

MITZVOT AS SPIRITUAL PRACTICES

A
JEWISH
GUIDEBOOK
for the
SOUL

ESTHER G. CHASIN

Mitzvot As Spiritual Practices A Jewish Guidebook For The Soul

David Hartman



Mitzvot As Spiritual Practices A Jewish Guidebook For The Soul:

Mitzvot as Spiritual Practices Esther Gordon Chasin, 1997 Based on Esther Chasin's popular La asot to do courses on the same topic this book suggests that by living with intense consciousness rather than by habit one can identify undesirable traits that result in malaise and unsatisfying relationships as well as desirable characteristics that lead to joy Once inappropriate qualities are detected they can be turned around so that negative effects are transformed into positive ones

Consciousness, Bioenergy and Healing Daniel J. Benor, 2004-10 People have the potential to heal themselves and each other Dr Daniel Benor a wholistic psychiatrist explains how mind body and body mind interactions promote health or cause illness Clear and concise explanations of a large body of research clinical examples and a variety of theory explain healing through complementary alternative medicine Dr Benor reviews research supporting claims that complementary alternative therapies and bioenergy therapies are potent and effective treatments

Heirs of Auschwitz Jack Fried, 2020-03-27 You can find countless stories of the atrocities committed during the Holocaust as told firsthand by those souls that have witnessed lived through and survived indescribable horror From great retellings from authors such as Elie Wiesel to dramatized influential works of fiction from writers including John Boyne it becomes clear the Holocaust has impacted more than the people that directly experienced it As the era of first generation Holocaust survivors approaches its end their stories as well as their trauma lives on however through their descendants As a consequence the descendants of Holocaust survivors as current research suggests have also been affected from the result of the experience of their parents and grandparents Few stories are ever written by the heirs of those who endured that indescribable horror and in the way that it manifests psychologically just two generations later Author Dr Jack Fried born to the son and daughter of Holocaust survivors is one of the many whose life has been forever changed by the events that transpired during the Holocaust Inter generational trauma is not a well known concept but for Dr Fried it meant that he had to take a journey into a past he didn't personally know his grandparents past to find pieces to a puzzle that may answer his questions about the origins of a lifelong battle he has had with separation anxiety His trip took him to Poland where he uncovered a slew of pent up emotions fears and dark histories Oddly as Dr Fried learns about his family's past and his present he unknowingly embarks on a spiritual journey into Jewish mysticism which slowly enables him to transcend his lifelong struggles with a fear and anxiety that didn't belong to him All of the inhibiting emotions were released upon his connection to the strife of his ancestors

Heirs of Auschwitz is an extremely worthwhile read for anyone with unresolved feelings anyone who has not witnessed or has avoided witnessing human suffering and for those who cannot fathom what hell on earth is like

Radical Healing Rudolph Ballentine, 1999 This extraordinary book offers nothing less than a new vision of medical care Rudolph Ballentine M D has created a unique integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone Like Deepak Chopra and Andrew Weil Rudolph Ballentine is a medical doctor who became intrigued by the workings of

