

Be Proactive – Choose Life

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The blessings of life are provided to us right here, right now. All we have to do is recognize them and choose to make use of them!

Last week there was an incident that really took the wind out of my sails. Then a couple of days later, something else came up that clearly showed me that one way or another, Hashem always has my back. Even when things happen that don't seem fair, or are hurtful, Hashem has myriad ways to correct the market so to speak, in the best way for all involved.

There is a health movement and a sickness movement out there; and correspondingly, a mindset of proactivity and one of victimhood. We are told in the Torah, "I have set before you life and death, blessing and curse. And you shall choose life,

so that you and your children may live.” – Devarim, 30:19. Choosing life includes choosing health and proactivity, don’t you think? This can be a technical challenge for some of us because we have not been taught nor given an example of what health and proactivity even look like. The culture today is all about sickness and victimhood.

Even after the second incident, which clearly showed me that Hashem is there for me always, I was still feeling down. I had to take some time and remind myself of the relevant facts in order to get back on the “choosing life” side of living. I’m sharing these thoughts with you in case you also need a reminder.

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God’s preciseness in how He handles every single person’s situation is at the subatomic level. God is always just. God loves you and supports you so don’t let anyone bring you down. Feel yourself enveloped in this love and support. Appreciate, have compassion and understanding for yourself and those around you. Life is short. Take time to celebrate yourself, to have fun, to give thanks, to bless others with your thoughts and good wishes. Treat yourself to something nice today. One way or another, Hashem always has your back. Remember that!



It's your choice. Be proactive!

Choose health and adhere to the eternal laws of life, which never change. Use the best healers on earth, gifted to you by your Creator: real and clean food, sunshine, fresh air, sleep, exercise, and fasting.

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Medicate, sedate, and cut or alkalize, detoxify, and regenerate? Resent and spiral down the victim alley or actively feel God's love and support at all times?

It's your choice. Be proactive – choose life.