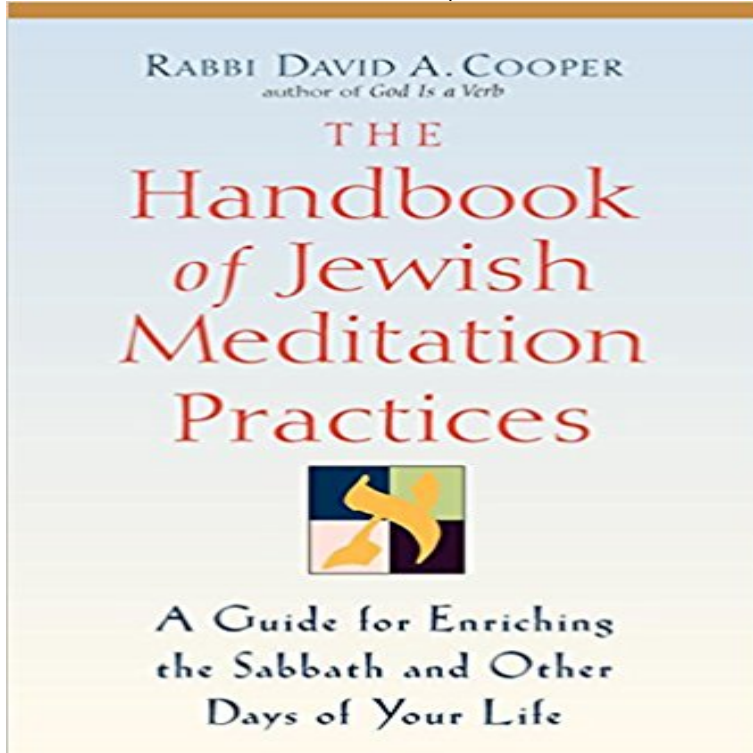


The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life



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 IntroductionWhile 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.

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