



LUBA AHUVA PERLOV

ARTIST, LIFE COACH, AUTHOR

Luba Ahuva Perlov, is a Chassidic artist, psychosomatic spiritual life coach, journalist, inspirational speaker, and performer. She has illustrated more than 25 Jewish books for both children and adults, including 12 volumes of Menucha Fuchs's series *Sipur veSefer*. Luba is the author of the bestseller, *Let It Stay Between Us*, a collection of inspirational contemporary stories on Taharas haMishpaha, which has been published in Russian, Hebrew, and English. Born in Odessa, Ukraine, Luba, her husband, and her younger children now reside in Northern California, where she's involved in Chabad outreach programs.

Luba is excited to support teenagers and adults, especially through psychosomatic coaching. Topics with which she can help are: self-confidence, fears, worries, psychological traumas, difficulties in spousal relationships, and with children.

She combines music and humor with authentic stories in her live performances. Favorite topics include family purity and her story of the underground chuppah in Soviet Moscow.

She has a new book, *Diary of a Dreamer: One Soul's Journey* (available on Amazon.com).

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Where Do I Find the Creator?

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Where do I find the Creator? I think that each of us knows that God exists, and denies it when God does not fit into our understanding. It doesn't matter how religious and observant a person is, the struggle is always there.

At the assemblage point, when our ideas break down, when our world collapses, when we try to gather pieces of the puzzle, gain courage, and take a step out of our comfort zone – there we find God again. Each time it happens at a new stage of life, at a new level.

You can go on a long journey and find the Creator. You can find God when you can delve into scientific research or through the harmony and beauty of the world, which was the starting point of my journey to the Creator. One can simply live and recognize God in one's daily life because the Creator is always nearby.

Most often, we don't let ourselves account for the fact that we are always together with the Creator, that we live in the space, time, and dimension that God created for us.

Where is God not? God is not where our ego reigns, where there is despair or a desire to get full control of the situation, when a person refuses to live his life fully, adapts and bends under difficulties, when a person distorts his nature, refusing to take full responsibility for his life and true destiny...

God is there, where there is no falsehood, and the truth is not always pleasant to face.

God is where we admit our mistakes and delusions, that we have created an idol. God is Truth, never for a moment has the Creator left us. God patiently waits for our return!

God can be found where an honest internal dialogue takes place.

We are with God when we fully accept our past, aware of our true value and mission, and where there is humility, gratitude, and joy at following the true path.

God is near when we do acts of kindness and compassion for others.

We are with the Creator when we reach our life's goals, built on God's guidelines; when a person realizes his smallness and takes responsibility for himself and for that part of the world that the Almighty has entrusted to him.

I'm grateful to the Creator for the ability to grow, to realize more potential than I ever dreamed I had!

I am grateful to God for believing in me and for leading me through so many transformations, making me a leader, revealing my strength, and giving me freedom of choice, while remaining unnoticed!

Throughout my life I continue to grow and try to be honest with the Creator. It is very important to me.

I am happy that I am where I am now, sharing the pure light with which God endowed me!