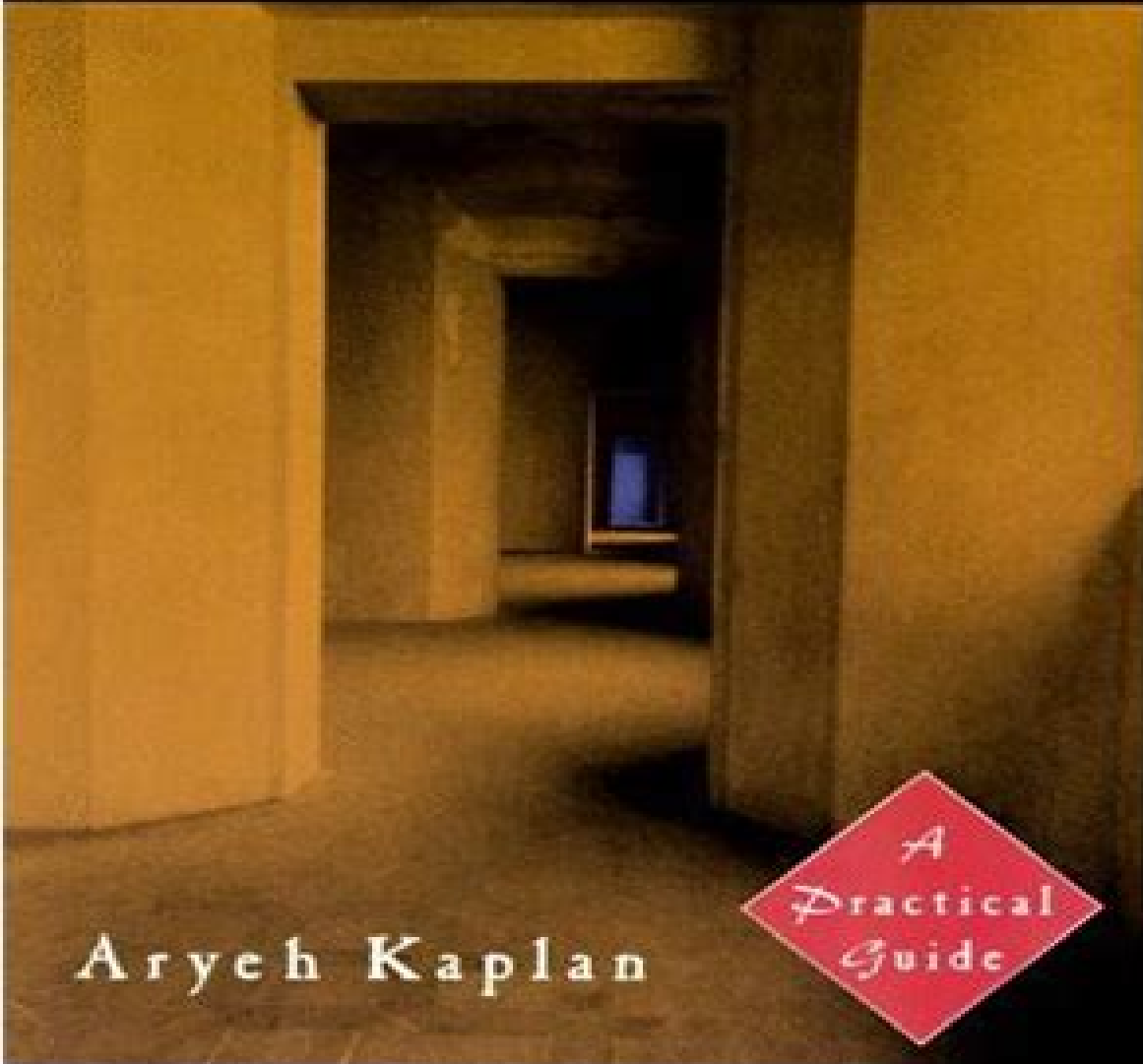


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Jewish Meditation



Aryeh Kaplan

A
Practical
Guide

Aryeh Kaplan Jewish Meditation A Practical Guide

Alan Lew



Aryeh Kaplan Jewish Meditation A Practical Guide

Jewish Meditation Aryeh Kaplan,2011-01-12 Students of mediation are usually surprised to discover that a Jewish mediation tradition exists and that it was an authentic and integral part of mainstream Judaism until the eighteenth century Jewish Meditation is a step by step introduction to meditation and the Jewish practice of meditation in particular This practical guide covers such topics as mantra meditation contemplation and visualization within a Jewish context It shows us how to use meditative techniques to enhance prayer using the traditional liturgy the Amidah and the Shema Through simple exercises and clear explanations of theory Rabbi Kaplan gives us the tools to develop our spiritual potential through an authentically Jewish meditative practice

