

Kabbalah And Meditation For The Nations

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Yearnings of the Soul - Jonathan Garb
2015-11-23

In *Yearnings of the Soul*, Jonathan Garb uncovers a crucial thread in the story of modern Kabbalah and modern mysticism more generally: psychology. Returning psychology to its roots as an attempt to understand the soul, he traces the manifold interactions between psychology and spirituality that have arisen over five centuries of Kabbalistic writing, from sixteenth-century Galilee to twenty-first-century New York. In doing so, he shows just how rich Kabbalah's psychological tradition is and how much it can offer to the corpus of modern psychological knowledge. Garb follows the gradual disappearance of the soul from modern philosophy while drawing attention to its continued persistence as a topic in literature and popular culture. He pays close attention to James Hillman's "archetypal psychology," using it to engage critically with the psychoanalytic tradition and reflect anew on the cultural and political implications of the return of the soul to contemporary psychology. Comparing Kabbalistic thought to adjacent developments in Catholic, Protestant, and other popular expressions of mysticism, Garb

ultimately offers a thought-provoking argument for the continued relevance of religion to the study of psychology.

Kabbalah, Magic, and the Great Work of Self-transformation - Lyam Thomas
Christopher 2006

Advancing to higher levels of ritual magic with purpose and power requires an exaltation of consciousness—a spiritual transformation that can serve as an antidote to the seeming banality of modern life. Based on Kabbalistic techniques, the teachings of the Hermetic Order of the Golden Dawn, and an Hermetic tradition spanning nearly two thousand years, this innovative new work introduces the history of the Golden Dawn and its mythology, the Tree of Life, Deities, demons, rules for practicing magic, and components of effective ritual. A comprehensive course of self-initiation using Israel Regardie's seminal *Golden Dawn* as a key reference point, *Kabbalah, Magic and the Great Work of Self-Transformation* guides you through the levels of the Golden Dawn system of ritual magic. Each grade in this system corresponds with a sphere in the Kabbalistic Tree of Life and includes daily rituals, required reading, written assignments,

projects, and additional exercises. Knowledgeable and true to tradition, author Lyam Thomas Christopher presents a well-grounded and modern step-by-step program toward spiritual attainment, providing a lucid gateway toward a more awakened state.

Finalist for the Coalition of Visionary Resources Award for Best Magick/Shamanism Book

Meditation and Kabbalah - Aryeh Kaplan 1995

Meditative methods of Kabbalah. A lucid presentation of the meditative methods, mantras, mandalas and other devices used, as well as a penetrating interpretation of their significance in the light of contemporary meditative research.

Lectures on Torah and Modern Physics (the Lectures in Kabbalah Series) -

Rabbi Yitzchak Ginsburgh 2013-04-28
Modern physics has forever changed the way we view and understand physical reality. With a wide spectrum of theories, from general relativity to quantum mechanics, our conceptions of the very big and the very small are no longer intuitively obvious. Many philosophers, even scientists have expressed the opinion that the counterintuitive conclusions posited in modern physics are best understood using spiritual terminology. In the 11 lectures in this volume, Harav Ginsburgh, one of our generation's foremost scholars, innovators, and teachers of Kabbalah, reveals how modern physics reflects foundational concepts in the Torah's inner dimension. A wide range of topics from relativity (special and general), quantum mechanics, and string theory are addressed.

Elegantly and gracefully, Harav Ginsburgh's exposition of the topics switches back and forth between the scientific and Torah perspectives. With his deep insight, Harav Ginsburgh gives even well-known physical concepts a refreshing and

new treatment. Apart from carefully drawing parallels and correspondences between the Torah's inner dimension and modern physics, in these lectures, Harav Ginsburgh proposes new directions for scientific research into important areas such as a unified field theory, CPT symmetry, the relationship between acceleration and gravitation, and the possibility of uncovering additional dimensions in physical reality, demonstrating how the Torah's depth can be used to fertilize science and further our understanding of nature.

