

# Everyday Holiness The Jewish Spiritual Path Of Mussar

Six Jewish Spiritual PathsThe Jewish Spiritual PathSix Jewish Spiritual PathsSeeking The Divine PresenceJewish Spiritual GuidanceA Responsible LifeStepping Stones to Jewish Spiritual LivingEveryday HolinessMussar in RecoveryEnlightenment by Trial and ErrorThe Way of FlameOne God ClappingFinding Recovery and Yourself in TorahThe Sacred NowA Time for Every Purpose Under HeavenJewish Spiritual DirectionThe Path of BlessingSpiritual Dimensions of JudaismJewish Spiritual JourneysWired for God Rifat Sonsino Joshua L. Golding Rifat Sonsino Rabbi Yoel Glick Carol Ochs Ira Stone Rabbi James L. Mirel Alan Morinis Hannah L Jay Michaelson Avram Davis Alan Lew Rabbi Mark Borovitz Mark Elber Arthur Ocean Waskow Howard A. Addison Rabbi Marcia Prager Leonard Jay Greenspoon Lawrence A. Hoffman Dani Antman

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rabbi rifat sonsino a self proclaimed rationalist offers a candid comprehensive discussion of the major paths to spirituality within the framework of judaism and the differing way each path can help us on our quest to nourish the soul and enlighten the mind acts of transcendence prayer meditation study ritual relationship and good deeds which is the best path for you how can you follow it

joshua golding combines a theoretical presentation of kabbalistic concepts with practical guidance rooted in prayer to cultivate a deep spirituality based on the moral and mystical

teachings of judaism this is both an extended commentary on prayer and an intellectually rigorous spiritual self help book

the quest for spirituality is universal but with so many paths of spiritual nourishment to explore how do we begin to find the one that is right for us our tradition provides us with appropriate vehicles to express our spirituality within the framework of judaism jewish sages taking into account the need and makeup of the individual jew have been very generous in outlining for us various alternatives as you become aware of your emotional and intellectual needs and search for an appropriate path to meet them with integrity you will soon realize that you have a preference for certain paths among the many from chapter 9 rabbi rifat sonsino a self proclaimed rationalist offers a candid comprehensive discussion of the major paths to spirituality within the framework of judaism and the differing way each path can help us on our quest to nourish the soul and enlighten the mind acts of transcendence prayer meditation study ritual relationship and good deeds which is the best path for you how can you follow it

using the book of exodus song of songs and the psalms as guides carol ochs and kerry olitzky explore the riches of spiritual journey in the context of judaism their discoveries speak to those who seek a deeper jewish spiritual life as well as to those who wish to guide others in this search whether they be religious professionals counselors or more informed mentors

love your neighbor is the central obligation of jewish life mussar a late nineteenth century jewish renewal movement focused on this precept as a means of self improvement and spiritual growth through the practical applications of mussar one can learn how to awaken to a spirituality that is compassionate moral and generous in this book rabbi ira stone provides a contemporary theological framework for understanding mussar and describes how participation in a mussar group can offer support and guidance for this powerful spiritual practice

an innovative yet practical guide to greater mindfulness that brings spirituality into our everyday lives for any lifestyle judaism offers a rich tradition for the spiritual seeker its spirituality infuses daily activities with holiness and purpose while relating the spiritual journey to a typical day in your life we will walk with you through brief sections that discuss jewish thought and tradition these are followed by sections that include methods activities devotions and blessings to enrich your spiritual practice every

page offers the reader another step another area of focus another perspective to bring the sacred into everyday life from the introduction in every moment of each day we have the opportunity to bring the sacred into our everyday lives we can perform acts of mindfulness and thanksgiving that can transform our lives and help us repair the world stepping stones to jewish spiritual living provides spiritual activities meditations prayers and simple rituals to accommodate any lifestyle and daily routine giving us a chance to embrace god's creation throughout the day coauthored by a rabbi and a psychotherapist it bridges the gap between faith and healing tradition and innovation acceptance of the past and transformation for the future chapters are arranged according to the cycle of each day from sunrise to midnight and feature creative new rituals inspiring passages from traditional jewish texts prayers poems blessings acts of kavanah spiritual intention and more sunrise renewing our bodies with meditation and mindful breathing morning contributing to tikkun olam repairing the world by ethically pursuing our livelihoods and recognizing our social responsibility afternoon giving thanks with blessings at meal times and extending hospitality to family friends and community evening combining study and prayer with relaxation and leisure night confronting pain loss and death with rituals for healing and renewal for the future includes special sections dealing with the sacred aspects of relationships love and sexuality mourning and loss kabbalah and more by transforming our days stepping stones shows us how we can transform our lives to practice mindfulness all day every day and transform the ordinary into the extraordinary

