

## **8. The Power of your Tongue**

Expel your worries and accustom yourself to say *all will be well*. This alone will help you, because your words and attitude are the main determinants of your condition.

Be careful of what you say. Never allow yourself to speak in a desperate or pessimistic manner to the effect that you will never experience any better, G-d forbid. Such words may cause matters to develop in that direction.

Make the words *all will be well* a part of your life. Come to terms with your situation and face reality. This will give you the opportunity to overcome your problems.

If you were to contemplate your situation you would perceive that all the difficulties in your life, all the stress that you bear, are due to your attempt to escape reality.

But when you say *all will be well* and try to lead your life in accordance with reality your life will be serene. As soon as a person accepts his situation he frees himself from the tension whose prisoner he has been. Then, everything will truly be well and he will see all of his problems get solved.

Fortunate is the person who comes to terms with reality and trusts in G-d by saying and believing *all will be well*. Thus, the person transforms the bad in his life to good.

## **9. How to Deal with the Situation?**

Everyone is entangled in some sort of dilemma. This can upset a person to such a point that he eventually falls into despair. Then his suffering due to his depression is more intense than the distress caused by his original problem. Some people are so affected that they are fearful of everything and everyone and they lose all sense of peace in their lives. They are convinced that there is no hope for them and this devastates them. In some cases, their hopelessness so overwhelms them that they become unable to cope with their situation.

A person who is in this position should realistically picture the worst possible outcome of

his dilemma. He will see that at the worst there is a possibility of a financial setback or some such thing, but nothing as catastrophic as he had originally imagined.

When a person realistically considers the worst possible outcome of his situation, he will be able to accept and deal with his situation. He will be able to trust in G-d and he will say to himself *all will be well*, laughing at the fear he had originally experienced.

Then, he can begin to live a truly happy life, a life willed with trust in G-d.

Even if you have been hurled into utter desperation and you even believe that you will soon die, practice this technique of coming to terms with reality. Then you will arrive at the ultimate level of trust in G-d and you will forever say *All will be well, as only He could turn graveness to resurgence, grief to joy and termination to salvation.*

When a person discerns that his only course is to come to terms with reality through taking into account the worst possible outcome of his problem and accepting that everything is for the best- then he will succeed in arriving at a level of trust in G-d so great that he will be able to bear anything. He will say with true sincerity *all will be well* and he will also speak to other people who have become disheartened, encouraging them with the message that *all will be well*.

No one is as strong as a person who has reached the depths. When a person is brokenhearted, yet still comes to terms with reality, he has the power of reversing all bad to good and attains the ability to trust in G-d. A person that habitually says, regarding everything in his life, that *all will be well* causes matters to truly turn out well. He encourages others and fills them with hope and trust in G-d.

## **10. Encourage Yourself**

Encourage yourself in all sorts of ways. Do not despair, even if you are told that there is no hope for you.

Remain indifferent to whoever discourages you. Accept your situation. Then you will not fear anyone. You will see everything transformed for the good and *all will be well*, at all times.

Everything depends upon your stubbornness in trusting in G-d. Our holy Sages said, “When a person puts his trust in G-d he is safeguarded both in this world and in the World-to-Come” (Men. 29b).

So strengthen your trust in G-d. Accustom yourself to say *all will be well*. Do not worry at all; instead, place yourself in the hands of G-d.

## **11. You Must Not Give Up**

Be strong. Even if it seems that you have no hope, you must nevertheless not give up. Instead, try to accept your situation. Due to the difficult trials you have undergone and the complications that arise even today, this may be hard for you to do. Even so, try to come to terms with reality; try to accept everything in your life with good cheer. You will then discern how in one fleeting moment all will be modified for the better and *all will be well*.

There is no one as altruistic as G-d. As the Torah says, “G-d is good to all and He has compassion for all His creations” (Psalms 145). The intention of G-d in all you underwent was certainly benevolent. At present, it may not be possible for you to perceive this. Nevertheless, do your best to accept your situation and come to terms with reality. Then you will truly stand in wonder when *all will be well*.

## **12. You could stop the cascading cycle!**

The difficulties that you endure pains you very much. Your disappointments and problems have so depressed and upset you that you are almost at the verge of losing your mind.

Nevertheless, do not retain your dismal attitude. Our holy Sages have said, “all who turn toward pain will find that pain turns toward them” (Midrash Aggada). A person must endeavor to find the consolation that lies in the midst of the pain; he must realize that G-d will certainly better his situation and that *all will be well*, if he will not despair in any manner whatsoever.

Strive to find some comfort in the midst of your vexations. At the very least, matters are no worse than they are. Contemplate the plight of others who have suffered misfortune; then you will discern that G-d deals with you kindly and compassionately.

Discover the good that lies in your woes. Then your problems will be solved. Do not despair, even when your suffering is overwhelming. You must believe that a person can escape from any darkness, if he only desires to do so. All he needs to do is say to himself at all times that *all will be well*.

### **13. Success Depends on Stubbornness**

Although you have suffered many setbacks and complications, be steadfast. Do not despair. Allow nothing to discourage you, for ultimately *all will be well*. Your success depends solely on your stubbornness.