Jewish Meditation Aryeh Kaplan,1995-03-14 Students of mediation are usually surprised to discover that a Jewish mediation tradition exists and that it was an authentic and integral part of mainstream Judaism until the eighteenth century Jewish Meditation is a step by step introduction to meditation and the Jewish practice of meditation in particular This practical guide covers such topics as mantra meditation contemplation and visualization within a Jewish context It shows us how to use meditative techniques to enhance prayer using the traditional liturgy the Amidah and the Shema Through simple exercises and clear explanations of theory Rabbi Kaplan gives us the tools to develop our spiritual potential through an authentically Jewish meditative practice

Meditation and Kabbalah Aryeh Kaplan,1995 Meditative methods of Kabbalah A lucid presentation of the meditative methods mantras mandalas and other devices used as well as a penetrating interpretation of their significance in the light of contemporary meditative research

Meditation and the Bible Aryeh Kaplan,1988-01-01 A highly radical interpretation of the Bible demonstrating the methods of meditation used by the Prophets to attain their unique states of consciousness First English translation from ancient unpublished manuscripts with commentary

Innerspace Aryeh Kaplan,1990 Based on a series of lectures that Rabbi Aryeh Kaplan gave to a small group of students in Brooklyn in 1981 this contains transcripts of the series on the Kabbalistic system and testifies to his wonderful ability to transmit profound ideas in a readily graspable way Although this is an introductory text it contains many perspectives that are expressed in a unique way so it would be quite valuable even for the more advanced student of Jewish mysticism

Meditation from the Heart of Judaism Avram Davis, 1999 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 Gottlieb 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

Be Still and Get Going Alan Lew, 2007-07-31 Written in a warm accessible and intimate style Be Still and Get Going will touch those who are searching for an authentic spiritual practice that speaks to them in their own cultural language Lew is one of the most sought after rabbis on the lecture circuit He has had national media exposure for his dynamic fusion of Eastern insight and Bible study having been the subject of stories on ABC News the McNeil Lehrer News Hour and various NPR programs In the past five years there have been national conferences on Jewish meditation in San Francisco Los Angeles and Miami where Lew has been a featured speaker Lew's first book One God Clapping was a San Francisco Chronicle bestseller and winner of the PEN Josephine Miles Award for Literary Excellence Publishers Weekly hailed him as a perceptive thinker for his refreshing and sometimes startling perspective in his last book This Is Real and You Are Completely Unprepared

אור החיים Aryeh Kaplan, 1993 The late Aryeh Kaplan was one of the most creative personalities to bless the Jewish scene in the last generation At his death he left many unpublished articles and other works This collection contains some of his most provocative insights combining ancient Kabbalistic teaching with the discoveries of modern science Among the topics covered in this volume are such basic concepts as the Jewish and Kabbalistic view of immortality resurrection of the dead the age of the universe and astrology All are published for the first time The book also includes a translation of Rabbi Israel Lipschitz 1845 article on resurrection which deals in part with the paleontological discoveries of the first half of the nineteenth century It is thus one of the earliest such treatments by an Orthodox thinker one which Rabbi Kaplan referred to and uses as a precedent for his own views

The Way of Flame Avram Davis, 2013-08-01 This powerful guide to Jewish meditation incorporates philosophy and story with ideas for daily living including suggestions for setting up your own meditative practice and invites you to wander an extraordinary and compelling path of the heart hitlahavut the way of flame

