

Aryeh Kaplan Jewish Meditation A Practical Guide

Students of mediation are usually surprised to discover that a Jewish mediation tradition exists and that it was an authentic and integral part of mainstream Judaism until the eighteenth century. Jewish Meditation is a step-by-step introduction to meditation and the Jewish practice of meditation in particular. This practical guide covers such topics as mantra meditation, contemplation, and visualization within a Jewish context. It shows us how to use meditative techniques to enhance prayer using the traditional liturgy—the Amidah and the Shema. Through simple exercises and clear explanations of theory, Rabbi Kaplan gives us the tools to develop our spiritual potential through an authentically Jewish meditative practice.

An internationally recognized scholar and theologian shares a Jewish mysticism for our times Judaism, one of the world's great spiritual traditions, is not addressed to Jews alone. In this masterful book, Arthur Green calls out to seekers of all sorts, offering a universal response to the eternal human questions of who we are, why we exist, where we are going, and how to live. Drawing on over half a century as a Jewish seeker and teacher, he shows us a Judaism that cultivates the life of the spirit, that inspires an inward journey leading precisely toward self-transcendence, to an awareness of the universal Self in whose presence we exist. As a neo-hasidic seeker, he is both devotional and boldly questioning in his understanding of God and tradition. Engaging with the mystical sources, he translates the insights of the Hasidic masters into a new religious language accessible to all those eager to build an inner life and a human society that treasures the divine spark in each person and throughout Creation.

The late Aryeh Kaplan was one of the most creative personalities to bless the Jewish scene in the last generation. At his death he left many unpublished articles and other works. This collection contains some of his most provocative insights, combining ancient Kabbalistic teaching with the discoveries of modern science. Among the topics covered in this volume are such basic concepts as the Jewish and Kabbalistic view of immortality, resurrection of the dead, the age of the universe, and astrology. All are published for the first time. The book also includes a translation of Rabbi Israel Lipschitz' 1845 article on resurrection, which deals in part with the paleontological discoveries of the first half of the nineteenth century. It is thus one of the earliest such treatments by an Orthodox thinker, one which Rabbi Kaplan referred to and uses as a precedent for his own views.

A highly radical interpretation of the Bible demonstrating the methods of meditation used by the Prophets to attain their unique states of consciousness. First English translation from ancient unpublished manuscripts, with commentary.

Innerspace

Kabbalah of Creation

Reflections on God, Life, and Love

The Seven Beggars & Other Kabbalistic Tales of Rebbe Nachman of Breslov

Book of Creation

Jewish Theology Unbound

The Aryeh Kaplan Reader

Most scholars of Judaism take the term "Jewish mysticism" for granted, and do not engage in a critical discussion

of the essentialist perceptions that underlie it. Mystifying Kabbalah studies the evolution of the concept of Jewish mysticism. It examines the major developments in the academic study of Jewish mysticism and its impact on modern Kabbalistic movements in the contexts of Jewish nationalism and New Age spirituality. Boaz Huss argues that Jewish mysticism is a modern discursive construct and that the identification of Kabbalah and Hasidism as forms of mysticism, which appeared for the first time in the nineteenth century and has become prevalent since the early twentieth, shaped the way in which Kabbalah and Hasidism are perceived and studied today. The notion of Jewish mysticism was established when western scholars accepted the modern idea that mysticism is a universal religious phenomenon of a direct experience of a divine or transcendent reality and applied it to Kabbalah and Hasidism. "Jewish mysticism" gradually became the defining category in the modern academic research of these topics. This book clarifies the historical, cultural, and political contexts that led to the identification of Kabbalah and Hasidism as Jewish mysticism, exposing the underlying ideological and theological presuppositions and revealing the impact of this "mystification" on contemporary forms of Kabbalah and Hasidism. Collected essays on Jewish themes.

For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov perfected this teaching method through his captivating and entertaining stories which are fast-moving, richly structured, and filled with penetrating insights. This collection presents Rebbe Nachman's beloved teachings, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman's pupils. With a preface by Rabbi Chaim Kramer, this important work brings authentic interpretations of Rebbe Nachman's stories to English-speaking readers, allowing them to see the rich heritage of Torah and Kabbalah that underlies each word of his teachings. (Previously published in hardcover by Breslov Research Institute as Rabbi Nachman's Stories [ISBN 0-930213-02-5].)

This highly original book introduces a fascinating new approach to yoga and Torah by combining the practice of classic yoga postures with traditional and mystical Jewish wisdom. Each chapter begins by presenting a central Jewish spiritual concept that engages readers of all faiths on a personal level. It offers an in-depth exploration of the concept, quoting and commenting on sacred Jewish texts from the Pentateuch (Five Books of Moses) and other sources. It then guides its readers with mastery and clarity through a meditation and a set of fundamental yoga postures--clearly illustrated by beautiful photographs--for both beginning and advanced yoga students. The Torah concept is actualized and experienced through the practice of these postures. Torah Yoga helps to heighten awareness of body, mind, and spirit; it illuminates the heart of Jewish wisdom.

