

# I Am One with G-d

## I Am One with G-d by Officer Bob Cutler, MSc Media Q&A Tip Sheet\_7.3.21

*You dedicate this book to your granddaughter, Bodhi. As a grandparent, what do you wish most for her happiness?*

My greatest hope for Bodhi is for her emotional wellbeing. While she may not win a Pulitzer Prize, cure a disease, or be an Olympian, I do know that if she is emotionally mature, she will enjoy a happy and fulfilling life. I know she is being raised to be ethical, honest, kind, caring and empathic like her parents. Emotional wellbeing is the one critical element that allows for all of these other traits to become aligned, empowering her to be happy and to make the world a better place.

*Given our focus on striving for material success, how will your book's message of loving self and others from the heart impact a child's spiritual development?*

I believe when we identify ourselves as being more than "things," as is the message of this book, we provide the answer that no material possessions could ever make possible. When we give up unnecessary needs and instead focus on experiences that bring us true joy, we all evolve into a growing relationship with the spiritual world. That growing spirituality will be a lifetime journey of insights and learning that will never cease to fascinate, entertain and enlighten mind, heart and soul.

Another key message is for the child to recognize their self-worth as an inherent value to treasure, forever. Sadly, much of today's societal values are superficially based on outer appearances. It is crucial for the child to accept themselves for who they are at the core—to not be dependent on other people's expectations or social approval. Rather, he or she is valued for the pure, simple fact that they have a G-dly Soul within.

This practical journey of spirituality is priceless. The cost? Simply the willingness to make time to be present, ask questions and learn from those before and around us. When we use our own life experiences to personalize these lessons, our understanding deepens about ourselves and life becomes more meaningful, perfected, purposeful.

*What do you see are important personal growth issues affecting kids, that parents must be aware of? How might parents face these issues to resolve them satisfactorily?*

Personal growth comes from the willingness to be transparent and open-minded. To learn to be non-judgmental. To be a parent in the moment—not letting our own lives get in the way of being attentive to our children when they are most in need of our love.

Facing parental issues head on with an open heart may be the hardest part of parenthood. Moreover, with a loving mindset of not owning every outcome, parents can also learn to trust in the spiritual light of a divine presence, thereby releasing their own anxieties and perhaps misguided judgments of their children.

In addition, many parents struggle to accept their children for who they are. We often try to mold our kids to fit in our expectations. This can crush the child's sense of self-worth and self-esteem. The greatest gift a parent can gift their child is to cultivate in them how special and beautiful they are—thanks to befriending the soul's essence.

*As a police officer, you encounter traumatic incidents. Please explain how self-confidence and peaceful resolutions help save those moments.*

Fortunately, the tragedies I've encountered have been few. Certainly, it pains me to see homeless people lost and mentally challenged wandering the streets. It is emotionally challenging when I find children in the care of irresponsible persons who place their children in situations that, while not illegal, are certainly not healthy.

Having more life experiences than younger officers (while being a curious and introspective thinker), I have become a calm voice of reason in most situations. We are taught as officers to listen, understand and to respect the public. The greatest challenge I see with officers is that over time, they lose their ability to be empathic. While there are many reasons, I can say with certainty that law enforcement leadership fails to focus on officer mental wellbeing in substantive and meaningful ways.

*As a law enforcement officer (LEO), what are disturbing incidents involving kids that every officer must prep or train for? Examples?*

The hardest situations are child welfare cases. You come to a home, see the squalor and do your part reporting your observations to family services. But from this point on, you are no longer a party to the situation unless called as a witness or for an intervention. Knowing that you cannot make the biggest difference for that child is the most painful part. While we'd all like to make the situation right, that is not the role of an officer. We cannot adopt, nor financially support, all

the unfortunate children we find. Knowing that you are helpless in some ways is difficult.

*On RobertCutler.com, you call yourself a spiritual Jew. What is the common message that Judaism shares with other spiritual paths, in connecting with oneness?*

Simply put, Judaism's spiritual concept of tikkun olam teaches that we're here to help repair and heal the world. Not just the Jewish world. It is our divine obligation to make the entire world better. And with that disposition, we're taught to approach every situation with the intention of making the experience better.

In law enforcement, we do this daily. Rather than being punitive, we can educate. Rather than being transactional, we can engage with a mindset of having a relationship, even if it's a short engagement. We can make a difference in so many ways, each and every day. The challenge of course is, police officers must have the awareness that any situation can momentarily become life-threatening. We can never remove that threat from our reality. That, in a nutshell, is the challenge for law enforcement officers (LEOs)—to be both Warrior and Guardian at the same time.

*Your spiritual depth of inner wealth is reflected in outer success, in having created a thriving 35-year business. What are "secret tips" for a life of inner-outer balance?*

- Live a life where you try to see the world through the other person's eyes.
- It is better to give than be the one needing the gift. Honor those that need the gift more than you are giving the gift to them.
- Remember that the effort you put into others never comes back empty.

*As an adult, what has gifted you joy envisioning and completing this children's book?*

I believe we all have so much we can and should share with the world. The things we've learned, and beliefs we're passionate about, are things we can leave as our legacies. I do not want to leave the world without sharing the gifts I have been blessed with. My passion for creating and sharing the gifts of life drove me to complete this project. Without the support and talents of my C3 colleagues, I could never have brought this idea to reality. I am truly blessed.