The Bahir Aryeh Kaplan, 2001-01-15 The Bahir is one of the oldest and most influential of all classical Kabbalah texts. Until the publication of the Zohar, the Bahir was the most widely quoted primary source of Kabbalistic teachings. The Bahir is quoted in every major book on Kabbalah, the earliest being the Raavad's commentary on Sefer Yetzirah, and it is cited numerous times by Rabbi Moshe ben Nachman (Ramban) in his commentary on the Torah. It is also quoted many times in the Zohar. It was first published around 1176 by the Provence school of Kabbalists; the first printed edition appeared in Amsterdam in 1651. The name Bahir is derived from the first verse quoted in the text, Job 37:21: "And now they do not see light; it is brilliant as Bahir in the skies." It is also called the Midrash of Rabbi Nehuniah ben HaKana, particularly by the Ramban. The reason might be that Rabbi Nehuniah's name is at the very beginning of the book, but most Kabbalists actually attribute the Bahir to him and his school. Some consider it the oldest kabbalistic text ever written. Although the Bahir is a fairly small book, some 12,000 words in all, it was very highly esteemed among those who probed its mysteries. Rabbi Judah Chayit, a prominent fifteenth-century Kabbalist, writes: "Make this book a crown for your head." Much of the text is very difficult to understand, and Rabbi Moshe Cordevero (1522-1570), head of the Safed school of Kabbalah, says: "The words of this text are bright, Bahir, and sparkling, but their brilliance can blind the eye." One of the most important concepts revealed in the Bahir is that of the Ten Sefirot, and careful analysis of these discussions yields much of what will be found in later kabbalistic works, as well as their relation to anthropomorphism and the reason for the commandments. Also included is a discussion of reincarnation or Gilgul, an interpretation of the letters of the Hebrew alphabet, the Thirty-two Paths of Wisdom, and the concept of Tzimtzum.

Kabbalah and the Age of the Universe Aryeh Kaplan, 2007 This essay is an examination of the age of the universe as discussed in Kabbalistic works. It is important to realize that the Kabbalistic texts do not only discuss mysticism but also many areas of hashkafah (Jewish outlook) which are of great importance to us. Let us begin with the classic question asked about the age of the universe. At face value, the Torah seemingly teaches us that the universe is 6,000 years old. Therefore, many people would hold the opinion that anyone who believes that the world is older than 6,000 years is an apikores (one who denies the basic tenets of Judaism). However, there is scientific evidence that the universe is more than 6,000 years old, maybe millions of times more. How do we resolve this question?

Mindful Jewish Living Jonathan P. Slater, 2007-01-23 In this popular introduction to Jewish mindfulness practice, Rabbi Jonathan P. Slater examines Jewish sources and applies their teachings to the practices of mindfulness and meditation. Drawing from Hasidic texts as well as liturgical, talmudic, and midrashic sources, the author demonstrates how Jewish teachings can make us aware of the spiritual essence of our lives.

The Shambhala Guide to Kabbalah and Jewish Mysticism Perle Besserman, 1998-01-20 Jewish mystics from biblical times to the present have explored the hidden secrets of the Torah in quest of a single goal: to lose the self in the Infinite, No-thingness (Ein Sof), and be at one with God. In language accessible to the layperson, this Shambhala Guide provides a detailed introduction to the complex world of Kabbalah and Jewish mysticism. With an extensive background in meditation practice, Perle Besserman emphasizes Kabbalah's spiritual disciplines grounded in righteous living, devotional practices, and meditation. She discusses the Kabbalistic universe, including the four worlds and ten sefirot, Jewish meditation techniques, and instructions for beginning meditation. Mystics and teachers from Rabbi Akiva and the Baal Shem Tov to Aryeh Kaplan, the often uneasy relationship between Kabbalah and mainstream Judaism, and applying the ancient wisdom of Jewish mysticism to life in the world of today.

Practical Kabbalah Laibl Wolf,2010-05-19 Kabbalah is an ancient Jewish wisdom that explains the laws of spiritual energy Up until very recently the Kabbalah was reserved for the elite those who only after years of scholarship and practice were allowed to enter this mystical realm However one doesn't need to devote one's life to intense study to reap the rich rewards of the Kabbalah With just a basic understanding of a few key concepts our lives can be enriched immensely We can then begin to fulfill our deepest dreams and reach our most important goals becoming the people we long to become By learning to understand the Sefirot the ten spiritual properties that flow from the cosmic source into our heart we can connect to the universe and profoundly transform our experience of daily life For example Hessed or loving kindness represents the desire to be generous while Gevurah is the desire to focus intently or withhold These properties must be balanced in order for harmony and well being to occur Rabbi Laibl Wolf shows how to maintain that balance and enjoy a healthy and productive life by using simple meditation and creative visualization techniques to grasp the spiritual nature of our life Practical Kabbalah draws upon ancient wisdom but offers a modern interpretation and easy to understand techniques for delving deeper into our selves and our world and for reaping the bounteous gifts that were always meant for us