mussar is an illuminating approachable and highly practical set of teachings for cultivating personal growth and spiritual realization in the midst of day to day life here is an accessible and inspiring introduction to this jewish spiritual path which until lately has been best known in the world of orthodox judaism the core teaching of mussar is that our deepest essence is inherently pure and holy but this inner radiance is obscured by extremes of emotion desire and bad habits our work in life is to uncover the brilliant light of the soul the mussar masters developed transformative teachings and practices some of which are contemplative some of which focus on how we relate to others in daily life to help us to heal and refine ourselves

mussar in recovery is a transformative guide that weaves together timeless wisdom of jewish ethical teachings with the twelve steps bringing a dynamic jewish voice to the recovery journey at its core is mussar a centuries old jewish tradition that provides practical tools to help individuals create meaningful lives by cultivating the inner traits that align with becoming our best selves in this creative and inspiring work hannah l and her

teacher overlay mussar's gentle wisdom and practices on the 12 steps making this Jewish sage wisdom accessible mussar in recovery offers clear actionable practices ranging from self-reflective exercises to guided daily reminders that are a blueprint for breaking free from the cycle of addiction and other expressions of our stinking thinking complemented by her personal experience and spiritual insights hannah gives readers a path to realizing their potential for beauty and greatness perfect for any seeker on a path toward recovery and personal growth mussar in recovery offers a compassionate roadmap to healing and wholeness embrace the opportunity to blend spiritual depth with practical change and find renewed serenity and joy as you embark on a journey that honors both your heritage and your future

the spiritual but not religious are the fastest growing denomination in America today yet what are the roadmaps what does the spiritual search look like for a seeker in 21st century America fully plugged in online cynical and sincere enlightenment by trial and error is a unique book by bestselling author and daily beast columnist Jay Michaelson today Michaelson is a rabbi with a PhD in Jewish thought a teacher on the ten percent happier meditation app and a political columnist read by a quarter million readers per month but not long ago Jay was a young spiritual seeker pursuing mystical experiences and even enlightenment with an open heart and restless intellectual curiosity drawn from essays written over a ten year period of questioning and exploration this book is a unique record of the spiritual search from the perspective of someone who made plenty of mistakes along the way

this powerful guide to Jewish meditation incorporates philosophy and story with ideas for daily living including suggestions for setting up your own meditative practice and invites you to wander an extraordinary and compelling path of the heart hitlahavut the way of flame

from Zen Buddhist practitioner to rabbi East meets West in this firsthand account of a spiritual journey Rabbi Alan Lew is known as the Zen rabbi a leader in the Jewish meditation movement who works to bring two ancient religious traditions into our everyday lives one God Clapping is the story of his roundabout yet continuously provoking spiritual odyssey it is also the story of the meeting between East and West in America and the ways in which the encounter has transformed how all of us understand God and ourselves winner of the PEN Joseph E. Miles Award like a Zen parable or a Jewish folk tale one God Clapping unfolds as a series of stories each containing a moment of revelation or instruction that while often unexpected is never simple or contrived one God Clapping like the life of the remarkable Alan Lew himself is a bold experiment in the integration of Eastern and Western

ways of looking at and living in the world

torah can help you recover your soul if you are willing to ask yourself the right questions if the torah is the all encompassing moral compass that it claims to be and i believe it to be so then we can find anything in it including the support needed for recovery in it are the remedies for all spiritual maladies we just have to probe the text dig deeply in it and drink of its life giving waters from the foreword in this soul restoring resource rabbi mark borovitz combines his knowledge of judaism and his experience as a leader in the field of recovery to help you find in the five books of moses the deeper meaning wisdom and guidance for living well in the moment for each torah portion he provides seven days of teachings and reflection questions to help you reconnect with your sacred self discover solutions to life s challenges and to help you heal advertising

the sacred now presents a contemporary jewish spiritual philosophy that is founded in both the jewish tradition and a commitment to contemporary culture it synthesizes the sensibilities of kabbalah philosophy and secular spirituality while the great timeless questions that humanity has asked itself remain unchanged humanity s responses to these questions evolve over time as society changes and our knowledge of the universe changes our spiritual and religious life naturally must also evolve if we intend to remain engaged in the world around us the sacred now examines the state of jewish spirituality today proposing orientations and practices geared toward cultivating consciousness of the divine it discusses the relationship of spirituality and religion examines the functions of both structure and freedom in developing a lifestyle with a strong spiritual focus while remaining cognizant that it is the practice more than the theory that ultimately matters

