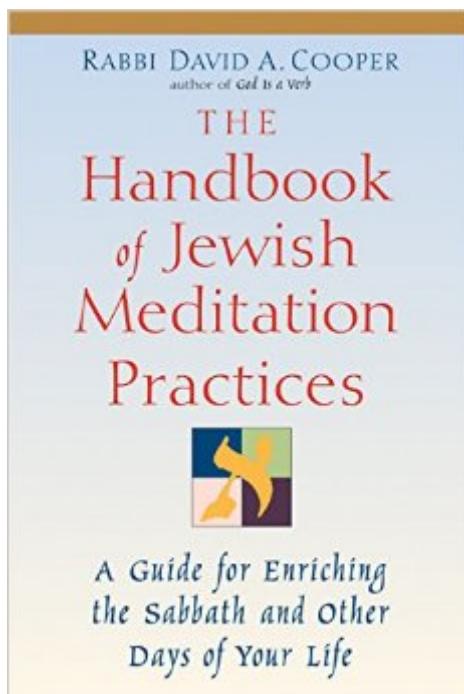


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# The Handbook Of Jewish Meditation Practices: A Guide For Enriching The Sabbath And Other Days Of Your Life



## Synopsis

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 Introduction* While 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.

## Book Information

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## Customer Reviews

The structure of this book is its strength. After a really wonderful and inspiring beginning chapter, the author follows with \*many\* mini-chapters of specific meditations. They're really easy to understand and to use. He writes the meditations in a step-by-step format that makes them feel really accessible. I did the meditation on a sacred/spiritual text recently and it was very rich. I particularly appreciate this book as a practicing Jew who is constantly looking for ways to bring meaning to my practice.

I just love this book! It is a great aid for me since I was not raised in a home that practiced Judaism. It will open your heart to various techniques of meditation and guidance practiced by the ancients.

Each chapter will give you insight and help you to enjoy your daily life. It will renew your Jewishness. Your soul will be so happy when you actually start putting these meditations and insights into practice. You will be growing more confident in your spiritual journey. I do now indeed have confirmation that my ancestors were Jewish. But deep down my soul told me all along that I had a Jewish heart. I have learned so much by reading various books and listening to tapes that Rabbi David A. Cooper has done. This book is right up there with the best of them! I give it 5 stars!

Too much of the literature on Jewish meditation has been written by students of meditation literature, history and personalities. Far too little has been written by practitioners. David Cooper was a meditator long before he was a rabbi and he has practiced the techniques of many traditions; not just of Judaism. He writes with the voice of experience that has become knowing; the voice of the doer-of-it rather than only the student of it. And that makes all the difference. The fact that this book is a bit of a catch-all doesn't take away from its value to those who seek to add new ways of approaching their meditation practice Jewishly.

Rabbi David Cooper comes from a diverse background, and often brings to his Jewish meditative practices many elements of other traditions with little or no attempt to even window dress them as Jewish. With his *“The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Jewish Days”* • Cooper more or less sticks to a Jewish agenda, while conceding that most meditation practices are common to many religious communities, including Judaism. As such, the book uses a quote for the Gemara, or the Bible, as a starting off point for a practice (sometimes the connection is tenuous) and then gives a step-by-step account of how to perform the practice. Rabbi Cooper provides a very good basic introduction to meditation with a Jewish twist. If you are just starting, this is a fine book to break ground in this demanding area of spiritual discipline.

I do recommend this book for everyone who is interested in deepening his/her experience either on shabbat or other jewish practices. It's great how R. David Cooper offers heartful words for theory and also for powerful practices.

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