

A BETTER WORLD IS POSSIBLE

A Collection
of Meditations

Rabbi Jeremy Markiz

KAROV BEMET PRESS

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This collection is dedicated to the good in each other.
We all have a role in building a better world.

CONTENTS

How to Read this Book	vii
KINDNESS	1
PEACE AND WHOLENESS	13
LOVE AND EMPATHY	21
GRATITUDE	29
FEAR AND DESPAIR	35
HOPE AND OPTIMISM	41
PERSONAL GROWTH	53
About the Author	60
Your Notes and Inspirations	61

HOW TO READ THIS BOOK

This collection of meditations is to help center ourselves, brief reflections, ideas, and reminders to keep us focused on what matters in life. Each and every one of us has a role in making the world a better place, a task that is uniquely ours. A better world is possible, and we can each do our part.

It is not always easy. It does not always feel good. In fact, sometimes it takes every ounce of energy you have to make any progress at all.

This collection of short writings, collected over a number of years, provide us with a small dose of motivation and uplift. This is especially true, when we might not be feeling at our best.

When you're feeling down, frustrated, or your negative inclinations seem louder than usual, I encourage you to flip through this book's pages. I hope you will find something that speaks to you.

Maybe it will inspire you to rethink how you approach a problem or, even better, spark a centering meditation of your own.

It is when we fall down the spiritual well and look up to see the bright circle above us and think — how can I get myself back up there? In the Talmud (Berakhot 5b), we learn

that a person cannot necessarily free themselves from these dark spiritual places. We need others to help us find the light.

This book is as much for you as it is for me. It is my hope it can be the outstretched hand you can use to start your climb back up the well. We all need reminders, nudges, and prompts to get ourselves back on track toward being who we want to be in this life.

This book has seven sections:

- Kindness
- Peace and Wholeness
- Love and Empathy
- Gratitude
- Fear and Despair
- Hope and Optimism
- Personal Growth

In each section, which are in no particular order, I've gathered a few thoughts of encouragement for those difficult moments. These meditations are not an end, but a beginning. Each can inspire us to feel less complacent, more engaged, more grounded.

So, tuck this book in your backpack, tallis bag, purse, carry-on luggage, or wherever else you might find yourself looking for a reminder that the world is a better place when we are engaged with it.

A better world is possible.

KINDNESS

Kindness is a gift that never runs out,
there can always be more of it.