One God Clapping Alan Lew,Sherril Jaffe,2001 From Zen Buddhist practitioner to rabbi East meets West in this firsthand account of a spiritual journey Rabbi Alan Lew is known as the Zen Rabbi a leader in the Jewish meditation movement who works to bring two ancient religious traditions into our everyday lives One God Clapping is the story of his roundabout yet continuously provoking spiritual odyssey It is also the story of the meeting between East and West in America and the ways in which the encounter has transformed how all of us understand God and ourselves Winner of the PEN Joseph E Miles Award Like a Zen parable or a Jewish folk tale One God Clapping unfolds as a series of stories each containing a moment of revelation or instruction that while often unexpected is never simple or contrived One God Clapping like the life of the remarkable Alan Lew himself is a bold experiment in the integration of Eastern and Western ways of looking at and living in the world

The Handbook of Jewish Meditation Practices David A. Cooper,2000 To nourish your spiritual self you need rest from your hectic life This book shows you how to do it Renew the soul and your perspective of daily life will completely change It is simply a matter of taking time slowing down shifting mundane consciousness into realms of higher insight and giving yourself the gift of reflection and contemplation from the Introduction While broad interest in Jewish meditation is a relatively new phenomenon meditative practices have been deeply rooted in Judaism for thousands of years Here Rabbi David A Cooper shows newcomers and experienced meditators alike how Jewish meditation can be an integral part of daily life and can refresh us in our day to day encounters with ourselves other people and in ritual prayer Torah study and our celebration of the Sabbath and other holy days

The Aryeh Kaplan Anthology Aryeh Kaplan,1991 In this volume published by the OU and NCSY Rabbi Aryeh Kaplan asks hard questions about Judaism and its commandments and he gives compelling answers that have broadened the horizons of countless

Eye to the Infinite Aharon Rubin, 2017-03-06 EYE TO THE INFINITE a Jewish Meditation Guide How to increase Divine awareness Revised and expanded 300 pages packed with content ancient techniques meditations esoteric secrets and over a dozen diagrams and tables Fully annotated with over 700 footnotes A great step by step walkthrough of key concepts with an easy to understand non technical approach An excellent work on Jewish meditation and focusing on God for everyone Beautiful work Reb Akiva editor of Mystical Paths Rabbi Rubin s work not only continues in the trailblazing path of Rabbi Aryeh Kaplan s ZTL work but actually and practically builds upon it Dr Elliot Cohen Director of the Ohr Menorah Centre for Jewish Meditation Have you ever wondered if there an authentic Jewish system of meditation How is it practised How different is it from other disciplines Can life be dramatically improved through Jewish meditation These questions and many more are addressed in this unique guide to Jewish meditation Join the author on an exciting learning adventure to discover the secrets of Judaism s contemplative traditions Revel in life changing meditation exercises adapted from ancient texts of Kabbalah the Talmud and Jewish theology EYE TO THE INFINITE is a hands on Jewish spiritual guidebook that beautifully explains fundamental introductions to the metaphysical worlds and presents techniques visualisations and authentic meditations with clear step by step instructions enabling you to derive immediate benefit wherever you are in your spiritual journey

Everyday Kabbalah Melinda Ribner, 1998 Jewish meditation offers therapeutic psychological and physical benefits including greater self awareness and self acceptance While all the teachings of this book are designed to promote personal healing and well being some are intended to give spiritual fortitude to those who are undergoing particular hardships Everyday Kabbalah is the first step by step manual integrating spiritual teaching and meditation lessons of the Musar Hasidic and kabbalistic schools It will also increase people s knowledge about Judaism and give them the means to live happier lives

Mindfulness Dr. Jonathan Feiner, 2020-01-13 In Mindfulness A Jewish Approach Dr Jonathan Feiner does a masterful job educating our minds and hearts in the understanding and practice of Jewish mindfulness In an age of distraction and fragmentation this book uses Jewish wisdom coupled with secular approaches in an integrated manner that serves as a road map to living life with greater awareness purpose and ability to live more fully in the present

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