The Kabbalah Unveiled - S. L. MacGregor Mathers 2022-05-17

The Kabbalah Unveiled is a book concerning Kabbalah by freemason and occultist by S. L. MacGregor Mathers. Kabbalah is an esoteric method, discipline, and school of thought in Jewish mysticism. It is a set of esoteric teachings meant to explain the relationship between the unchanging, eternal God—the mysterious Ein Sof ("The Infinite")—and the mortal, finite universe (God's creation). It forms the foundation of mystical religious interpretations within Judaism. Historically, Kabbalah emerged from earlier forms of Jewish mysticism, in 12th- to 13th-century Spain and Southern France, and was reinterpreted during the Jewish mystical renaissance in 16th-century Ottoman Palestine. Jewish Kabbalists originally developed their own transmission of sacred texts within the realm of Jewish tradition. The Kabbalah Unveiled includes translations and commentaries of the books of Zohar: The Book of Concealed Mystery; The Greater Holy Assembly; and The Lesser Holy Assembly.

72 Names of God Meditation Deck - Yehudah Berg 2003

Transforming Darkness Into Light - Rabbi Yitzchak Ginsburgh 2002

In *Transforming Darkness into Light*, Rabbi Ginsburgh describes for the lay reader the basic elements of a system of Kabbalistic psychotherapy, as it has developed in thought and practice over centuries. The rabbi highlights many ways in which the Jewish mystical path to psychological well-being both agrees with and differs from the dominant schools of modern psychology, and also examines in-depth the pivotal role of the therapist. This book is a step-by-step guide to the ways emotional healing can empower our souls to rise above our egos and embrace a higher truth. It explores how we can separate out the negative influences of our lives, heal our wounds, and ultimately, taste the sweetness of inner peace. Includes glossary, footnotes, and index.

777 And Other Qabalistic Writings of Aleister Crowley - Aleister Crowley 1986-06-01

This edition includes Liber 777, Gematria (from Equinox Volume 1, Number 5), and Sepher Sephiroth (from Equinox Volume 1, Number 8).

Derech Hashem - Kabbalist Rabbi Moshe Chaim The Ra'MHaL 2020-03-15
Derech HaShem (The "Way of the God") is a philosophical text written in the 1730s by Rabbi Moshe Chaim Luzzatto. It is considered one of the quintessential handbooks of Jewish thought. The text covers a vast gamut of philosophical topics in the vast spectrum of classical Judaism's outlook on the world. These topics include: The purpose of creation, the Creator, human responsibility, the spiritual realms, providence, Israel and the nations, astrology, the human soul, theurgy, prophecy, the study of Torah, prayer, and the function of mitzvah observance. All these are brought in a clear flowing structure that builds on previous topics. Moshe Chaim Luzzatto (Ramchal) was an Italian rabbi, kabbalist and

philosopher who also wrote dramatic works and literary criticism. Gifted with an almost photographic memory, he wrote many works, some which became standards of kabbalah and ethics. He was suspected of Sabbateanism, but was exonerated by his teachers and colleagues with a warning to cease engaging in speculative kabbalistic writing. Toward the end of his life he moved to the Land of Israel.

Open Secret - Elliot R. Wolfson 2012
Annotation Situating Habad's thought within the evolution of Kabbalistic mysticism, the history of Western philosophy & Mahayana Buddhism, Wolfson focuses on the nature of apophatic embodiment, semiotic materiality, hypernomian transvaluation, nondifferentiated alterity & atemporal temporality.
Kabbalah and Modernity - Bo'az Hus 2010

This volume brings together leading representatives of the recent debate about the persistence of kabbalah in the modern world. It breaks new ground for a better understanding of the role of kabbalah in modern religious, intellectual, and political discourse.

The Art of Education - Rabbi Yitzchak Ginsburgh 2005

With so much information readily available today, the educators role must go beyond simply transferring knowledge to students. Drawing from the deep wisdom found in the classic teachings and stories of Kabbalah and Chassidut, *The Art of Education* focuses the educator on creating a lasting impression on students by opening their spirits to their own higher realms of consciousness and by helping them integrate newly found energy, will, and insights into everyday life. *The Art of Education* surveys the seven skills of the accomplished educator: communication, self-criticism, recognition,

flexibility, attention to details, prioritization, and the correct use of reward and punishment. Together, these seven skills form a Kabbalistic structural model that when properly understood functions like a neurological key unlocking the inner educator in each of us.