Realize that G-d's intent is benevolent. What is it that prevents you from perceiving this? You have acted wrongly; and that, in turn, has clouded your mind until you cannot even sense the truth of G-d's existence. Then your mind goes even further astray and you become completely discouraged.

Counter this by accustoming yourself to speak to G-d. Tell Him everything that is in your heart; relate to Him everything you are going through, to the littlest detail. Speak to Him as you would to your friend; talk simply and in your own words, without even a hint of sophistication. At first it may appear that no one is paying any attention to what you are saying. But if you will be adamant, you will slowly remove the thick layer of rust, the heresy, despondency and edginess that has enveloped you. You will begin to apprehend the truth of G-d's existence and sense the all-encompassing radiating brilliance of His Divine Presence. You will see with your enlightened eyes how *all will be well*.

It is forbidden to fall into desperation, even in the worst of situations. Even when there doesn't appear to be a glimmer of hope, G-d's hidden compassion is present.

## **14. The Robust Power of Positive Thinking**

When you focus on your difficulties, you accomplish absolutely nothing. On the contrary, you cause your pains to increase and you become even bitterer. You plummet into a deep dejection, to the point of possibly becoming ill, G-d forbid.

Most illnesses are caused by a person's unhealthy emotional state. Some people make themselves so sick that they must be placed in institutions.

Instead, remain firm and confident. Always say to yourself *all will be well*. This will help you break free of your desperation and bitterness. You will trust in G-d, believing that He will not desert you. Then you will be amazed at how well things will go for you. Hope and trust in G-d are the most important elements in a person's existence, both spiritually and materially, and they can do wonders.

Fortunate is the person who encourages himself. Then *all will be well* for him, both in this world and in the next.

### **15. A Complete Cure**

The cause of most nervous and mental disorders is worry, bitterness and groundless fear. These are a result of a person's apathy and feelings of hopelessness.

To avoid all this accustom yourself to say these four words; "*All will be well.*" Through this you will expel all of the anxiety and bitterness you have and trust in G-d with immense confidence. You will realize that just as He hasn't abandoned you so far He will not desert you now.

Be aware that almost all those who suffer from mental ill disorders (which can eventually lead to serious physical illness) could be cured completely,

if they would only endeavor to believe and say *all will be well*. They would then gain a complete cure, both spiritual and physical and their entire lives would be transformed into something truly wonderful.

## **16. An Illuminating and Optimistic Glass**

Why must you always pay so much attention to your pain and difficulties? Why don't you rather accustom yourself to say *all will be well*? Why must you view the world through such a dark and dreary window, as if you have lost all hope and salvation? Why don't you rather view the world through an illuminating and optimistic glass, believing that there is certainly still much hope and that *all will be well*?

If you begin to live your life in this fashion, trusting only in G-d and believing that there is no existence independent of Him, you will reset your

life's course and you will live a truly sweet and engaging life.

### **17. Don't Give Up!**

Strengthen yourself in all sorts of ways. Never become disheartened. Trust in G-d and do good deeds; then, He will certainly not desert you. Even if it appears that you cannot escape your pain and problems, you must nevertheless remain adamant and retain an unfailing trust in G-d.

Trust sustains a person and helps him turn to G-d wholeheartedly. The most important element of trust is to always say with unfaltering certainty *all will be well*. Then, your situation will certainly improve. That is because your success depends on the strength of your faith and trust in G-d.

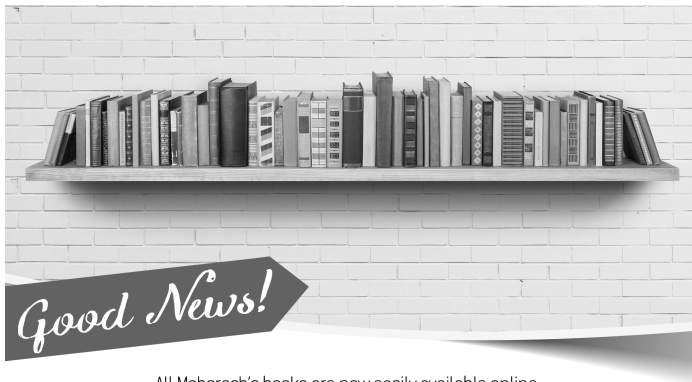
Fortunate is the person whose trust in G-d is impregnable. He will be shown favor for all eternity.

## **18. Buckle Up, You'll Succeed!**

Encourage yourself to have a simple faith and trust in G-d. Believe that *all will be well* and that matters will not always be this bitter. By doing so, you will reverse all of your darkness to light.

The most important strategy in a person's life is that he remains firm; that in the midst of problems and downfalls he doesn't falter, but instead transforms all of the darkness to light.

Every individual experiences both light and darkness; his disposition is constantly revolving. The ultimate level a person can achieve in this world is to remain strong and calm in the midst of darkness and to transform that darkness into a tremendous light. In the upper worlds, a person like this is highly esteemed. A person who does not falter in the worst of situations, but always says *all will be well*, will change the darkness he encounters to light- how fortunate is he!



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