mind body medicine and looked beyond the West in his search for understanding Drawing on thirty years of medical study and practice Dr Ballentine has accomplished a singular feat integrating the wisdom of the great traditional healing systems especially Ayurveda homeopathy Traditional Chinese Medicine European and Native American herbology nutrition psychotherapy and bodywork Melded together the profound principles buried in these systems become clearer and stronger and a new level of effectiveness becomes possible Healing and reorganization are accelerated and deepened physically emotionally and spiritually The result is transformation The result is radical healing Radical Healing harnesses nature s medicinals plants and other natural substances with commonsense essentials such as diet exercise and cleansing as well as the most profound principles of spiritual and psychological transformation In Dr Ballentine s synthesis illness is an opportunity for growth that can go far beyond recovery Through radical healing old habits and attitudes that supported the development of disease fall away to be replaced by the clarity that comes with a whole new way of being in the world **The Book of Jewish Sacred Practices** CLAL—The National Jewish Center for Learning and Leadership,2012-02-24 Discover how to make virtually any moment in your day a significant part of a meaningful Jewish life As we have discovered and as our sages have long known there is no experience in the life of a Jew that cannot be marked in Jewish ways The book you hold in your hands is the result of the kinds of rituals we have sculpted together over the years It is not a prayer book or even a compendium of obligatory Jewish rituals Rather it is a source for all to use creatively from the Introduction Decades of experience by CLAL The National Jewish Center for Learning and Leadership in connecting spirituality with daily life come together in this one comprehensive handbook In these pages you have access to teachings that can help to sanctify almost any moment in your day Offering a meditation a blessing a profound Jewish teaching and a ritual for more than one hundred diverse everyday events and holidays this guide includes sacred practices for Lighting Shabbat candles Blessing your parents Running a marathon Visiting the sick Building a sukkah Seeing natural wonders Moving into a new home Saying goodbye to a beloved pet Making a shiva call Traveling and much more Drawing from both traditional and contemporary sources The Book of Jewish Sacred Practices will show you how to make more holy any moment in your daily life **Index to Jewish Periodicals** ,1999 An author and subject index to selected and American Anglo Jewish journals of general and scholarly interests Discovering Jewish Meditation (2nd Edition) Nan Fink Gefen,2011-09-12 A breakthrough how to meditate guide Jewish meditation is a practice that can sustain you and deepen your connection to the Divine over the course of your lifetime Seekers throughout history have practiced it and reaped its rewards and today many people are making it a significant part of their everyday spiritual practice from the Introduction A supportive and wise guide that is an absolute must for anyone who wants to learn Jewish meditation or improve their practice now updated and expanded Nan Fink Gefen teaches you how to meditate on your own and starts you on the path to a deeper connection with the Divine and to greater insight about your own life Whatever your level of understanding she gives you the tools and support you need to discover the transformative

power of meditation This most comprehensive introduction to a time honored spiritual practice Answers commonly asked questions about the nature and history of Jewish meditation and examines how it differs from other meditative practices Shows beginners how to start their practice including where and how to do it Gives step by step instructions for meditations that are at the core of Jewish meditative practice Explains the challenges and rewards of a Jewish meditative practice

Judaism Dan Cohn-Sherbok, 2017-03-27 This newly revised all encompassing textbook is a guide to the history beliefs and practice of Judaism Beginning with the ancient Near Eastern background it covers early Israelite history the emergence of classical rabbinic literature and the rise of medieval Judaism in Islamic and Christian lands It also includes the early modern period and the development of Jewry in the nineteenth and twentieth centuries Extracts from primary sources are used throughout to enliven the narrative and provide concrete examples of the rich variety of Jewish civilization Specially designed to assist learning Judaism Introduces texts and commentaries including the Hebrew Bible rabbinic texts mystical literature Jewish philosophy and Jewish theology Provides the skills necessary to understand these step by step with the help of a companion website Explains how to interpret the major events in nearly four thousand years of Jewish history Supports study with discussion questions on the central historical and religious issues and includes key reading for each chapter an extensive glossary and index Illustrates the development of Judaism its concepts observances and culture with maps photos paintings and engravings Links each chapter to a free companion website at www.routledge.com/cw/cohnsherbok which provides things to think about things to do and tips for teachers as well as other online resources *Confronting Scandal* Dr. Erica Brown, 2011-03-03 We can battle insensitivity immorality and dishonesty in our lives individually and collectively as a people We have a wonderful road map in the Torah and its traditions It is time to think seriously about our reputation in the world and what we can do to enhance it not because we want to look good but because we want to be good from Chapter 6 What should we do when we see other Jews behaving badly Most Jews are good upstanding people who live by a strong moral code and follow Isaiah s words to be a light to others But when Jews in the public sphere make headlines for being caught in scandals their actions can provoke anger shame and a sense of betrayal in the larger Jewish community In this insightful and timely book Jewish scholar Dr Erica Brown presents an intentional disciplined framework to explore the emotions provoked in the Jewish community by reports of Jews committing crime She proposes that we transform our sense of shame into actions that inspire and sustain a moral culture Drawing from the Hebrew Bible Talmud and our centuries long Jewish commitment to ethics she outlines ways you can activate and operate your personal moral compass and shows how you can empower yourself with sacred obligation responsibility kindness and knowledge to increase Jewish pride Spiritual Activism Avraham Weiss, Alan Dershowitz, 2010-04 Avi doesn t only talk the talk or even walk the walk He writes the instruction manual This book shows a way perhaps not the only way but one indispensable way of being an activist on behalf of the Jewish people Read it and learn from the Foreword by Alan M Dershowitz I n this age of perpetual strife and conflict