American Post-Judaism - Shaul Magid
2013-04-09

How do American Jews identify as both Jewish and American? *American Post-Judaism* argues that Zionism and the Holocaust, two anchors of contemporary American Jewish identity, will no longer be centers of identity formation for future generations of American Jews. Shaul Magid articulates a new, post-ethnic American Jewishness. He discusses pragmatism and spirituality, monotheism and post-monotheism, Jesus, Jewish law, sainthood and self-realization, and the meaning of the Holocaust for those who have never known survivors. Magid presents Jewish Renewal as a movement that takes this radical cultural transition seriously in its strivings for a new era in Jewish thought and practice.

From Yoga to Kabbalah - Véronique Altglas
2014-05-01

Religious exoticism implies a deeply ambivalent relationship to otherness and to religion itself: traditional religious teachings are uprooted and fragmented in order to be appropriated as practical methods for personal growth. Western contemporary societies have seen the massive popularization of such "exotic" religious resources as yoga and meditation, Shamanism, Buddhism, Sufism, and Kabbalah. Véronique Altglas shows that these trends inform us about how religious resources are disseminated globally, as well as how the self is constructed in society. She uses two case studies: the Hindu-based

movements in France and Britain that started in the 1970s, and the Kabbalah Centre in France, Britain, Brazil, and Israel. She draws upon major qualitative and cross-cultural empirical investigations to conceptualize religious exoticism and offer a nuanced and original understanding of its contemporary significance. From Yoga to Kabbalah broadens scholarly understanding of the globalization of religion, how religions are modified through cultural encounters, and of religious life in neoliberal societies.

Kabbalah For Dummies - Arthur Kurzweil
2011-04-20

Kabbalah For Dummies presents a balanced perspective of Kabbalah as an "umbrella" for a complex assemblage of mystical Jewish teachings and codification techniques. *Kabbalah For Dummies* also shows how Kabbalah simultaneously presents an approach to the study of text, the performance of ritual and the experience of worship, as well as how the reader can apply its teaching to everyday life.

What You Need to Know about Kabbalah - Rabbi Yitzchak Ginsburgh
2006

This volume is a basic resource for anyone interested in Kabbalah. While written in a clear and lucid manner suitable for the beginner, even the advanced student will find a wealth of new information and insight. Rabbi Ginsburgh explains how the many parallel and seemingly contradictory systems of Kabbalistic thought are part of a larger systematic and orderly structure. In essence this book is an introduction to all of Rabbi Ginsburgh's many writings.

Kabbalah and Meditation for the Nations - Yitshak Ginzburg
2007

Ours is the first generation in modern times to understand the truly universal human condition and to seek to bring all peoples of the earth together in peace and harmony. We are

the first generation to truly understand that we are faced with the challenge of either inhabiting our planet harmoniously or not inhabiting it at all. Filling our future is the fundamentalism that threatens to pit one religion against another. But, our different relationships and understandings of G-d should not be the reason for conflict but the source of goodwill in building our relationships with one another and our ability to understand others. The covenant with the Jewish people was not the first made between the Almighty and mankind. Before the revelation at Mt. Sinai, G-d commanded Adam and then made a covenant with Noah, giving them the guidelines for the universal religion of mankind. The most well-known part of this covenant is the seven universal commandments, or the Seven Noahide Laws. For this reason, Judaism and Jews do not proselytize, but rather seek to guide the nations of the world in developing their own relationship with the Almighty and implementing these potentially unifying laws of basic human nature. This book offers you a glimpse into the tremendous mystical power and meaning of G-d's covenant with humanity and the Seven Noahide Laws, as explained in Kabbalah. It focuses on their spiritual and inner dimensions and inspires a deeper look at our best hope for achieving world peace and a better future for all beings.

