



ANNE SHOSHANA DEAKTER

MENTOR, SPIRITUAL STRATEGIST, AND SOUL IGNITER

Anne Shoshana Deakter is a transformational spiritual mentor whose life's work is helping women discover the mission God divinely orchestrated just for them. With over 30 years of experience in coaching, education, and Torah/Kabbalah study, she has guided thousands from confusion, burnout, and spiritual disconnection into clarity, purpose, and soul-driven living.

Anne Shoshana didn't grow up religious. She was a self-described "disco diva" chasing validation and success... until a series of profound wake-up calls forced her to confront the deeper purpose of her life.

A painful divorce and custody battle, the sudden loss of her father in her home at age 52, a near-death experience, and being in Israel during the terror of October 7, 2023 all became turning points that redirected her toward Torah, and a soul-first way of living.

Looking back, she now sees each moment of chaos as a loving nudge from God... a spiritual "yank out of traffic" meant to save her life and reveal her divine assignment. Today, she teaches others how to interpret their own wake-up calls as invitations to rise, return, and realign with their purpose.

Anne Shoshana is the author of *You Aren't Here to Be Good, You Are Here to Be Better*, a bold guide rooted in the eternal wisdom of the Five Books of Moses and Kabbalah. Her teachings are universal, practical, and deeply relevant, resonating with audiences across backgrounds and levels of observance.

Drawing on her background in sociology, business and transformative education, Anne Shoshana brings a rare blend of depth, humor, warmth, and unapologetic Torah truth. She developed a Transformational System, where ancient wisdom meets real-world results, empowering people to break through stagnation and ignite their soul's potential.

Anne Shoshana currently teaches universal spiritual principles, ethics, and values worldwide and maintains a private practice as a spiritual life coach. She is a sought-after speaker known for making deep concepts accessible, relatable, and transformative. Her mission is simple and bold: to help every soul remember who they are, why they are here, and how to rise into the magnificent life God created for them.

Wake-Up Calls

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As a professional life coach, I meet a lot of people and listen to their stories. Over time, I came to realize that there was a common thread to their questions. Although they are presented under different guises and challenges, the underlying core is always the same. The pursuit of answering: *"Why am I here? What is my purpose?"*

This can be answered by a concept handed down from Kabbalah called *"tikkun,"* which means *"to fix."*¹ Each one of us is here with a divine mission in life. And if we don't do it, we are left empty, seeking, and will have to come back in subsequent lifetimes to repair what we neglected. This often leads to living a life of doing anything *but* what God created us to do. Instead, we wrongly focus on endless distractions in order to drown out the emptiness.

To help us refocus and realign with our God-given purpose, God creates chaotic life experiences and pressure. Most people view pressure as something bad, but it's not. Pressure is actually good when we understand it within the context of transformation. People are either stagnant or growing. We are here to constantly transform and grow into the people God wants us to be.

That pressure, what I like to call *"wake-up calls,"* is God talking to us, begging us, saying things like, *"Move. I love you. I'm here for you. Do your tikkun. Grow into the next best version of you. You will not be fulfilled until you do."*

The first wake-up call could be a gentle tap on the shoulder. The second might be something more, like a car accident. The third could involve our health. In a perfect world, we don't want it to get to that point. The goal is to become sensitive enough to notice that first little nudge. To realize, *"Oh, that's God talking to me. Okay, let's slow down. What's really going on here? What do I need to fix?"*

You may ask, *"Why is life so hard?"* Instead, think of it as God loving on you. If your child runs into the street, you are not going to gently say, *"Honey, don't do that. You could get an owie."* That won't change a thing. Instead, you'll yell, grab, pull and scream, *"Don't do that! You're going to get killed!"*

Well, that's how God talks to us too, because we often don't listen. Not because we are bad, but because the needs and desires of the body consciousness are so much louder than the voice of the soul, that we often can't hear the messages being sent our way.

Conclusion:

Every pressure, every nudge, every *"tap on the shoulder"* reveals a compassionate, loving God who is deeply invested in who you become so you can live the life He created you for. His wake-up calls are not obstacles; they are invitations to transform and ultimately fulfill your unique mission.

Because you aren't here to be good, you're here to be better!

Footnote:

- 1) "Tikkun" is a Hebrew word meaning "to fix," "to repair," or "to rectify." It refers to various Jewish practices, most famously "Tikkun Olam" (meaning to repair the world under the sovereignty of the Almighty) through acts of kindness, justice, and spiritual restoration, stemming from Kabbalistic ideas of mending a shattered creation by gathering divine sparks.