

# Choose One mitzvah for Bondi MEDITATIONS



## One of the suggested Mitzvahs is 'Purposeful Reflection.'

Begin your day at work, school or sport with a meditative moment of silence to reflect on purpose and responsibility.

*In honour of **Rabbi Eli Schlanger**, who saw the potential in every soul he met.*



**The following are suggested meditations written by Rabbi Tzvi Freeman and suggested for this campaign by Rabbi Nochum Schapiro, President of the Rabbinical Association of Australasia**

### 1. The Purpose of Creation

The mandate of all Creation is stated almost immediately: "Let there be light." More precisely, it means: "It should be light." That even the darkness itself should become a source of illumination and wisdom. And that sacred task was placed in our hands.

### 2. Uncovering Hidden Light

All the world's problems stem from light being withheld. Our role is to restore it. Wherever light is found, we must remove its coverings, expose it to the world, and let it shine to the furthest reaches of darkness—beginning with the light you carry within yourself.

### 3. Light Is Given for the Dark

G-d does not give light to be displayed in the middle of the day. Light is given in order to accomplish something—to enter places that are difficult, unfamiliar, or resistant. Take your light into the dark places and transform them until they, too, begin to shine.

#### **4. No Place Is Outside of G-d**

When you arrive at a place that seems outside G-d's domain—too coarse, too distant, too dark—and you feel the urge to flee, know this: there is no place devoid of Him. Not even here. Rejoice in the privilege of uncovering His presence in that place.

#### **5. Our Mission Is Light**

Fighting evil can be necessary, and at times noble. But it is not our life's mission. Our mission is simpler—and far greater: to bring in more light.

#### **6. The Place Waiting for You**

For centuries—perhaps since the beginning of Creation—a specific part of the world has been waiting for your soul to refine it and restore it. And your soul, from the moment it was first conceived, waited to descend into this world to fulfil that task. Your steps were guided to that place. And now, you are there.

#### **7. Despair Is a Denial of Reality**

Despair stands in direct opposition to everything we believe. It is, in essence, a denial of reality—a denial that there is a G-d who directs His creation, who watches over every individual, and who assists each person in fulfilling their purpose.

#### **8. Confronting Sadness and Despair**

Sadness is not a crime. But it can pull a person into a deeper abyss than many crimes ever could. Despair is a strategy of the self-destructive forces within us. Once a person is depressed, anything becomes possible. Treat despair as a sworn enemy. Run from it as you would from danger itself.

#### **9. Acting Your Way to Joy**

You may ask, "How can I be joyful if I don't feel joy?" While you cannot always control your emotions, you can control your thoughts, your words, and your actions. Think good thoughts. Speak positive words. Act as a joyful person acts—even if the feeling has not yet arrived. In time, the inner joy of the soul will break through.

#### **10. From Self to Service**

If you focus on yourself all day, depression is almost inevitable. Set aside time each day to think about those who need you. Not about what you need—but about who needs you.

#### **11. A Life That Makes an Impact**

A passive life breeds anxiety. A healthy life is an active one—a life that makes a difference, uplifts others, and continually brings more light into the world.