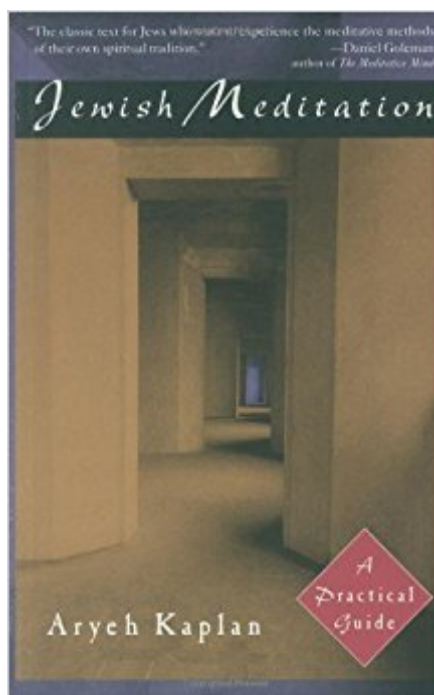


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# Jewish Meditation: A Practical Guide



## Synopsis

Students of mediation are usually surprised to discover that a Jewish meditation 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.

## Book Information

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## Customer Reviews

Kaplan, Orthodox rabbi and author of *Meditation and the Bible* (Weiser, 1978) and *Meditation and Kabbalah* (Weiser, 1981), shows that meditation is consistent with traditional Jewish thought and practice. He then presents a guide to a variety of meditative techniques: mantra meditation (with suggested phrases and Bible verses to use as mantras); contemplation; visualization; experiencing nothingness (which he does not recommend for beginners); conversing with God; and prayer. His instructions are clear and explicit, and his advice is informed and sound, advocating that a simple 20-minute-a-day program can indeed help make the practitioner a better person and a better Jew, and develop a closer relationship to God and things spiritual. Recommended for general collections. Marcia G. Fuchs, Guilford Free Lib., Ct. Copyright 1985 Reed Business Information, Inc. --This text

refers to an out of print or unavailable edition of this title.

“The classic text for Jews who want to experience the meditative methods of their own spiritual tradition.” • Daniel Goleman, author of *The Meditative Mind* “[This is] the first book to read on the subject. It is a gentle, clear introduction and provides exercises and practices that can be used right away by any Jew who wants a deeper prayer experience.” • Rodger Kamenetz, author of *The Jew in the Lotus* “New and old davveners can learn from this sainted teacher how to deepen their holy processes . . . One can, with the help of God and the aid of this manual, tap into the Cosmic.” • Zalman M. Schachter-Shalomi “A guide to Jewish prayer and meditation that is both grounded in the tradition and genuinely mind-expanding. For anyone seeking to connect with the spiritual side of Judaism, this book is essential.” • William Novak “At a time when Jews are rediscovering their hunger for spirituality, Kaplan’s clear and comprehensive book could well be one of the most important Jewish books of our time.” • Harold S. Kushner, author of *When Bad Things Happen to Good People*

This book is unbelievable. Every single time I read it I am astounded at the wonderful insights and depth included. Even when the author gives a simple example, there is tremendous depth to be found for those willing to take the time to delve deep enough to find it. I cannot believe more people have not read this book given the rampant interest in mysticism in the Jewish world, often miss-channeled through non-Jewish sources. This is an extremely authentic source on both Judaism and Kabbalah and a must read for every Jew who wishes to understand the history of the religion and how to better connect to The Creator through growth, introspection, and even prayer.

I can’t say enough good things about Kaplan’s work. I first read *Meditation and Kabbalah* in graduate school and was very enamored by the content and Kaplan’s writing style. At the time I had no idea that he had written so much in such a short time. This is a short book, easy to read but deep and meaningful in content. If you are interested in Kabbalah, Jewish Mysticism or Meditation in General I highly recommend this book and others written by Kaplan.

Conclusion: If you’re looking for Jewish meditation, whether you’re a secular or ultra-orthodox Jew, you will find it useful. Example on why would a secular Jew look for Jewish Meditation? Because s/he is interested in meditation, and Jewish tradition has its discipline too. Example on why would an

orthodox jew look for Jewish Meditation? Because s/he is interested in meditation and he might have heard that many meditative disciplines involve Idolatry in some part (which this book also points out), or s/he lives in a rush and cannot truly find spirituality despite keeping G-d's commandments.--What is this book about (I'm re-reading some chapters, this comes from my memory):First, some chapters on what is meditation and what types of meditations are known. (Just the concept: Mantra Meditation, Visualization, Contemplation; very well explained from the basics)Then, some on Jewish Meditation: Some history, demonstration on the fact that Jewish meditation was a core part to the prophetic experience, and to the masses as wellThen, a true fact: Daily Jewish prayers ARE best seized only through meditation!So, whether you're a secular or Orthodox jew, you will have to face it as meditation in practice. You will understand the inner a profound meaning of the first paragraph or the Amidah, the first verse of the Shemah, and a broader look at the rest of the prayers as well.Then it will go to explaining the concept of a Mitzvah (Commandment, in meditative terms)Then to living a meaningful life in everything you do. (Like eating, working, having a wife and taking care for the family).If you're able to apply this concepts to your life, through a step-by-step plan (as you read one chapter then the next one) (without skipping any of them)It's very easy to read, and very easy to finish.It's the first time I approached to Rabbi Aryeh Kaplan work. It's amazing!

Rabbi Kaplan does a fantastic job of not only explaining the "why" and history of the jewish meditation tradition, but gives a detailed description of the "how to" that is clear and easy to follow. His writing is very easy for me to understand, and he gives a very clear, honest and up front approach to explaining things. If a nuclear physicist were to write a book on meditating for the lay person, this is what I would expect. He doesn't mince or sugar coat things, and you can tell from the way he writes that he was experienced himself in the different forms of jewish meditation. A must read for any Jew or Christian looking to better understand their religion, or for anyone else who seeks closeness with creation and the Creator.

Been practising TM Meditation Since 1977 I find this book very interesting This will help you to start Meditating sooner the better.

I am not Jewish, I happened upon this book and I read it because it had to do with meditation. I'm very glad I did. I meditate every day, 30 minutes each morning and evening. I wanted to learn more about meditation and I got what I wanted from this book and a whole lot more. I learned so much

about meditation and it's role in Jewish history. I found it so interesting and really enjoyed the journey. I think this book is wonderful for everyone. It doesn't matter your religion. This is a very spiritual, enlightening and significant book for both avid meditators and those just beginning a practice. I would recommend this to anyone interested in meditation or wanting to learn more about Jewish history and traditions. It is extremely interesting and informative.

A very interesting and informative book on Jewish meditation, strongly recommended for anyone looking for the practical parts of the subject. In the book the author writes about mantra, contemplation and visualization meditation in an easy to grasp format. This book transformed my praying greatly! and I am sure you will enjoy it!!

Item is exactly what I wanted and as described. I would buy again from this vendor.

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