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## Preface

People often ask me, “What motivates you to write?” The answer is simple: my eyes. When I see that many people in our generation are searching for meaning and inner peace, and I have something to say that might help them get more out of life, I am compelled to tell everyone, so I write a book.

*5 Ways to Increase Your Spirituality* offers practical and Torah-true advice for maintaining a spiritual lifestyle in today’s society. It is not a comprehensive guide. Instead, the purpose of the book is to provide Jewish wisdom for living. No matter who you are or what background you come from, I hope this book will act as a fresh and clear manual,

transmitting penetrating insights in simple and invigorating terms, resulting in a new approach to life that will leave you smiling, nodding, and totally inspired.

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## Acknowledgments

Writing a book is not something one does very often, and at least for me, it is a milestone at which to stop, reflect, and thank all those that have contributed to this project.

Throughout my life I have been privileged to learn and be influenced by many Rabbis and teachers who helped me understand the sweet words of Torah, and crystallize my thoughts and opinions. Whatever I do of value is also attributed to them. It is appropriate, though, to single out for special thanks Rabbi Aaron Tandler, of Ner Israel Rabbinical College for diligently reviewing parts of the manuscript, as well as providing countless hours of guidance and

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I very much wanted this book to be cogent and read easily. For this I owe a tremendous amount of gratitude to my mother-in-law, Deborah Seymour, who effortlessly edited this manuscript.

Words cannot express my boundless thanks to my dear parents, Harry and Beth Green, for not only being role models for our family and the Jewish people, but for their selfless help and encouragement throughout the years.

I wish to thank my wife and soul mate, Tziporah, for her constant encouragement, patience, and tolerance of the long hours I have spent in this endeavor. This is as much her book as it is mine. Happy is the man

whose wife is his best friend.

At this mile marker, I want to thank Hashem, for the opportunity to write this book. May it be His will that that this book be read and enjoyed by all thinking individuals who are seeking truth and meaning in this world.

Michael Chaim Green



# Author's Introduction



We live in a society of technological advancements in transportation and communication. The world is moving at a faster pace than ever before. High-speed Internet connection allows us to get stock quotes in seconds or have a video conference halfway around the globe. And yet, something very strange seems to be taking place. The more conveniences we invent, the busier our schedules appear. Finding inner peace, connection to God, and spirituality seem to be

daunting tasks. Is it possible that we just “don’t have the time” for God and spirituality?

At Mount Sinai, God promised the Jewish people, “You will be a...holy nation.”<sup>1</sup> Now, over 3,000 years later, what words describe your daily experience?

Pressured?

Exhausted?

Stressed?

How many of us can honestly describe daily moments with words such as: fulfilling, happy, holy or spiritual? Are we a generation that is simply too busy and has lost contact with the very essence of being a Jew?

It does not take a microscope to see why we find ourselves lacking inner peace and spirituality. Let’s be honest. Simply put, there just is not the time needed to develop a spiritual relationship anymore. Never has a generation been as bombarded with diversions as we are faced with in our modern society. It feels just like yesterday when a spouse only had to battle the television or the sports section of the newspaper for attention. Today, the Internet holds the steady attention of many devoted husbands and wives. Increasingly, work is no longer an activity that one performs at the office, but is continued late into the evening, and even on weekends! We live in a global world in which Palm Pilots and cell phones, supposedly created to enhance

connectivity, follow us into the most private quarters of our homes, shattering the privacy that humanity has enjoyed for thousands of years. How many of us wish we had the time to take a weekend off to go skiing with the family, or relax and enjoy a ballgame with a couple of friends? How is it possible to find the time needed to dedicate ourselves to reaching the heights of spirituality?

## The Solution

Before we begin, let's clarify a major misconception that many people have concerning God and spirituality.

**Misconception #1: Finding inner peace and developing a spiritual relationship with God is only possible if a person attends services.**

Wrong.

The wise King Solomon emphasizes to us, "Know God in all your ways."<sup>2</sup> A person should dedicate himself to having a connection with God not only through the commandments, but in every aspect of his or her life!

Is it still possible to fulfill this ancient wisdom? Is it really possible to take mundane or physical acts, and use them to increase our spirituality?

Yes.

To become spiritual, we do not need to quit our jobs or spend many hours fasting and

praying. We can still live and fully function in society, while simultaneously maintaining a spiritual focus in life. All we need to do is re-educate ourselves. In this book we will attempt to do that. We will learn ancient wisdom and mystical secrets to infuse spirituality into our busy lifestyle.

Let us begin this journey.

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## *Author's Introduction Notes*

<sup>1</sup> Exodus 19:6

<sup>2</sup> Proverbs 3:6