we need now more than ever to find out how to be proactive in repairing our broken world Rabbi Avraham Weiss's provocative and challenging guidebook will show you just that and so much more With easy to follow steps accessible explanations of the principles of spiritual activism and an exploration into the foundations of spiritual activism as rooted in the Torah Weiss offers more than simply a user manual he provides an in depth approach to changing your role in the world Topics include Why How and When Do We Engage in Spiritual Activism Choosing the Cause Making Partners Designing the Strategy Leading Other People Seeing the Big Picture And more

The Book of Words Lawrence Kushner,1993 In the incomparable manner of his award winning *The Book of Letters A Mystical Alphabet* Kushner now lifts up and shakes the dust off 30 primary religious words used to describe the spiritual dimension of our lives *From Defender to Critic* David Hartman,2012 David Hartman the world's leading modern Orthodox theologian presents his own painful spiritual evolution from defender of the rule based system of Jewish law to revolutionary proponent of a theology of empowerment one that encourages individuals and communities to take greater levels of responsibility for their religious lives

Hasidic Tales,2004 The Tales of the Hasidic Masters Can Become a Companion for Your Own Spiritual Journey The wisdom of the Hasidim is earthy realistic rooted in the simplicity of the heart It is alive with the awareness of the holiness of Creation and the boundlessness of God's mercy and is utterly honest about the necessity of living such awareness in loving service to all beings It is a wisdom that fuses the highest mystical initiations with the most down home celebration of life and a rugged commitment to social and political justice in all its forms In other words it is a wisdom that is never as my old prep school headmaster would put it too divine to be of any earthly use from the Foreword by Andrew Harvey Martin Buber author of *Tales of Hasidim* was the first to bring the Hasidic tales to life for modern readers in the middle of the twentieth century His groundbreaking work was the first time that most readers had ever encountered the lives and teachings of these profound and enigmatic spiritual masters from Eastern Europe In *Hasidic Tales Annotated Explained* Rabbi Rami Shapiro breathes new life into these classic stories of people who so marvelously combined the mystical and the ordinary Each demonstrates the spiritual power of unabashed joy offers lessons for leading a holy life and reminds you that the Divine can be found in the everyday Without an expert guide the allegorical quality of Hasidic tales can be perplexing But Shapiro presents them as stories rather than parables making them accessible and meaningful Now you can experience the wisdom of Hasidism firsthand even if you have no previous knowledge of Jewish spirituality This SkyLight Illuminations edition offers insightful yet unobtrusive commentary that explains theological concepts introduces major characters offers clarifying references unfamiliar to most readers and reveals how you can use the Hasidic tales to further your own spiritual awakening

Facing Illness, Finding God Rabbi Joseph B. Meszler,2011-03-02 Find spiritual strength for healing in the wisdom of Jewish tradition Whether you are facing illness yourself serving as a caregiver providing pastoral care or simply wondering where God is when we get sick the teachings and wisdom of Jewish tradition can help you cope with the difficulties of illness and infirmity

With a format designed to accommodate the stressful life of people dealing with illness Rabbi Joseph B Meszler helps you focus on spiritual well being as an essential aspect of physical healing and wholeness He provides comfort and inspiration to help you maintain personal balance and family harmony amid the fear pain and chaos of illness Combining the stories of real people with insights from Jewish sources he offers practical advice and spiritual guidance for Reaching inward to the soul when the body fails Reaching outward to provide strength comfort and compassion to the ill or infirm Reaching upward to God through prayer and daily gratitude