Christian Antisemitism - Michael L. Brown 2021-02-02

Hate isn't a thing from history. The Jewish people and Israel have been described as "a dominant and moving force behind the present and coming evils of our day"; "a monstrous system of evil...[that] will destroy us and our children" if not resisted; and a group that seeks "the annihilation of almost every Gentile

man, woman, and child and the establishment of a satanic Jewish-led global dictatorship." What's worse is that these comments were all made by professing Christians. In *Christian Antisemitism*, respected Messianic Bible scholar Michael L. Brown, PhD, documents shocking examples of modern "Christian" antisemitism and exposes the lies that support them. Carefully researched, this book shows that church-based antisemitism is no longer a thing of the past. Rather, a dangerous, shocking tide of "Christian" antisemitism has begun to rise. In *Christian Antisemitism*, Dr. Brown shows you how to stem this tide now and overcome the evil of "Christian" antisemitism with the powerful love of the cross! This book will show you how to confront everyday antisemitism in all areas of your life and become a champion for the people of Israel.

Kabbalah, Science and the Meaning of Life - Michael Laitman 2006-01-01
Science explains the mechanisms that sustain life; Kabbalah explains why life exists. In *Kabbalah, Science and the Meaning of Life*, Rav Michael Laitman, PhD, a kabbalist and a scientist, combines science and spirituality in a captivating dialogue that reveals life's meaning. For thousands of years kabbalists have been writing that the world is made of a single entity divided into separate beings. Today the cutting edge science of quantum physics states a very similar idea: that at the most fundamental level of matter, we are all literally one. Science proves that reality is affected by the observer who examines it. And so does Kabbalah. But Kabbalah says more: even the Creator of reality is found within the observer. In other words, God is inside of us, he doesn't exist anywhere else. When we pass away so does he. These earthshaking concepts and more are eloquently

introduced so that even readers uneducated in Kabbalah or science will easily understand them. Therefore, if you're just a little curious about why you are here, what life means, and what you can do to enjoy it more, this is your book.

The Book of Concealed Mystery - Continuum, 2000-01-09

This is a book of the key text of the Kabbalah, a work known as the Zohar ("Splendour"). The Zohar is a commentary on the Torah and although it is sometimes ascribed to a second-century rabbi, Simon Bar-Yochai, the form in which it is most widely known originates with Moses of Leon, a native of Granada, who died in 1305. The kabbalists believe that the undefinable origin of all things is Ein Sof - the cause of causes, the infinite, that which underlies everything. The universe emanates from the divine in successive layers called *esefiroti*. Everything exists in God, but God extends infinitely beyond existence. All we know and are is linked together, pervaded and maintained by the divine. According to this work, the light of God must be concealed in order to be revealed to creation. Even though the kabbalists believe that ultimately Ein Sof is beyond expression or understanding, the contemplation of God's presence in all things causes our thoughts to be purified.

Body, Mind, and Soul - Rabbi Yitzchak Ginsburgh 2003

The body-mind connection is a well-documented fact in today's medical paradigm. Yet, long before recent scientific research uncovered this natural linkage, it was described in Kabbalistic healing manuals, with one important difference--there it was understood to be a link between body, mind, and soul. Whether you rely on today's holistic healing or on more traditional medicine, you'll benefit from the Kabbalistic prescriptions

for healing and understanding of human physiology laid out in this valuable book. **Body, Mind, Soul: Kabbalah and Medicine** includes: - A reference guide to the body-soul interaction- A detailed description of Kabbalah's understanding of disease and its root causes- Contemporary healing methods seen from a mystical point of view- A discussion of the healing power of prayer and teshuvah (return to G-d)

Edgar Cayce and the Kabbalah - John Van Auken 2010

John Van Auken combines his love of Kabbalah with his 40 years of studying the psychic readings of world-famous seer Edgar Cayce to take us on a mind-expanding journey through creation and the higher levels of our consciousness. Van Auken's easy writing style helps to shed light on the most complicated concepts in Kabbalah, making it easier to grasp the five divisions of our being, the four planes of existence, the seven heavens, the ten emanations, and the twenty-two channels of the Infinite Creative Consciousness. We also learn how to expand our minds to perceive these realms, to journey through them, and, to remain sane, healthy, and active in our present life. Van Auken brings in insights from Buddhism, Hinduism, Taoism, and even ancient Egyptian theology, and includes Gnosticism and Neo-Platonism in this multi-dimensional vista. A reading journey into Edgar Cayce and the Kabbalah offers you a personal road map to higher consciousness and a happier, more fulfilling life!

