

Reflections in Life's Wake

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I grant the right, and even ask anyone that feels these words are helpful, to please email copies of this book with out modification in pdf format to anyone you think it can help.

In Loving Memory of my Little Brother Scotty

A special thank you to Susan Grossman for editing these words.

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Chapter I

Personal Growth

Personal growth starts when a person stops thinking about himself.

One of the most important steps in maturing is forgiving our parents, teachers and others we look up to for being human and making mistakes. It is the dedication they have to us that makes them deserving of our respect and adoration.

Change begins with the faith in oneself; that one can change.

Growth comes when you know God will be there for you when you take your next step.

The greatest coping mechanism for all stresses of life is the act itself of personal development and learning.

Actions change habits, habits change traits.

There is no success found in those that consider themselves the victims, only in those that consider themselves challenged.

History is the picture we create now of the past. What is important, is the lessons learned.

One that is not open to heroes is not open to love. One that cannot become a hero is one that cannot love. One that relies only on heroes does not love oneself.

We are awakened from the womb by a gift of divinity called our soul. Do not waste this blessing that makes us self aware and capable of introspection and discovery.

Success starts with kicking addictions. Nothing feeds addictions more than procrastination.

What makes man value money is the potential money gives him and that is nothing compared to the potential of one's soul.

If you are always searching for the truth, when will you have time to act on it?

Courage is facing one's fears not being numb to them.

All beginnings are difficult, but if you don't start you will never finish. Imagining how great it will be when I am done has always kept me motivated. I see in my minds eye the finished

product, the results, and see myself and others enjoying it.

The worst punishment any one can inflict on another is the "silent treatment", so never do it to yourself! Instead, encourage yourself with words of praise for the good things you will do and can do for the world and others.

When books are your friends, knowledge becomes your family, and the universe your playground.

The key to experiences in life is not how many you have, but how much time you spend considering the lessons that come from them.

Never delay taking the first action step. A project that never starts, never succeeds.

If you have not taken time to contemplate the events of your day, you have learned nothing from it.

When you feel you are being overwhelmed by life, concentrate instead on the very next concrete thing. You climb mountains starting from their base, one step at a time and then you are there.

Nothing impacts a greater change on one's life than acts of kindness for others. When you focus on another, you lose your sense of 'self' and so allow the Godly soul in you to lift and change you forever towards being a greater and kinder person.

There is no greater gift than criticism by those that care about us; it allows us to see another perspective of who we are and where we need to grow.

Being self-centered has consequences; there is only enough room in there for your will or God's will.

True self confidence and strength comes from dedication and belief in ones mission's potential for success, not from inflating ones ego.

If you lack confidence and strength to move forward, perhaps you need to reevaluate if you have dedication to some mission, and, if your mission is really one you believe to be blessed by heaven and so unquestionably bound for success.

Contemplation leads to right character and inner quiet. Meditation leads to right demeanor and tranquil relations. Prayer leads to right service and world peace.

Only God can be perfect at anything. It's only our job to strive towards it.

Chapter II

Leadership

Being a leader is not about being perfect, it is providing confidence, purpose and direction to those that follow.

Thinking about succeeding, no matter where they are, is what makes a leader.

The key to leadership is gaining the confidence of others; portraying the trait of reliability is the first step.

Being a hero means taking the risks that no one else would. In so doing it means being different, unique and almost always an outcast. When one realizes what is give up and chooses to be a hero regardless time after time for the good of others, they are then a true Superhero.

To be a teacher to anyone you must first learn to be a student of everyone.

Leaders and managers are not necessarily the same. Leaders have vision and fight for that vision; managers insure no one gets lost on the trail while running after them.

Wisdom is something one gains through experience or by being patient and caring enough to listen to those who have experience.

When we show each other appreciation, we give each other confidence to succeed.

Chapter III

Life's Path

Are you on the right path?

- Is your path leading you to be less selfish?
- Is your path leading you to do more for others?
- Is your path leading you to be more responsible to and for others?
- Is your path leading you to be more responsive to other's needs? Is your path leading you to expect less from others?
- Is your path leading you to forgive others?
- Is your path leading you to peaceful relations with others?
- Is your path leading you to be more introspective of your behavior towards others?
- Is your path leading you to share with others?
- Is your path leading you to encourage others without forcing them?

Following a religion allows you to spend your life on the path to God instead of seeking that path.