The Messiah and the Jews Elaine Rose Glickman, 2013 A comprehensive inspiring and fascinating discovery of what Jews believe about the Messiah and why you might believe in the Messiah too The conviction that the Messiah is coming is a promise of meaning It is a source of consolation It is a wellspring of creativity It is a reconciliation between what is and what should be And it is perhaps our most powerful statement of faith in God in humanity and in ourselves from Chapter 1 The Messiah Is Coming The coming of the Messiah the promise of redemption is among Judaism's gifts to the world But it is a gift about which the world knows so little It has been overshadowed by Christian belief and teaching and as a result its Jewish significance has been all but lost To further complicate matters Jewish messianic teaching is enthralling compelling challenging exhilarating yet up until now woefully inaccessible This book will change that Rabbi Elaine Rose Glickman brings together and to life this three thousand year old tradition as never before Rather than simply reviewing the vast body of Jewish messianic literature she explores an astonishing range of primary and secondary sources explaining in an informative yet inspirational way these teachings significance for Jews of the past and infuses them with new meaning for the modern reader both Jewish and non Jewish

Empowered Judaism Rabbi Elie Kaunfer, 2012-12-16 The inside story and practical lessons from one of the most exciting developments in contemporary Judaism Part description and part prescription Empowered Judaism is a manifesto for transforming the way Jews pray and more broadly for building vibrant Jewish communities It represents the latest chapter in an uplifting history of religious creativity This is a book that every Jewish leader will want to read and every serious Jew will want to contemplate from the Foreword by Prof Jonathan D Sarna Why have thousands of young Jews otherwise unengaged with formal Jewish life started more than sixty innovative prayer communities across the United States What crucial insights can these grassroots communities provide for all of us Rabbi Elie Kaunfer one of the leaders of this revolutionary phenomenon offers refreshingly new analyses of the age old question of how to build strong Jewish community He explores the independent minyan movement and the lessons it has to teach about prayer community organizing and volunteer leadership and its implications for contemporary struggles in American Judaism Along with describing the growth of independent minyanim across the country he examines The roles of liturgy space music and youth in this new approach to prayer Lessons to be learned from the concept of immersive intensive Jewish learning in an egalitarian context Jewish values in which we must invest to achieve a vibrant robust American Jewish landscape for the twenty first century

The Jewish Family Fun Book Danielle

Dardashti, Roni Sarig, 2008 This celebration of Jewish family life is the perfect guide for families wanting to put a new Jewish spin on holidays holy days and even the everyday Full of activities games and history it is sure to inspire parents children and extended family to connect with Judaism in fun creative ways **Ki Anu 'amekha** Lawrence A. Hoffman, 2012 A comprehensive series of lively introductions and commentaries examines the history of confession in Judaism its roots in the Bible its evolution in rabbinic and modern thought and the very nature of confession today **Healing and the Jewish Imagination** Rabbi William Cutter, 2011-03-29 Where Judaism and health intersect healing may begin Essential reading for people interested in the Jewish healing spirituality and spiritual direction movements this groundbreaking volume explores the Jewish tradition for comfort in times of illness and Judaism's perspectives on the inevitable suffering with which we live Pushing the boundaries of Jewish knowledge scholars teachers artists and activists examine the aspects of our mortality and the important distinctions between curing and healing Topics discussed include The Importance of the Individual Health and Healing among the Mystics Hope and the Hebrew Bible From Disability to Enablement Overcoming Stigma Jewish Bioethics Drawing from literature personal experience and the foundational texts of Judaism these celebrated thinkers show us that healing is an idea that can both soften us so that we are open to inspiration as well as toughen us like good scar tissue in order to live with the consequences of being human **Israel—A Spiritual Travel Guide (2nd Edition)** Rabbi Lawrence A. Hoffman, PhD, 2011-01-13 Be spiritually prepared for your journey in Israel The only travel guide to Israel that will help you to prepare spiritually for your visit Combining in quick reference format ancient blessings medieval prayers biblical references and modern poetry it helps today's pilgrim tap into the deep spiritual meaning of the ancient and modern sites of the Holy Land For each of 25 major tourist destinations from the Western Wall to Masada to a kibbutz in the Galilee it gives guidance in sharply focused four step sections Anticipation To read in advance Information to help orient you in the site's historical context Approach To read on the way there Readings from traditional and modern sources to orient you in the site's spiritual context Acknowledgment To read at the site A prayer or blessing to integrate the experience into your spiritual consciousness Afterthought Journaling space for writing your own thoughts and impressions More than a guidebook It is a spiritual map of the Holy Land

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