

TREE

By

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Foreword

The writing of this book has been motivated to leave and teach my children Sera, Sam, Abby and Ella, some of the lessons I have been privileged to learn in my life.

May they look over these lessons as often as they need to, so that they become a way of life that they are able to internalize and practice.

Having lost my father at an early age, my pillars of faith and trust in the universe were left shaken. For many years I have searched, explored and embarked on a journey to try and replace these vital pillars that I had lost.

I am still searching and trying to build these pillars, but the lessons contained in this book are some of the ways I have learnt over the years to have faith in the Universe / G-D, and to rejoice in the splendour of his wondrous world.

I pray that all of us may merit in our lifetime the opportunity to rejoice in the splendour of G-D's presence every second of every hour of every day.

Thank you

To my beautiful wife Jodi, my biggest teacher although most of the time I was not aware of it - You teach me every day - Thank you.

To my wondrous children; Sera, Sam, Abby and Ella, you are proof of the miracles we experience every second of every day.

To G-D / Life and its difficulties and joys - What a great teacher you are.

To Howard Jackson – My spiritual friend and guide.

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Chapter 1

The best day - today;

The best hour - this hour;

The best minute - this minute;

The best second - This second.

Life is a great gift; G-d is all powerful and intricately involved in our lives. He is good and giving and we are here to grow and prepare ourselves for the beauty of the next world. Although these are very large assumptions it is important to internalize and know that this is true.

The purpose of this book is to allow you to rejoice in the beauty of this world every day of every hour of every minute of every second.

If we are able to internalize that G-D is good, giving, all powerful and intricately involved in our lives then every event or action that happens to us is designed for our own unique and special purpose and is good.

If we are able to drill down below our egoist mind to the soul where we have an internal wisdom, we are able to see the blessing and beauty of every event that happens to us.

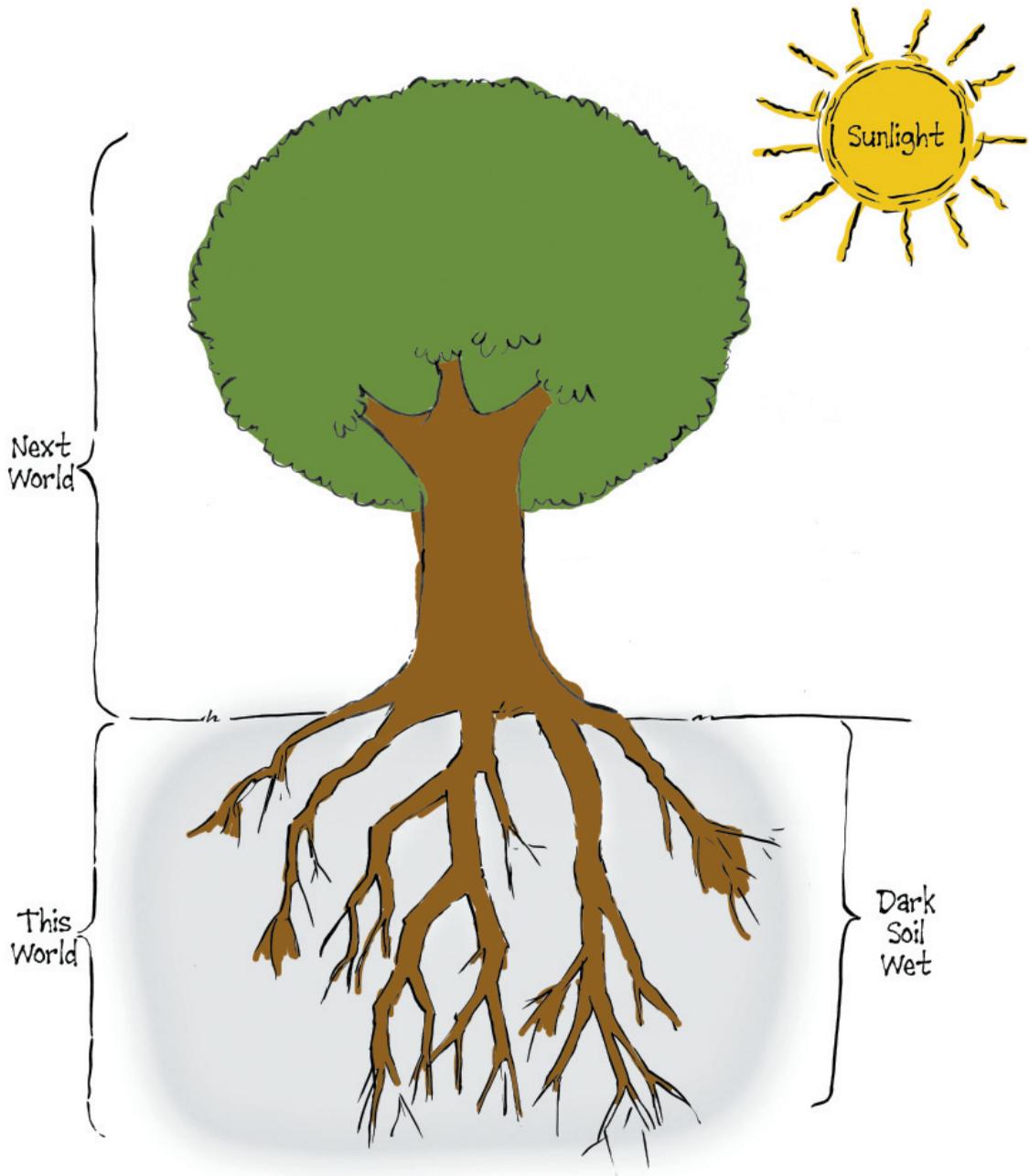
It is for this reason that:

The best day - Is today

The best hour - Is this hour

The best minute - Is this minute

The best second - Is this second



The best day - today.

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