the author of seasons of our joy and his wife consider the jewish life cycle from birth to death as celebrated through live event ceremonies from those involving the celebration of a newborn to those honoring marriage midlife and the mourning period after a death reprint 10 000 first printing

the first comprehensive resource for spiritual direction in the jewish tradition a vital resource for people involved in spiritual leadership the essential reference for people who are called to help others listen for god s voice not only through prayer and sacred texts but also through dance art and interactions with other people this groundbreaking volume draws on both jewish tradition and the classical foundations of spiritual direction to provide invaluable guidance offering insight into all aspects of spiritual direction

including theology practice companionship group work and embodied spirituality the contributors to this guide are innovators in their fields and represent all four contemporary jewish movements topics explored include jewish theologies and jewish spiritual direction the vocabulary of jewish spiritual direction spiritual direction as a contemplative practice contemplation and social action cultivating a hearing heart spiritual types community for spiritual direction spiritual direction and the cycle of holy time spiritual companionship and the passages of life jewish spiritual direction and the sacred body integrating spiritual direction and visual creativity and many more an exciting and practical addition to an emerging field this is the definitive guide for all who accompany jewish seekers on their spiritual journeys contributors rabbi howard avruhm addison barbara eve breitman anne brener rabbi amy eilberg jennifer jinks hoffman ann kline rabbi myriam klotz julie leavitt kutzen alan morinis rabbi marcia prager laine barbanell schipper rabbi jacob j staub linda rabinowitch thal rabbi zari m weiss rabbi sheila peltz weinberg rabbi shohama harris wiener

enrich your spiritual practice with a deeper understanding of hebrew blessing a hebrew blessing is a powerful thing a short deeply meditative exercise exploring the nature of god and the dynamic relationship between god human consciousness and the unfolding universe written in clear illuminating prose this book will guide you through the opening words of a hebrew blessing six words which embody the depth of jewish spirituality revealing how the letters and words combine to promote joy and appreciation wonder and thankfulness amazement and praise each word becomes an invitation to discover the presence of god flowing through even the smallest actions of our lives examine the deeper meaning behind barukh ata adonay eloheynu melek ha olam in the ancient language of the jewish mystical tradition and the modern language of hasidism creation theology and psychology the path of blessing brings the words of the hebrew invocation dramatically alive

what is the enduring spiritual power of judaism how have jewish men and women from different walks of life past and present drawn on their faith to find spiritual meaning in their lives in this absorbing collection of essays scholars from a range of disciplines examine different paths to and expressions of spirituality in judaism as a whole the essayists conclude that a quest for spirituality is authentically jewish that textual materials form the basis for any spiritual journey in the religion that in depth religious study is a necessary precursor to though not a substitution for action that a concern with spirituality inevitably elevates one's consciousness to the level of the community and that the quest for jewish spirituality is arduous but rewarding subjects covered in this volume

include an overview of past and present models of jewish spirituality as well as probing looks at sources of spirituality in the past ranging from the aqedah to the prophet micah from the three pillars in the rabbinic period to the thoughts and actions of rabbi bahya ibn pakuda rabbi isaac luria and baal shem tov the remaining essays illuminate an array of vehicles of jewish spirituality in the modern world jewish art synagogue architecture prayer books liturgy and rites of passage

when the judaism of her childhood doesn't satisfy dani antman's yearning for spiritual awakening she embarks on a quest for a spiritual path dani finds herself immersed in the world of yoga energy healing and kabbalah but her journey of inner transformation has only just begun a healing crisis misplaced trust and a failed marriage intensify her desire for a teacher who can lead her to self realization her prayers are answered in the form of a realized adept a swami from the faraway shores of rishikesh india who initiates her in his lineage of kundalini science the study of the divine force within every human being that is the initiator of spiritual growth and so begins an incredible inner journey as dani dedicates herself to a spiritual practice aimed at the redirection and completion of a challenging kundalini process related to her jewish past paradoxically with the completion of her process she experiences a triumphant return to the religion of her birth wired for god is the candid and compelling memoir of dani antman's spiritual journey from mystical judaism through kundalini science and back again told in a conversational and informal style her story gives inspiration and hope to all sincere seekers looking to make real spiritual progress and find their own unique spiritual path

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