



# SCHOOL OF LIFE

## COURSE SNEAK PEEK

JEWISH WISDOM FOR  
THE QUESTIONS THAT  
KEEP YOU UP AT NIGHT





## LESSON 1 HEY, G-D, CAN YOU HEAR ME?

G-d is out there, they say. He knows what you ate for breakfast, they say. If He wanted to, he could reverse gravity, add a 4th dimension, or turn all the oceans of the world into chocolate pudding. We answer the starting point of all questions—does G-d exist?



## LESSON 2 I'M A BELIEVER

Believing in G-d isn't something we do once a year before finals. Belief is something we feel on the daily—but only if we constantly renew those feelings (you know, like your Netflix account). Then, even when we're tempted to act against Truth, our faith keeps us committed. Believe me.



## LESSON 3 I MATTER, YOU MATTER

The universe is not random. G-d continuously brings every atom of the universe into existence. This means there is no unnecessary part of creation, and every single person, place, thing, and time has a purpose and adds something important to the world.



## LESSON 4 WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE?

Great Jewish leaders never complained about their fate. They trusted that everything befalling them was good.

Yet those same leaders, upon seeing the pain of their flock, argued incessantly with G-d: "Why must Your people suffer?!"

The purpose of suffering remains a mystery until today.



## LESSON 5 ARE CHOICES EVER FREE?

While we can't choose our circumstances, humans are the only creation with the ability to choose our responses. Unlike robots, we're programmed to struggle with the constant dilemma of right vs. wrong.



## LESSON 6 G-D'S GUIDE FOR LIFE

Is the Torah a book of rules, Moses' journal, or a history book? In truth, the Torah is the blueprint by which G-d created the world. Its rules are not afterthoughts, but an expression of the plan by which He created everything. Studying Torah gives us an insight into the behind-the-scenes plan G-d has for the world.



## LESSON 7 MISSION POSSIBLE

Does our world have a purpose? And if it does, what is it? Where does my life fit into the collective responsibility of all creation? To live a meaningful life we need to ask not what can the world offer us, but what we can offer the world. Because before we were born a mission was embedded within us by G-d—to perfect this earth. And each of us plays a unique role in that mission.





## LESSON 8 I CHOOSE...ME!

Since ancient times the Jewish People have found themselves on the minds of even the most progressive and powerful nations. Despite repeated attempts to blend in with their host nations, Jews are constantly singled out—whether in social situations, media headlines, or company board rooms. What does it mean to be the chosen nation?



## LESSON 9 ACTIVATE HAPPY MODE

It seems that everyone is searching for happiness these days. Who doesn't want more happiness in their lives? A Jew is supposed to always be joyous, but what happens when we don't see any reason to be happy? Can we learn to just switch on happiness at will?



## LESSON 10 THE JEWISH LOVE STORY

We are all looking for love. As one of the most powerful human emotions, love can also be the most volatile, mysterious, and difficult to find. When seeking love, we have to first know what to look for. Unlike popular culture, which often describes a self-centric approach to romance, Torah illustrates a different kind of love story.



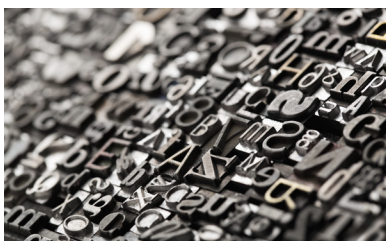
## LESSON 11 FOR A BETTER DAY

The world was created with a purpose: to reflect G-d's Will and serve as a home for His presence. But the world seems full of the mundane at best and tragedy at worst. We are here in this world to help it reach its purpose. When we live in a way that allows our soul powers to shine through, the time of Moshiach will be revealed—a time when there will be no more war, suffering, or bigotry, and all of society will feel and see G-d's presence.



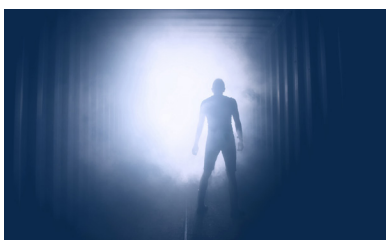
## LESSON 12 FEEL THE BEAT

Is that song still stuck in your head? Music has far more power than most of us realize. It is both the soul of language and the language of the soul. The themes, messages and tunes expressed in music have the potential to penetrate both our emotions and belief systems.



## LESSON 13 SPEAK UP

Humans, unlike any other creation, are endowed with the ability to build goodness and kindness through our words. Our speech has so much power that words alone can build something or tear it down.



## LESSON 14 LIFE AFTER DEATH

Oblivion, the end of all consciousness, can be scary to contemplate. Torah explains that death as we know it is merely an end of the body. However, there is another, amorphous, part of ourselves that will never die.

