

Meditation from the Heart of Judaism: Today's Teachers Share Their Practices, Techniques, and Faith

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Techniques explained by the masters?for today's spiritual seeker

Meditation is designed to give you direct access to the spiritual. Whether it's through deep breathing during a busy day, listening to the quiet after turning off the car radio, chanting in prayer or ten minutes of visualization exercises each morning, meditation takes many forms. But it is always a personal method of centering our spiritual self.

Meditation has long been practiced in the Jewish community as a powerful tool to transcend words, personality and ego and to directly experience the divine. Inspiring yet practical, this introduction to meditation from a Jewish perspective approaches it in a new and illuminating way: As it is personally practiced by today's most experienced Jewish meditators from around the world.

A "how to" guide for both beginning and experienced meditators, *Meditation from the Heart of Judaism* will help you start meditating or help you enhance your practice. Meditation is a Jewish spiritual resource for today that can benefit people of all faiths and backgrounds?and help us add spiritual energy to our lives.

Contributors include:

Sylvia Boorstein • Alan Brill • Andrea Cohen-Keiner • David Cooper • Avram Davis • Nan Fink • Steve Fisdell • Shefa Gold • Lynn Gottleib • Edward Hoffman • Lawrence Kushner • Alan Lew • Shaul Magid • Daniel C. Matt • Jonathan Omer-Man • Mindy Ribner • Susie Schneider • Rami M. Shapiro • Shohama Wiener • Sheila Peltz Weinberg • Laibl Wolf • David Zeller

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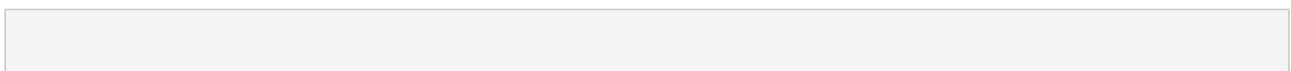
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Editorial Review

From Library Journal

Davis (*The Way of the Flame*, HarperCollins, 1996) has compiled 22 essays on meditation by Jewish leaders, teachers, and writers such as Lawrence Kushner, Rami Shapiro, Nan Fink, Edward Hoffman, and others. These thinkers discuss issues of interest to the Jewish lay reader: traditional background, meditative approaches and techniques, obstacles to practice, and the importance of attitude. Davis summarizes the basics in the final chapter, noting that because it did not spring from a monastic tradition, the essence of Jewish meditation lies largely in a concern with everyday life. A worthwhile addition to the growing number of books on Jewish spirituality.

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From [Booklist](#)

After years of being virtually ignored, the practice of Jewish meditation is now coming into its own. This collection of anecdotes and advice from 22 Jewish meditators (including Lawrence Kushner and Lynn Gottlieb on women and the Kabbalah) covers the whys and hows of meditation, and equally important, the contributors are honest about the obstacles to meditation, mostly boredom. Editor Davis' commonsensical piece (which would have made a good introduction rather than appearing in the middle of the book) is especially good for those just delving into the topic. Naturally, with so many scholars and rabbis having their say, some of the information included here seems contradictory; on the other hand, there is something for everyone interested in the discipline and plenty of suggestions for people who wish to begin. *Ilene Cooper*

Review

"Avram Davis is a pioneer in the new art of teaching Jewish meditation.... He has assembled a sparkling catalog of some of its best contemporary teachers. Their many perspectives light up facets of the holy quest for nearness to the One."

?**Rodger Kamenetz**, author, *Stalking Elijah* and *The Jew in the Lotus*

"One of the most inspiring books I have ever read in my professional career. Absolutely spectacular. Wise, delicious, inspiring and comforting. A journey into the richness of spirituality."

?**Caroline M. Myss**, author of *Anatomy of the Spirit*; coauthor, *The Creation of Health*

"In dozens of beautiful ways this book shows how meditation can bring you home to yourself and God."

?**Jack Kornfield**, author of *A Path with Heart*

"A treasury of meditative insights and techniques from some of the most enlightened teachers in Judaism. Each page is a meditative experience that brings you closer to God."

?**Rabbi Shoni Labowitz**, author, *Miraculous Living: A Guided Journey in Kabbalah through the Ten Gates of the Tree of Life*

Users Review

From reader reviews:

Jennifer Bryan:

The actual book *Meditation from the Heart of Judaism: Today's Teachers Share Their Practices, Techniques, and Faith* will bring one to the new experience of reading a new book. The author style to explain the idea is very unique. Should you try to find new book to study, this book very appropriate to you. The book *Meditation from the Heart of Judaism: Today's Teachers Share Their Practices, Techniques, and Faith* is much recommended to you to read. You can also get the e-book in the official web site, so you can more readily to read the book.

Dana Register:

The book untitled *Meditation from the Heart of Judaism: Today's Teachers Share Their Practices, Techniques, and Faith* contain a lot of information on that. The writer explains the woman idea with easy means. The language is very straightforward all the people, so do definitely not worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new period of time of literary works. It is easy to read this book because you can read on your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice examine.

Paul Moore:

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Lynnette Jennings:

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