Jewish Meditation - Aryeh Kaplan 2011-01-12

Students of meditation 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.

Invoking Angels - Rabbi David Cooper
2010-11-05

When we engage in a daily relationship with angels, our lives become filled with a vast array of heavenly sparks that inform us of the divinity within even the most mundane activities. Come and see for yourself how to invoke angels, and discover a new way to experience your world. Rabbi David A. Cooper: Have you ever experienced something so extraordinary as to leave you wondering whether some higher power or force were responsible? We do not need to sit and wait for the finger of Grace to tap us on the shoulder, explains Rabbi David A. Cooper, rather, we can practice the invocation of angels cultivating profound experiences that immediately open us to guidance and blessings from the Divine. *Invoking Angels* presents a complete program of daily meditations and prayers to help practitioners of any faith find self-empowerment through an active relationship with angels, which Cooper views as an energetic realm that serves as a medium in which God, humankind, and all of creation are interconnected. Join this master kabbalist, scholar, and storyteller as he takes us back to the teachings of the Torah, the Bible, and other

sacred texts to reveal the original vision of angels and the universe we co-create with them. With the unique format of a book with guided invocations on CD, *Invoking Angels* is meant to complement an existing spiritual practice, comfort the sick, invite wisdom, and help anyone seeking an intimate awareness of these divine forces at work around us. Guided meditations and prayers on CD include; An Archangel Meditation for openheartedness and courage A Guardian Angel Meditation for protection in any situation A meditation on the Divine Presence (the Shekhina) Meditations for invoking the supreme angels Metatron and Sandalphon to experience profound awareness and sufficiency, and more below First Page.

Anatomy of the Soul - Rabbi Yitzchak Ginsburgh 2008

One of the most important contributions of Chasidut to Judaism has been in the realm of psychology. Chasidic teachings interpret and apply the myriad Kabbalistic metaphors to the realm of the human psyche and soul. Yet, for all the expansive analyses and discussion of the human psyche produced by the Chasidic masters (specifically the Rebbes of Chabad-Lubavitch), there has been a pronounced lack of an ordered and modern review of the psyche. In the early years of the 20th century, Dr. Fischel Schneerson, a colleague of Sigmund Freud and a relative of the then Lubavitcher Rebbe, Rabbi Shalom Dov Ber Schneerson, took it upon himself to translate the Chasidic nomenclature and discourse on the psyche into scientific language that would be useful to the modern psychologist. Unfortunately, for whatever the reasons may be, his yearning to share the Torah's wisdom on the psyche was not to be fulfilled. Since then, the need for

introducing these teachings to the public in general and to the professional field of psychologists has only grown. This book is an important contribution to the creation of psychology and therapeutic techniques based purely on the Divine wisdom of the Torah and specifically its inner dimensions of Kabbalah and Chassidut. By offering a structured review and explanation of the psyche and its place in the larger and more complex super-structure of the soul, this volume provides a foundational guide for mental and spiritual health practitioners as well as for those wishing to deepen their understanding of Kabbalah and Chassidut.

International Meditation

Bibliography, 1950-1982 - Howard R. Jarrell 1985

See Reviews.

Kabbalah for Beginners - Michael Laitman 2004-01-01

The Kabbalist Rabbi Laitman, who was the student and personal assistant to Rabbi Baruch Ashlag from 1979-1991, follows in the footsteps of his rabbi in passing on the wisdom of Kabbalah to the world. This book is based on sources that were passed down by Rabbi Baruch's father, Rabbi Yehuda Ashlag (Baal HaSulam), the author of 'the Sulam', the commentaries on The Book of Zohar, who continued the ways of the Ari and Rabbi Shimon Bar Yochai and many great Kabbalists throughout the generations before them. The goal of this book is to assist individuals in confronting the first stages of the spiritual realm. This unique method of study, which encourages sharing this wisdom with others, not only helps overcome the trials and tribulations of everyday life, but initiates a process in which individuals extend themselves beyond the standard limitations of today's world.

