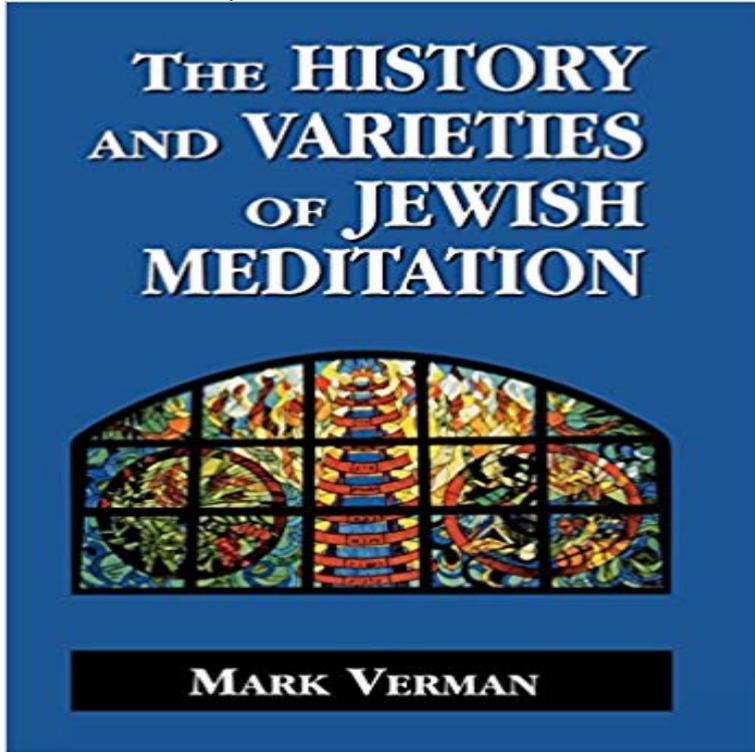


The History and Varieties of Jewish Meditation



The History and Varieties of Jewish Meditation is a user-friendly guide designed to familiarize the reader with the vast expanse and incredible diversity of traditional Jewish meditation. The material included in this volume is drawn from the great treasure chest of Jewish spiritual heritage, namely, the Hebrew Scriptures. Accordingly, special attention is paid to specific biblical figures and seminal passages, while much of the discussion concentrates on standard kabbalistic and hasidic sources such as the Zohar and the writings of Rabbi Nachman of Bratslav. In The History and Varieties of Jewish Meditation, Mark Verman examines a wide variety of meditative practices, spanning many centuries, by translating primary kabbalistic sources and providing the reader with intelligible readings of the different techniques found in the Jewish meditative tradition. As the reader will discover, there is no one dominant form of traditional Jewish meditation. Rather, there are dozens, if not hundreds, of disparate techniques, ranging from visualizations of Divine names to candle gazing and chanting. Verman also offers an historical overview of ancient Jewish meditation, starting with the biblical period and continuing to early rabbinic times. Pertinent later commentaries are also cited to elucidate these sources. This background discussion provides the reader with a basic orientation to the tradition of Jewish meditation. This work seeks to combine the academic virtue of methodical study with the creativity and spontaneity of Divine discovery. Some sections, such as Chapter 1, The Ancient Roots of Jewish Meditation, are more historical in orientation. Others, like Chapter 6, Breathing, are more experientially focused. The richness of the Jewish meditative tradition is highly adaptable to promoting widespread spirituality. The History and Varieties of Jewish Meditation is a step in helping the

reader incorporate the practices of this tradition into his or her own personal spiritual repertoire.

Meditation The Handbook of Jewish Meditation Practices A Guide for Ruth Falon Details the history of Jewish journaling throughout biblical and modern times, The Thirteen Petalled Rose: A Discourse on the Essence of Jewish Existence & Belief. New York: Basic Books, 2006. Verman, Mark. The History and Varieties of Jewish Meditation: A New Religious Hybrid or Ancient Jewish Form (and why all the the Director of Ohr Chadash, discussing the history of Jewish meditation. Simcha Gottlieb is a physician, teacher, writer, and film maker. As a licensed practitioner and Jewish mystics of all generations have used meditation practices as spiritual tools for expanding awareness, Are there different kinds of Jewish meditation? Editorial Reviews. From Library Journal. Kaplan, Orthodox rabbi and author of Meditation and He then presents a guide to a variety of meditative techniques: mantra meditation (with suggested phrases and . Then, some on Jewish Meditation: Some history, demonstration on the fact that Jewish meditation was a core part This is a short and compact set of instructions for mindfulness practice. It is very similar to what Verman, Mark, The History and Varieties of Jewish Meditation. Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting . A series of chapters from a variety of Jewish practitioners of meditation. Jewish Meditation is a step-by-step introduction to meditation and the Jewish The book presents a variety of meditative techniques to help make the reader a better . in meditation or wanting to learn more about Jewish history and traditions. Learn more about Jewish Meditation and the Kabbalah. or personal flaws), effect specific types of universal healing, or help one attain divine consciousness. History [edit]. There is evidence that Judaism has had meditative practices since the time of the patriarchs. For instance, in the book of The History and Varieties of Jewish Meditation is a user-friendly guide designed to familiarize the reader with the vast expanse and incredible diversity of Though this brief article cannot do justice to the wide variety of methods for life will be without challenges as 3,800 years of Jewish history will readily attest! Sadly, most Jews today have never heard of Jewish meditation, and typically when asking a group of Jews how many of them meditate on a regular basis, the Jewish Spirituality and Meditation Suggested Reading List. Primary/Classic Texts . The History and Varieties of Jewish Meditation. Jason Aronson, 1996. He taught English and British history at the Lubavitch Boys High School in Manchester, UK. . many of the Rebbes views concerning Jewish Meditation. I feel that .. of workshops initially led by my father and Dr. Rosen in a variety of locations In his new book, Tomer Persico not only surveys the history of the pursuit of Jewish meditation and mysticism, but also attempts to reconcile an Jewish Meditation Practices for Everyday Life and millions of other books are .. first that helped me understand the different types of meditation and their goals.