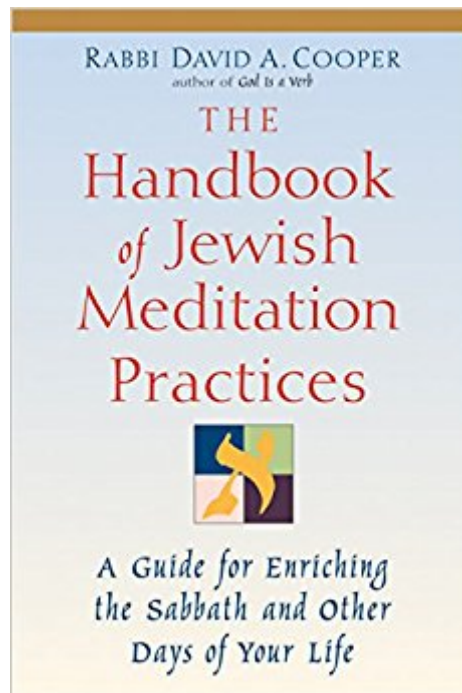


The book was found

# 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. âœRenew 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.â•†â•† •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

Paperback: 208 pages

Publisher: Jewish Lights; 1 edition (November 1, 2000)

Language: English

ISBN-10: 1580231020

ISBN-13: 978-1580231022

Product Dimensions: 6 x 1.3 x 22.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ•Â• See all reviewsÂ• (9 customer reviews)

Best Sellers Rank: #751,890 in Books (See Top 100 in Books) #131 inÂ• Books > Religion & Spirituality > Judaism > Prayerbooks #427 inÂ• Books > Textbooks > Humanities > Religious Studies > Judaism #616 inÂ• Books > Religion & Spirituality > Judaism > Jewish Life

## 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 heartfelt words for theory and also for powerful practices.

[Download to continue reading...](#)

The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life  
Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)  
Meditation: Meditation for Beginners - How to Relieve Stress, Depression &

Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God The Other in Jewish Thought and History: Constructions of Jewish Culture and Identity (New Perspectives on Jewish Studies) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Everyday Spiritual Practice: Simple Pathways for Enriching Your Life Mindful Matrimony: Enriching Your Marriage for the Rest of Your Lives The Nature of Personal Reality: Specific, Practical Techniques for Solving Everyday Problems and Enriching the Life You Know (Jane Roberts) My Sixty Years as a Public Contract Lawyer: The Enriching Life of George Martin Coburn: 1923 - 2011 Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline (Pocket Classics) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training Living a Jewish Life, Updated and Revised Edition: Jewish Traditions, Customs, and Values for Today's Families

[Dmca](#)