The Book of Immediate Magic - Part 2

- Jacobus G. Swart 2018-08

The "Shadow Tree Series" comprises a unique collection of Western Esoteric studies and practices which Jacobus G. Swart, spiritual successor to William G. Gray and co-founder of the Sangreal Sodality, has actuated and taught over a period of forty years. In "The Book of Immediate Magic - Part 1" Jacobus G. Swart perpetuates the fundamental tenets of "Self Creation" in which it is maintained that the "Centre" establishes the "Circumference," and that personal reality is emanated in harmony with personal "Will." Hence this tome comprises an enhancement and expansion of the magical doctrines and techniques of Practical Kabbalah addressed in "The Book of Self Creation," "The Book of Sacred Names," and "The Book of Seals & Amulets." Jacobus Swart claims that working "Immediate Magic" is neither impossible nor difficult when we fully understand that consciousness is just one vast ocean, and that thoughts are the waves we make in it. It is all a matter of coordinating consciousness.

A History of Kabbalah - Jonathan Garb 2020-06-30

This volume offers a narrative history of modern Kabbalah, from the sixteenth century to the present. Covering all sub-periods, schools, and figures, Jonathan Garb demonstrates how Kabbalah expanded over the last few centuries, and how it became an important player, first in the European, subsequently in global cultural and intellectual domains. Indeed, study of the Kabbalah can be found on virtually every continent and in many languages, despite of the destruction of many centres in the mid-twentieth century. Garb explores the sociological, psychological, scholastic and ritual dimensions of kabbalistic ways of life in their

geographical and cultural contexts. Focusing on several important mystical and literary figures, he shows how modern Kabbalah is both deeply embedded in modern Jewish life, yet has become an independent, professionalized sub-world. He also traces how Kabbalah was influenced by, and contributed to the process of modernization.

The Dreidel's Hidden Meanings - Rabbi Yitzchak Ginsburgh 2009

Rabbi Ginsburgh reveals, in an in-depth analysis and spiritual meditation, how the dreidel's name, shape, spin, and symbols contain deep secrets and can be used as a meditative tool in expanding the horizons of our consciousness.

Basic Concepts in Kabbalah - Michael Laitman 2006-01-01

By reading in this book, one develops internal observations and approaches that did not previously exist within. This book is intended for contemplation of spiritual terms. To the extent that we are integrated with these terms, we begin to unveil the spiritual structure that surrounds us, almost as if a mist had been lifted.

The God Factor - Cathleen Falsani 2006

A religious columnist for the Chicago Sun-Times evaluates the role of spirituality in the United States and the complex issues of faith that are affecting the nation, sharing the author's intimate theological discussions with a range of high-profile figures, including Bono, Studs Terkel, and Jeffrey Sachs.

Innerspace - Aryeh Kaplan 1990

Based on a series of lectures that Rabbi Aryeh Kaplan gave to a small group of students in Brooklyn in 1981, this contains transcripts of the series on the Kabbalistic system, and testifies to his wonderful ability to transmit profound ideas in a readily-graspable way. Although

this is an introductory text, it contains many perspectives that are expressed in a unique way, so it would be quite valuable even for the more advanced student of Jewish mysticism.

Awakening the Spark Within - Rabbi Yitzchak Ginsburgh 2005-06

And they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift up sword against nation. Neither shall they learn war anymore... This is the prophesy of Isaiah, promising the world what it yearns for--a perfect future, a future without war, without hunger, without strife. That such a future awaits us, Isaiah says, is a promise from G-d. When it will dawn is up to us. In *Awakening the Spark Within*, Rabbi Yitzchak Ginsburgh explains how every Jew?man, woman, and child?can live up to this awesome responsibility by cultivating in everyday personal life his or her own innate sparks of leadership. He shows how seemingly insignificant individual efforts can have world-changing consequences and bring the prophetic vision of the future to its ultimate fulfillment. Includes glossary, footnotes, and index.

