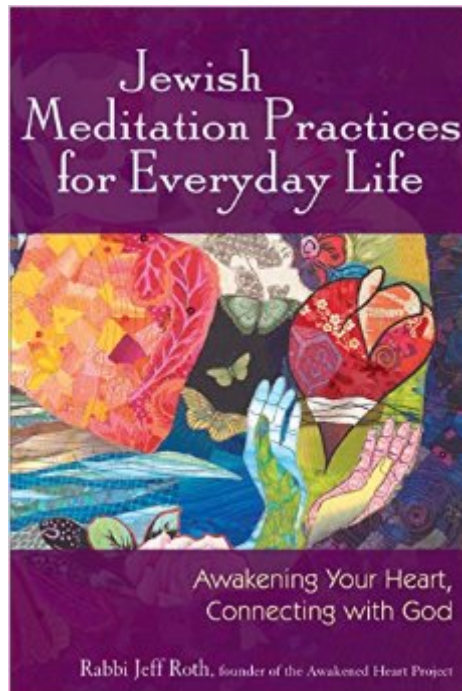


The book was found

Jewish Meditation Practices For Everyday Life: Awakening Your Heart, Connecting With God



Synopsis

Awaken your heart and mind to see your own capacity for wisdom, compassion and kindness."When we awaken to our own light, it becomes possible to develop real wisdom about our life. As wisdom allows us to see clearly, our hearts break open with compassion for the struggles of our own lives and the lives of all beings. Awakened with wisdom and compassion, we are impelled to live our lives with kindness, and we are led to do whatever we can to repair the brokenness of our world."âfrom the Introduction

At last, a fresh take on meditation that draws on life experience and living life with greater clarity rather than the traditional method of rigorous study. Based on twenty-five years of bringing meaningful spiritual practice to the Jewish community, well-known meditation teacher and practitioner Rabbi Jeff Roth presents Jewish contemplative techniques that foster the development of a heart of wisdom and compassion. This contemporary approach to meditationâaccessible to both beginners and experts alikeâfocuses on using the distilled wisdom of Buddhism and Judaism as a way to learn from life experience. By combining these two traditions, he presents a model that allows westernersâboth Jews and non-Jewsâto embrace timeless Eastern teachings without sacrificing their birth traditions.

Book Information

Paperback: 224 pages

Publisher: Jewish Lights (February 1, 2009)

Language: English

ISBN-10: 158023397X

ISBN-13: 978-1580233972

Product Dimensions: 6 x 1.4 x 22.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #249,842 in Books (See Top 100 in Books) #49 inÂ Books > Religion & Spirituality > Judaism > Prayerbooks #121 inÂ Books > Religion & Spirituality > Judaism > Kabbalah & Mysticism #209 inÂ Books > Religion & Spirituality > Judaism > Jewish Life

Customer Reviews

There is certainly no absence of ideas about Jewish meditation in Rabbi Jeff Roth's book Jewish Meditation Practices for Everyday Life. This shouldn't come as a surprise, as the author has been leading Jewish meditation retreats and workshops for decades. As such, the book can switch gears rather suddenly. Many techniques are provided; so in the end, this book is not only to be read, but

re-read. The reader must do the work of pulling out what is salient in the many practices presented.

I have read several books on Jewish meditation and have been an on and off practitioner for years. This book is the first that helped me understand the different types of meditation and their goals. This book came to me exactly at the point when I needed it and was ready to understand what Rabbi Roth was writing about. As a result of reading the book and other recommendations from people I trust, I went on a three week meditation retreat with Rabbi Roth and it was worth every minute of it. Rabbi Roth is a living treasure for the Jewish people and the world.

A little bit of meditation does you well, no matter what your faith. "Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God" blends the traditions of meditation from Buddhism with the western Abrahamic religious faith. There is a focus on Judaism, but Jewish Meditation Practices for Everyday life is meant to benefit readers of all faiths and backgrounds, be they Jew, non-Jew, or even non-religious. A guide to enlightening one's soul without abandoning one's traditions, "Jewish Meditation Practices for Everyday Life" is a strong choice.

I recommend this as part of a meditation library. It is clear, easy to read, and practical for a spiritual meditator.

[Download to continue reading...](#)

Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God
Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)
Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate)
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)
Evernote for your Life | A Practical Guide for the Use of Evernote in Your Everyday Life [2014 Edition]: A Practical Guide for the Use of Evernote in Your Everyday Life
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3)
Taoist Sexual Meditation: Connecting Love, Energy and Spirit The Other in Jewish Thought and History: Constructions of Jewish Culture and Identity (New Perspectives on Jewish Studies) The Book of Jewish Sacred Practices: CLAL's Guide to Everyday & Holiday Rituals & Blessings The Jewish Family Fun Book 2/E: Holiday Projects, Everyday Activities, and Travel Ideas with Jewish Themes Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) Cognitive Psychology: Connecting Mind, Research and Everyday Experience God Laughed: Sources of Jewish Humor (Jewish Studies) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Essential Oils of the Bible: Connecting God's Word to Natural Healing Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths)

[Dmca](#)