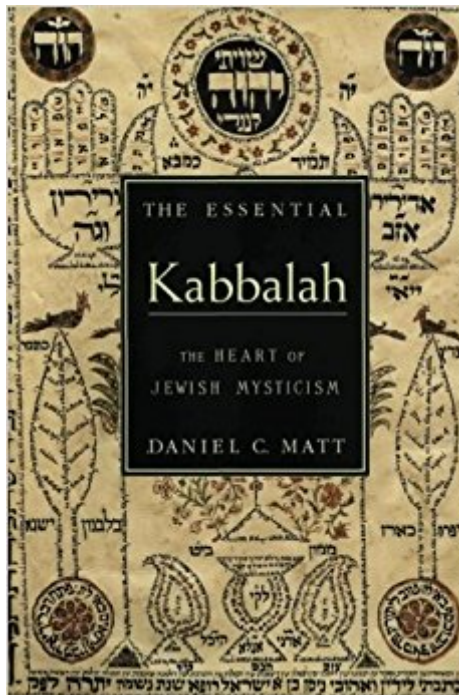


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# The Essential Kabbalah: The Heart Of Jewish Mysticism



## Synopsis

A translation of the Kabbalah for the layperson includes a compact presentation of each primary text and features a practical analysis and vital historical information that offer insight into the various aspects of Jewish mysticism.

## Book Information

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## Customer Reviews

The book *Essential Kabbalah*, compiled by Daniel Matt, is a wonderful basic introduction to a very mysterious and often overlooked mystical practice. So often in popular (and even educated) opinion, Judaism of old was considered legalistic and pedantic; however, the Kabbalistic practices introduced here helped to keep alive a true tradition of spirituality through Judaism (more heavily influencing Sephardic Judaism than others). According to Prof. Lawrence Fine (one of my professors when he and I were at Indiana University): 'Kabbalah is a mystical tradition filled with radiance, vitality, and spiritual depth. [In Matt's book] we catch a glimpse of the sparks of diving life about which the kabbalists speak.' Those who persevere in this wisdom find that when they ponder these teachings many times, knowledge grows within them--an increase of essence. The search always leads to something new. 'Kabbalah has often been a secret, or restricted, knowledge. Some have likened it to a gnostic framework. Some kabbalists would not teach, or indeed even discuss, kabbalistic knowledge and practice with anyone under forty years of age.' Other requirements included high moral standards, prior rabbinic learning, being married, and mental and emotional stability. The point is not to keep people away from Kabbalah, but to protect them.' The tendency for

people to get lost in spirituality, essentially to get lost in the vastness of God to be found deep within themselves, has been noted in almost every spirituality of maturity throughout history. And many has been the false prophet who entices the unwary and uninitiated into mystical territory only to abandon them there.

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