

TABLE OF CONTENTS

LIFE LESSONS

<i>Divine Opportunity</i>	11
<i>Sparkling Diamonds</i>	13
<i>Trancendent Vision</i>	15
<i>Spiritual Economy</i>	17
<i>Engines and Souls</i>	19
<i>Communicating With the Unobservable</i>	21
<i>Hospitality</i>	23
<i>Problems!</i>	25

<i>Cognitive Therapy</i>	27
<i>Authentic Love</i>	29
<i>Fiery Anger</i>	31
<i>A Fresh New Day</i>	33
<i>Fireworks</i>	35
<i>The Kippa</i>	37
<i>Swept up by the Olympics</i>	39
<i>Global Warming</i>	41
<i>Nuclear Power</i>	43
<i>Processing and Internalizing</i>	45
<i>Driving With Divine Protection</i>	47
<i>TikTok</i>	49
<i>Limits of Government</i>	51
<i>Refined Language</i>	53
<i>Fruit Benefits</i>	55
<i>ETA of the Redemption</i>	57

OBSERVATIONS

<i>Bread Production</i>	61
<i>Sports: Where Effort Pays Off</i>	63
<i>Family</i>	65
<i>Grandchildren</i>	67
<i>G-d's Love for Us</i>	69
<i>Time</i>	71
<i>Beyond the Ballot</i>	73
<i>Who Makes the Rules?</i>	75
<i>Names</i>	77
<i>A Small World and a Great G-d</i>	79
<i>The Neck</i>	81
<i>Hats</i>	83
<i>G-d's Grandiose Home</i>	85
<i>What Oppenheimer Missed</i>	87
<i>Learning From History</i>	89
<i>Global Trade</i>	91
<i>Jews in Global Trade</i>	93

<i>Debt Forgiveness and Interest</i>	95
<i>Dancing</i>	97
<i>Thinking Out of the Box</i>	99
<i>Recognizing Who's in Control</i>	101
<i>Abarbanel and Dona Gracia</i>	103
<i>Elections and Values</i>	105
<i>The Enormity of G-d's Creations</i>	107
<i>Torah: Our Solid Ground</i>	109

HEAL THYSELF!

<i>Balancing Worry</i>	113
<i>Combating Loneliness</i>	115
<i>Stability Through the Turbulence</i>	117
<i>Ridding Arrogance</i>	119
<i>Aging Gracefully</i>	121
<i>Suffering and Addiction</i>	123
<i>Antidote to Anxiety</i>	125
<i>To Be Humble</i>	127

<i>Heart and Mind</i>	129
<i>The Power of Pain</i>	131
<i>Healthy Guilt</i>	133
<i>Learning From Sholom Rubashkin</i>	135
<i>Seeing With the Mind's Eye</i>	137
<i>Chaos and Order</i>	139
<i>Worthwhile Pleasure</i>	141
<i>It's Worth the Wait</i>	143
<i>Breaking Taboos</i>	145
<i>In G-d We Trust</i>	147
<i>Empathy</i>	149
<i>Kosher: Meaningful Eating</i>	151
<i>Kosher: Holy Eating</i>	153

TRUE EDUCATION

<i>Investing in the Present</i>	157
<i>American Philanthropy</i>	159
<i>Are Police Necessary?</i>	161

<i>Employee Theft</i>	163
<i>Bringing Parents Back Into the Picture</i>	165
<i>Education: Obligation of the Parents</i>	167
<i>Finding More Leslies</i>	169
<i>Onboard vs. Outboard Systems</i>	171
<i>Free Choice</i>	173
<i>To Know G-d</i>	175
<i>Torah as Way of Life</i>	177
<i>Knowing Good From Evil</i>	179
<i>Beyond the Generation Gap</i>	181
<i>Honoring Parents</i>	183
<i>The Jewish Book of Knowledge</i>	185

THE UNIQUE ‘I’

<i>G-d Says You Matter</i>	189
<i>What Am I?</i>	191
<i>Meaning and Purpose</i>	193
<i>Satellites</i>	195

<i>Seeing Beyond the Facade</i>	197
<i>Will AI Surpass Humans?</i>	199
<i>Life With a Purpose</i>	201
<i>Humans vs. AI</i>	203
<i>Jewish Pride</i>	205

NATURE AND CLIMATE

<i>Ingredients for Growth</i>	209
<i>Beauty at Its Source</i>	211
<i>Heavens and Earth</i>	213
<i>The Mighty Sea</i>	215
<i>Pure White Snow</i>	217
<i>Solution to the Climate Crisis</i>	219
<i>Sourcing Sustenance</i>	221
<i>Water and Dry Land</i>	223
<i>Perfect Weather</i>	225
<i>Space Travel</i>	227
<i>Thunder</i>	229

<i>Transient Beauty</i>	231
<i>The Beauty of Plant Life</i>	233
<i>Majestic Mountains</i>	235
<i>Musical Cicadas</i>	237
<i>The Need for Sleep</i>	239
<i>Nature and G-dliness</i>	241

TORAH AND SPIRITUALITY

<i>Knowing G-d</i>	245
<i>Seeing G-d</i>	247
<i>Antisemitism: Brutish vs. Cunning and Guile</i>	249
<i>Our Foundational Story</i>	251
<i>A Fresh Perspective on Materialism</i>	253
<i>A Trusting Relationship With G-d</i>	255
<i>The Oxymoron of Scientism</i>	257
<i>The Hakhel In-Person Assembly</i>	259
<i>True Freedom</i>	261

