

There are a variety of signposts that are associated with living purposefully. They include spending productive time on activities that matter the most and living through those activities with authenticity and passion. People living purposefully feel content and have an inner peace. The way they live not only makes a difference for themselves, but it makes a meaningful difference for the others in their circle. They live in the moment, in the eternal present. They are ethical and they meet all their commitments. They live life with intention. They live honestly, decently, joyfully, and authentically. They carry out what they hold to be their calling in life. They find meaning, purpose and significance in the ordinary everyday activities: eating, reading, working, and loving. We can live with greater meaning and purpose by increasing our consciousness of the presence of God in our everyday activities. Our behavior becomes kinder, gentler, and more virtuous. Internally we are happy and uplifted. To have greater God consciousness, we must understand that we live in two realities: physical reality and spiritual reality. Different people who are in the same physical reality will sense the same external reality. But they may interpret it or receive it in different ways and thereby create different spiritual realities. In each moment, physical reality is the question God asks us. Spiritual reality is our answer. The carriers of the answer are our internal feelings and our external actions. The content of the answer is in the intention behind the action. The whole constitutes a song with two parts. In one part, God calls forth and asks: Am I here? The teachings in this book help us see the Holiness of the presence God in all that we encounter so that we can answer I recognize You, You are here. With God Consciousness, we are able to be centered and sensitive, think clearly, and have a balanced excellence in our thoughts, speech, and action that moves us toward more virtuous behavior. To strive toward more virtuous behavior means that we have to (1) have the intent to move towards more virtuous behavior (2) understand our own profiles of vices and virtues (3) move ourselves away from our vices and move ourselves to behave with greater virtue with other people and (4) put our intent into our subconscious. The first part of this book lays the groundwork for what God consciousness is. A more complete picture for this can be found in the first volume, God Consciousness: Living With Meaning and Purpose. The main part of this book consists of Kabbalistic exercises using the the Sefirot on the Tree of Life and the Tree of Death and exercises using the Netivot on the Tree of Life. The exercises facilitate resonating our will with the particular set of virtues that we work with for each exercise. In effect, this programs our subconscious to facilitate more virtuous thought, speech and action. After finishing any of the exercises, we feel calm, peaceful and joyous for we have been spiritually uplifted.

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