

# GESHER

כָּל הָעוֹלָם בְּלוּ גֶשֶׁר צָר מְאֹד,  
וְהַעֵיקָר לֹא לִפְחֹד בְּלָל

All the world is a very narrow bridge  
But the most important thing is not to be afraid.  
*-- Rav Nahman of Bratslav*

To my left and to my right the jaws of the abyss.  
By its twinkling teeth I chart my course, fear singing in my ears.

How can I be safe on a narrow bridge?

How can I be strong 'til the day I die?

Don't look down – keep going.

Don't look down – keep growing.

Don't look down – keep moving.

*-- Judith Silver*