<i>Secret Access</i>	263
<i>Divine Holiness</i>	265
<i>Be Fruitful and Multiply</i>	267
<i>Miraculous Spiritual Reality</i>	269
<i>Torah: The Source of Unity</i>	271
<i>Torah: The Core of Our Being</i>	273
<i>Maimonides' Leadership</i>	275
<i>Belief, Reason, and Torah</i>	277
<i>Seeing Is Believing</i>	279
<i>Joyous Holidays</i>	281
<i>Charity</i>	283
<i>Morning Blessings</i>	285
<i>The Tallit and Mitzvah Acts</i>	287
<i>The Rebbe's Continued Influence</i>	289

THE JEWISH CALENDAR

High Holidays:

Our Mandate to All of Existence **293**

Rosh Hashanah:

Praying With Humility and Joy **295**

Rosh Hashanah: The Birth of the World **297**

Rosh Hashanah: Remembered for Life **299**

Rosh Hashanah:

Butterflies and Jewish Memory **301**

Ten Days of Repentance:

Accepting G-d's Sovereignty **303**

Yom Kippur:

Restoring Our G-dly Relationship **305**

Sukkot: Value of Human Effort **307**

Sukkot: Confidence in G-d **309**

Sukkot: Festival of Unity **311**

Yud Tes Kislev and Thanksgiving **313**

Chanukah: Illuminating Knowledge **315**

Chanukah: Torah's Illuminating Values **317**

<i>Chanukah:</i>	
<i>Internalizing the Menorah's Light</i>	319
<i>Purim: Clarity of Direction</i>	321
<i>Purim: Discovering G-d in the Megillah</i>	323
<i>Purim: True Wealth</i>	325
<i>Purim All Year Long</i>	327
<i>Passover: Show Up for the Inauguration</i>	329
<i>Passover: Burning Chametz</i>	331
<i>Passover: Miracles and Nature Working in Tandem</i>	333
<i>Passover: Matzah and Haste</i>	335
<i>Passover: Importance of Physical Mitzvah Acts</i>	337
<i>Shavuot: Witnessed by Millions</i>	339
<i>Three Weeks of Mourning: Focusing on the Solution</i>	341
<i>The Three Weeks: Studying About the Temple</i>	343
<i>Mourning for the Temples</i>	345

CURRENT EVENTS

<i>Digital Connection vs. Physical Holiness</i>	349
<i>Topsy-Turvy Time</i>	351
<i>People Tracking</i>	353
<i>World Unity</i>	355
<i>Religious Liberty</i>	357
<i>Spiritual Immunization</i>	359
<i>Herd Immunity</i>	361
<i>Recognizing We're Not in Control</i>	363
<i>Between Science and Irrationality</i>	365
<i>Innovative Solution to Inflation</i>	367
<i>Being Givers and Not Just Takers</i>	369
<i>Retaining Our Sensitivity</i>	371
<i>Monarchy and Holiness</i>	373
<i>Meron Tragedy</i>	375
<i>Ultimately Caused by G-d</i>	377
<i>A Response to Ms. Julia Haart</i>	379
<i>The Afghanistan Failure</i>	381

<i>Seeing Through the Illusions</i>	383
<i>Lessons From the Stars</i>	385
<i>Ukraine's Jewish History</i>	387
<i>War and Hope for Peace</i>	389
<i>Ben Zoma's Teachings</i>	391
<i>British Monarchy</i>	393
<i>Tragedy in Turkey</i>	395
<i>Absolute Power of Sovereignty</i>	397
<i>Foresight and the Bed Bath Bankruptcy</i>	399
<i>Super-Rational Choice</i>	401
<i>Bridging the Spiritual and Material</i>	403
<i>Tragedy in D.C.</i>	405
<i>Economic Uncertainty</i>	407
<i>Israel: Guardian of the Walls</i>	409
<i>Seeing Our Own Faults</i>	411
<i>Divisiveness in Israel</i>	413
<i>Torah Unites Us</i>	415
<i>The Value of Torah Study</i>	417

<i>The Simchat Torah Massacre – October 7</i>	419
<i>Rules of War</i>	421
<i>Our Everlasting Rights to the Land of Israel</i>	423
<i>Antisemitism Rears Its Ugly Head</i>	425
<i>Choose Life!</i>	427
<i>The Anti-Jewish Bias</i>	429
<i>Standing Tall</i>	431
<i>The Holy Land</i>	433
<i>Our People's Uniqueness</i>	435
<i>Miracles and Peeks From G-d</i>	437
<i>The IDF's Torah Scrolls</i>	439
<i>Soldiers in G-d's Army</i>	441
<i>How Great Is Our Shepherd</i>	443
<i>Victory at All Costs</i>	445
<i>Spiritual Awakenings</i>	447
<i>Misguided Youth</i>	449
<i>Mind Power</i>	451
<i>Commemorating October Seventh</i>	453

<i>“If I’m Truly Your Child...”</i>	455
<i>Cruel Murder of the Bibas Family</i>	457
<i>The Hostages’ Faith in G-d</i>	459