

Interview with Dorice Horenstein by [Eric Edward Brown](#)

Who doesn't want to live a happier life? Who doesn't appreciate goodness and kindness from them to others and visa-versa? Who wouldn't want to smile and feel good about themselves, their friends, family and colleagues? Horenstein brings readers into the universal human experience through a Jewish lens "Moments of The Heart." For the last 16 years, Dorice served as Education Director at a Portland synagogue. We've have found a few moments to talk to Dorice about her upcoming book, and her new career as a speaker.

What inspired you to write *Moments of The Heart*?

Moments of The Heart really began with the thought of making my sister, Bruria, smile and feel good about the future when she was diagnosed with stage 3 breast cancer in 2014. As she was fighting for her life, I was thinking, "How and what can I do to cheer my sister up? After all, she lives in Israel!" Being 10,000 miles away, I couldn't just drop everything and go, so I decided to post positive Facebook messages every Saturday night, all connected to Jewish thought based on my education and profession. Fast-forward three years: this experience has become a book, and now a class that I've designed to help people enrich the Jewish experience.

How will this book benefit people?

I believe that most of us want to grow and develop in our knowledge, spirituality and connection in the context of today. This book offers that! And what if it was all connected through the thread of Judaism—would it make it a million times more meaningful? What do Rabbis say about pride, wisdom, Shabbat, Israel? In the fast pace life of today, my book offers a time to reflect and regroup; this is a need that I think many people cherish!

How is the book structured?

All of my writings rely heavily on the wisdom Judaism has to offer. I quote biblical sources and Rabbinical wisdom, which we'll reflect on in terms of their meaning to our individual lives. I've been teaching the book online, and usually people come away feeling enlightened, loving themselves a bit more, and ready to spread love and build positive relationships with others around them.

What's unique about this book?

This book invites itself to become evening long discussions over a glass of wine, or a cup of tea! It has so many opportunities for you to discover what really matter in your own life. By sharing my voyage with the reader, I hope to make not only the concept of, but also the implementation of, relationships accessible to everyone.

Is this book only for Jewish people?

Absolutely not! I gave the book to a small group of beta-testers read before it was published. A few were non Jews. Their feedback was phenomenal! They felt that they gained the privilege to learn to connect with their higher self without being Jewish. I find that we all are looking to better our own lives; we all want to live out our purpose. We all desire to live a life of intention. And this book provides it by giving us the opportunity to reflect, process, and decide how we want to be-- and how we want to project our best selves forward.

Do you need to have certain knowledge about Judaism to enjoy this book?

When I began this process as a way uplift my sister in the darkest time in her life, I knew it couldn't be "Jewishly heavy." Even though my sister is Jewish, she does not attend synagogue services, nor can I call her a religious person. So *Moments of the Heart* really began as a spiritual book about life from the Jewish perspective. It contains nuggets of Jewish wisdom without being overwhelming. The Jewish references are relevant and can resonate with everyone! I hope you pick up a copy and let me know what you think!