If you never try, you will never succeed, but remember trying is not doing.

Chapter IV

Judgments

The greatest closed-minded act is to call someone else closed minded. Instead, look inside to see that perhaps they are open to hear your ideas but just do not agree.

The cruelest act is no act.

The cruelest judgment is no judgment.

Deciding to be non-judgmental is an excuse to escape from acting to help oneself and others.

Use your power of judgment to determine what is right and wrong. Seek to bolster in oneself and others what is right and to overcome that which is wrong.

Loving is the act of doing, judging tells you how to act next.

To have compassion for others starts with judging them positively; to have compassion on oneself is no different.

It is the contrast between good and evil that allows us to see clearly. If we begin to justify to ourselves that every pleasurable action is good, we eventually lose all clarity of right and wrong, and so our sense of reality.

To be open-minded we need to take in to account another's motivations and point of views. Once you see through their eyes, you can choose to follow their direction or disagree with tolerance.

Danger may look exciting but is only gratifying when surviving. Walking the straight and narrow though is always comforting to you and all those around you.

When you judge someone fairly, they can see it in your eyes.

Chapter V

Happiness

When you are down, seek out the things that you can believe and trust in; there you will find your happiness.

You only enjoy what you have when you don't worry about what you don't have.

You only enjoy the moment when you stop worrying if there will be future moments.

If you enjoy life now, wait to you see what's coming to you in the next world!

When all else fails to motivate you, motivate others and then nothing will be able to hold you down.

The #1 world wide cause of sickness is stress; the #2 is worrying about getting stressed. Relax, God's in control there is nothing to worry about. Spend a few minutes every day and night just to relax, meditate and pray and all the stress melts away.

A person only needs to think about what didn't go wrong today to smile and say Thank God!

Happiness comes from the absence of stress. Stress comes from worry. How can you worry if God's running the universe?

There is no one happier than the one who enjoys what he has without thinking about what he does not have.

Be happy. On the other side there is some one wondering if it is better on your side.

One of the greatest gifts you can give yourself and those around you is a smile.

Chapter VI

Outlook

Enjoy the good inside everything, the darker sides are just backdrops.

The greatest high is accomplishment; everything else is just a vision.

We often only pay attention to being alive when evil things pass. That's backwards. Appreciate life and living every day for each moment is special and deserves our attention.

Experience breeds appreciation. God often places obstacles on the path to help us value the goal.

Your inner beauty shines when you smile, don't hold back!

Everything is always well, but do we remember to recognize it? Even the picture hanging on the wall is in God's hands. The here and now He created is teaching us something for our good.

Rules and restrictions protect what is good and beautiful and allows it to flourish.

You know you are growing when you see the good in everyone one is greater than their faults.

There can be no suffering where there is no self. Where there is no commitment and dedication to others, there is only self. Be good and act with love to each other; only there will you find escape from suffering.

Everything is relative to how large you make it in your mind's eye.

When things go wrong and there is nothing we can do about it, we need to realize that God runs the world and there is always hope we may merit to see things turn out right in the end.

Every one of us is faced with our own personal world of challenges staged by God to help us achieve. Remember, God didn't create us that we should fail!

Chapter VII

Love and Marriage

What makes marriages last is taking responsibility for each other and the acceptance that your meeting and marriage was made in heaven and intended forever.

An embrace of passion is for a moment; a touch of love is forever.

Bonds of love are the product of fulfilled expectations.

The greatest gift two people can give each other is their time.

When there is genuine trust between two people that each will discuss their needs and hurts openly, there is no fear of losing love and their love will grow forever.

God made children helpless to teach adults to be compassionate.

To help another heal you must first start by loving them unconditionally where they are now.

The process of developing compassion begins with always being the first one to say hello and never missing that opportunity.

When two people climb together, you halve your chances to fall.

A person's hatred is transformed into love, when an act of kindness is performed upon a hated object. This teaches that the greatest crime is not caring, for then love is never possible.

To truly love someone is to fulfill his or her desire, sometimes that means walking away. If that time comes, be joyous that you can perform the truest act of love, one that is without any expectation of something in return, completely fulfilling his or her desire, moving on.

While it is true that if you never expect anything from any one you will never get hurt, it is also true that you will never form close friendships or relationships either.

Disappointment in people stems from our inability to accept them as being as human as we all are. Out of the ashes of disappointment if you choose to overcome your 'self', true love is born.