Entering the Temple of Dreams - Tamar Frankiel 2000

The authors of "Minding the Temple of the Soul" show how to use meditation, prayer, and exercises drawn from Jewish tradition to enhance one's physical and psychological health and explore Jewish spiritual treasures when it's time to sleep.

A Sense of the Supernatural - Interpretation of Dreams and Paranormal Experiences - Rabbi

Yitzchak Ginsburgh 2008-12

As we move through life, we are constantly being addressed through both our normal and paranormal senses. Kabbalah teaches us that we can always benefit from these signals by adopting a dual strategy: the

innocent path of simplicity together with the focused approach of rational analysis. "For some years now, I have been aware that I have the ability to tap into other worlds and experience various paranormal events... Should I try to work to eliminate these experiences from my life, and if so, how?" "I have a question regarding the removal of a curse on land and turning it into a blessing. Can you tell me any procedures or do's and don'ts concerning this? Any information will be appreciated." "I have had several very significant dreams that have so disturbed me... No one I know really seems to have any insight into what these dreams may mean. I would greatly appreciate any wisdom you might pass on to me." In this selection of letters concerning dreams and paranormal experiences, you will find detailed answers to these questions and others. Studying the replies in this volume will present you with a new, fuller and clearer attitude towards perceiving and interpreting the spiritual phenomena that you may experience.

The 72 Names of God - Yehudah Berg 2003

The power of The 72 Names of God operates strictly on a soul level, not a physical one. It's about spirituality, not religiosity. Instead of being limited by the differences that divide people, the wisdom of the Names transcends humanity's age-old quarrels and belief systems to deal with one common bond that unifies all people and nations as one -- the human soul.

Minding the Temple of the Soul - Tamar Frankiel 1997

This new spiritual approach to physical health introduces us to a spiritual tradition that affirms the body and enables us to reconceive our bodies in a more positive light. Using Kabbalistic teachings and other

Jewish traditions, it shows us how to be more responsible for our own spiritual and physical health. Each chapter explores the meaning of traditional Jewish prayers, providing a framework for new thinking about body, mind, and soul. Simple exercises and movements help our bodies "understand" prayer, and show how the body's energy centers correspond to the Kabbalistic concept of the ten divine "rays of light," the Sefirot. And meditations and visualizations allow us to further enhance our spiritual awareness. Using the structure of the Prayer Wheel, readers can move step by step toward wholeness of body, mind and spirit: ? Modeh Ani Awakening our body and our soul ? Mah Tov Creating a temple for our soul ? Asher Yatzar Focusing on the gift of our body ? Bircat HaTorah Balancing our mind through the gift of Torah ? Elohai Neshamah Connecting with the soul using the Sefirot ? Elu D'varim Walking on a God-centered path Clearly illustrated with photos and diagrams to guide readers, this active, creative approach allows us to tap the power of the Jewish tradition?to awaken the body, balance the mind, and connect with the soul.

Living in Divine Space - Yitshak Ginzburg 2003

What is meditation? Many people mistakenly understand it as an attempt to clear the mind and thereby transcend the intellect. It is not that. As Rabbi Yitzchak Ginsburgh explains in this illuminating work, meditation is meant to refine our intellect to become a channel for Divine consciousness. In this work, the rabbi guides us through a meditation rooted in basic Judaic teachings, also useful to practitioners of other spiritual disciplines. The core meditative exercise presented here is examined at length through the prism of

Kabbalistic thought. It focuses on positive thinking, Divine love, and negation of any negative influences. The exercise is both a meditation in itself and a platform for other meditations, and involves essentially imagining oneself in a six-sided "thought cube" which creates a protective, spiritual "sanctuary" around oneself. Within this sacred space one can safely open one's heart in prayer. Glossary and index included.

Chasidism - Guraryeh Gurary. 1997
One of the pillars of chasidic thought is the idea that people can comprehend God better through their actions - specifically, by performing mitzvos (sacred deeds) - than by meditation. This concept is the basis for the beliefs and observances of Chasidism, founded by the Ba'al Shem Tov in the eighteenth century. Rabbi Noson Gurary discusses Chasidism in a straightforward and authentic manner, without diluting the profound teachings of this unique tradition.