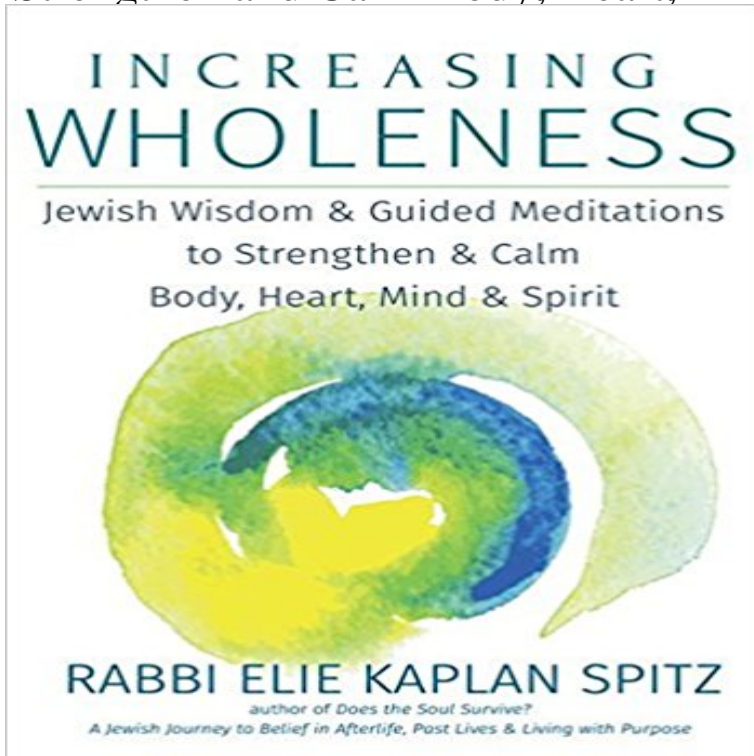


# Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit



Balance and integrate the components of your inner life in order to become more present, joyful and effective. At our best, we may experience a taste of completeness infused with gratitude that prompts expressions of compassion and justice. At our best we are most alive: loving those around us and transcending our own personal needs, attuned to a caring, dynamic Presence intertwined with the whole of creation. The goal of this book is to enable you to live more frequently at your best. •from the Introduction

In a multitasking culture, we often are distracted from attending to what is most significant in our lives. Rabbi Elie Kaplan Spitz, a widely respected teacher and spiritual guide, shows how to nurture the four components of the inner life •body, heart, mind and spirit •in order to embrace your whole self. Rabbi Spitz brings timeless wisdom into the modern age, combining Jewish texts and traditions with contemporary psychology and world spiritual writings. This book is for everyone •Jews and non-Jews, experienced meditators and novices •yearning for greater inner calm and strength so as to more fully enjoy life, effectively relate to others and enhance spiritual awareness and connection. Interactive •includes immersive videos that can be accessed instantly by the provided QR codes or links.

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