You only love others as much as you are ready to do for them. It is true love when your desire to do for them is greater than your feelings for them.

Love is something you do, not something you have.

If one's capacity to forgive is not greater than their capacity to love, then they will never truly love others nor be loved by others.

God grants you the power to love, don't let others decide if you can.

Chapter VIII

Responsibility

Guilt is what a person feels when they do not appreciate the gift of responsibility.

Things that entice us come in so many flavors, yet never satisfy. Things that make us grow are like water with no flavor one can describe, but that fulfill and quench our thirsts and desires.

Don't just dream about changing the world. Prayer, charity and acts of kindness make a difference now. You can work on the rest later.

It's always better to be a giver than a taker, except with responsibility.

Chapter IX

Love, Faith and Trust in God

You do your best, and to God is all the rest.

Everything you need to serve God, He already gave you, including the ability to ask for help to serve Him better.

To truly love God requires first learning to love man.

Everything is in God's perfect control, and then there is what you insist on making believe you control.

Never ask God, "Why me?" Ask, "What are you trying to teach me?"

If you know God, you've met someone else. Only God knows himself

You can never really be lost; you can only not know where God put you at the moment.

Faith is to know what is true; trust is acting on it.

God listens to every prayer and answers every one. The question is, do we pay attention or ignore the answers we didn't want to come.

Faith leads to hope; trust brings happiness.

When you have faith and know God runs the world you have hope. When you trust that all that you do is known by God and that every good deed will be paid in the world to come, you can already enjoy it now knowing it's "in the bank".

When things are happening in your life, good or bad, you know that God is paying attention to you. It's when nothing is happening that you need to worry.

Truly believing in God means also denying that one can align with forces, ultimate beings or realties possessing creative ability that can oppose Him.

Believing in the unity of God liberates a person to freely be able to see the universe as a place of providence and learning as all that occurs is under one ruler.

Amazing, God lets us pray to Him!

God has no limits so why should your prayers?

Chapter X

Friends and Others

If you focus on a person's spark of beauty, you will enjoy the light of their soul.

Acquaintances know each other. Friends do for each other.

When some one feels wronged by you, you may not agree they should feel wronged, but, if you love them, you will have compassion for them.

Friends are the ones you don't need to ask for help.

Our boundaries define us; if you break through them you are a different person.

You know you are good friends when you can tell each other "no".

When you find yourself thinking or saying "he/she has no right to tell me...", "who is he/she to say that to me...", then you know you have heard honest good advice otherwise your ego would not be fighting back so hard for you not to listen.

It's remembering the little things about and in relation to others that makes them truly feel special.

When we remember the little things about someone, we show how much we care about them.

When we focus on the beauty of each other's differences we automatically enjoy what we have in common.

You have a good relationship when three phrases are passing between the two of you all the time: Please, Thank You and Sorry.

“Please” shows respect for the other

“Thank You” shows appreciation for the other

“Sorry” shows care for the other

The only communication you can expect to be understood is the one where you actually say what you mean in the way the other person understands.

It is not “who” you know that really matters, but how well you treat those you know.

Being part of a community means there is always someone there to pick you up or push you forward.

Silence is not caring, but, the loudest words are deeds.

The most important words in any language's vocabulary are thank you and sorry. As long as you can say those words and accept those words you will have meaningful relationships.

We see the good in others by first recognizing that each person is a unique creation and then looking to find the unique special gift that God granted them without trying to compare them to others or ourselves.

The cat does not envy the bird for his wings nor is he ashamed to say he cannot fly. God designed each of us as unique beings and therefore we each have to live to our own unique potential with out jealousy.

Humor is a weapon; it can be used for good and evil. Like all weapons, one must respect its potential for damage.

Friends can bring such warmth to us just by being there and knowing they care.

Chapter XI

Free Will

When you want to change, forget “willpower”, embrace “choicepower”! Commit to 100% choice to change. Never let the voice inside tell you to go back, you've chosen.

God limits our vision to allow us to grow. If you knew the future, you would never learn anything from the present.

You are where God wants you to be, but the next step you make is your choice.

When we are presented with choice, we must take responsibility, make decisions and bear the consequences of them.

When we have no choice, we must learn to be at peace with the fact that God decides our destiny and accept His choice.

Never forget though, there is always hope as there is always prayer.