

from generation to generation, Judaism has taught (and continues to teach) adherents how to deepen their lives, how to improve the world and how to reconcile with others who share the same lofty aims.

As a living religious tradition, Judaism has effectively given meaning to millions of individuals within the ~~retro~~ Jewish community. Not only does this "religion make ordinary people feel extraordinary" (Charles Darwin) but it can give hope, prosperity and a bright prospect for the future. Through the teachings outlined in the Tenak and Talmud, and practices such as marriage, there is no doubt Judaism as a living tradition gives depth ~~to~~ and a more unambiguous meaning to the life of adherents as individuals, as well as part of the Jewish community.

Since Judaism is a monotheistic religion, its ideals of the centrality of God are held in the core of the religion and are stipulated within the Torah (within the Tenak) and the Talmud. Within these sacred texts, adherents are shown stories of creation and of the all important covenants and God is depicted as an omniscient being, with omnipotent qualities. However, these scriptures would not be what they are today without the help of Moses

Mainly, Moses made three major contributions to the expression of 1st Judaism as adherents know it. Firstly he created the Commentary of the Mishnah, which is the Jewish law outlined in the Torah. Here he simplified the laws and created the 13 principles of faith which outline the fundamental principles of Judaism. These principles in themselves have had a profound impact on Judaism not only in ancient times, but in modern times, as they are the basis of creedal statements. The second, and perhaps the most significant is the Mishneh Torah, which not only codifies the Talmud ^{into an} ~~but~~ organised, systematic and ordered fashion, but it separates the Jewish Mitzvot (commandments) into good and bad. The third contribution is the introduction of the guide for the perplexed which integrates science, religion and philosophy. The teachings from Moses have been passed on from generation to generation and provide adherents with a simple alternative in learning their faith. These contributions also help deepen the lives of adherents, teach them a practical way of how they can integrate the teachings in the scriptures into everyday life, and outline many aspects on how they, as individuals, can improve the world around them; not just in the Jewish community.

However, the teachings of how adherents are to interact with other individuals and the Jewish community are not only outlined in Moses' writings. They have been passed on from generation to generation through the sacred texts and help adherents improve the world. An example of how the sacred texts of Judaism help improve the world is with the underlying focus on ^{the} environment, and the moral and ethical implications associated ~~to~~ to the treatment of the land. In Genesis 1, it is said that "God regards all of humanity good" and in Genesis 6; it is told in regards to the covenant of Moses that "he was careful to preserve one pair of each species, regardless of its utility to man". The teachings the sacred texts show how adherents can improve their own lives by improving the world with the practicing of Bal Tashkhit (do not destroy) and Tikkun Olam. Bal Tashkhit is described in deuteronomy as "prevent wanton destruction", which, beyond its biblical context refers to how we should sustain the environment we have. Tikkun Olam refers to the transformation and restoration of the world. In this form, generations have been taught how to react to environmental issues such as deforestation, aiming to keep the balance in nature which god intended. The coalition

of environment and Jewish life (COESL) is one organisation which was created in USA in 1993 to help combat environmental issues such as this in regards to the biblical teachings stipulated in The Tenak. This organisation will help deepen the lives of adherents, improve the world and live in accordance to god's will.

Marriage is an ancient Jewish ritual which has been passed on from generation to generation, teaching adherents how to deepen their lives as individuals and within the Jewish community. Since "It is no good for a man to be lonely" (Genesis 2) and "Jewish people should be fruitful and multiply", marriage is a central ritual in Judaism. It involves fasting, the signing of the Ketubah (legal contract) by both the Kallah (wife) and the Chasson (groom), the bride circling the groom to adhere to tradition, exchanging rings which symbolise eternal love, a chuppah, blessings by a Rabbi, drinking wine, smashing a glass and consumation. For the individual it shows how Judaism can deepen the lives of adherents by giving them a sense of belonging, well being and spiritual oneness with god. For the community, it offers an opportunity for others who have the same lofty aims in

living in accordance to ~~God's~~ the reign of god. It also strengthens the faith of adherents and shows how a practice within the tradition can give depth and meaning to ~~the~~ people's lives.

In conclusion, Judaism teaches ~~to~~ adherents from all variants (from orthodox to progressive) how to deepen their lives, to improve the world and to join with others. As a living tradition which focus on scripture (which has been interpreted by Moses Maimonides), ethics and rituals such as marriage, there is no doubt ^{this} religion gives depth to the life of the individual and the Jewish community, from generation to generation

and meaning