Judaism for the World

Maimonides the Universalist

A Jewish-Hindu Encounter

A Personal Journey Into Sufism, Buddhism, and Judaism

Academic Scholarship, National Theology, and New Age Spirituality

The Gift He Left Behind : Collected Essays on Jewish Themes from the Noted Writer and Thinker

The Way of The Jewish Mystic

This guidebook to Sufism, Buddhism, and Judaism shows how practicing within more than one spiritual tradition can lead to a true spiritual path.

Armed with a generous heart, subtle mind, and a PhD in comparative religion from Columbia, Lex Hixon, as host for WBAI's In the Spirit, was able to interview and skillfully probe the leading spiritual lights of the seventies and beyond. Twenty-five of those interviews, finely edited, appear here for the first time in print. Includes short bios and photos. Interviewees include Ram Dass, Alan Watts, Daniel Berrigan, Swami Muktananda, Kalu Rinpoche, and Stephen Gaskin. Lex Hixon was an accomplished spiritual practitioner, scholar, and author who explored the great religious traditions extensively. He published nine books and spent seventeen years hosting the radio program In the Spirit.

Jewish Theology Unbound challenges the widespread misinterpretation of Judaism as a religion of law as opposed to theology. James A. Diamond provides close readings of the Bible, classical rabbinic texts, Jewish philosophers, and mystics from the ancient, medieval, and modern period, which communicate a profound Jewish philosophical theology on human nature, God, and the relationship between the two. The study begins with an examination of questioning in the Hebrew Bible, demonstrating that what the Bible encourages is independent philosophical inquiry into how to situate oneself in the world ethically, spiritually, and teleologically. It explores such themes as the nature of God through the various names by which God is known in the Jewish intellectual tradition, love of others and of God, death, martyrdom, freedom, angels, the philosophical quest, the Holocaust, and the state of Israel, all in light of the Hebrew Bible and the way it is filtered through the rabbinic, philosophical, and mystical traditions. The Bahir is one of the oldest and most influential of all classical Kabbalah texts. Until the publication of the Zohar, the Bahir was the most widely quoted primary source of Kabbalistic teachings. The Bahir is quoted in every major book on Kabbalah, the earliest being the Raavad's commentary on Sefer Yetzirah, and it is cited numerous times by Rabbi Moshe ben Nachman (Ramban) in his commentary on the Torah. It is also quoted many times in the Zohar. It was first published around 1176 by the Provence school of Kabbalists; the first printed edition appeared in Amsterdam in 1651. The name Bahir is derived from the first verse quoted in the text (Job 37:21), "And now they do not see light, it is brilliant (Bahir) in the skies." It is also called the "Midrash of Rabbi Nehuniah ben HaKana," particularly by the Ramban. The reason might be that Rabbi Nehuniah's name is at the very beginning of the book, but most Kabbalists actually attribute the Bahir to him and his school. Some consider it the oldest kabbalistic text ever written. Although the Bahir is a fairly small book, some 12,000 words in all, it was very highly esteemed among those who probed its mysteries. Rabbi Judah Chayit, a prominent fifteenth-century Kabbalist, writes, "Make this book a crown for your head." Much of the text is very difficult to understand, and Rabbi Moshe Cordevero (1522-1570), head of the Safed school of Kabbalah, says, "The words of this text are bright (Bahir) and sparkling, but their brilliance can blind the eye." One of the most important concepts

revealed in the Bahir is that of the Ten Sefirot, and careful analysis of these discussions yields much of what will be found in later kabbalistic works, as well as their relation to anthropomorphism and the reason for the commandments. Also included is a discussion of reincarnation, or Gilgul, an interpretation of the letters of the Hebrew alphabet, the Thirty-two Paths of Wisdom, and the concept of Tzimtzum.

Meditation and the Bible

Sabbath

The Mysticism of Isaac Luria, Founder of Modern Kabbalah

Sefer Yetzirah

Introduction to Kabbalah, Meditation and Prophecy

Outpouring of the Soul

The Bahir

Unraveling the web of ancient traditions hidden in such texts as the Sefer Yetzirah and the Zohar, this book traces history and offers an accessible introduction to understanding Kabbalah and its practices. Jewish mysticism has flourished—sometimes brilliantly, sometimes darkly—over five thousand years. This pioneering, popular text on Jewish mysticism was the first written for a general audience, and in it, Perle Besserman offers a lively and accessible introduction to the methods, schools, and practitioners of this intriguing world. She traces the history of Kabbalah through the lives of its illustrious scholars and saints and unravels the web of ancient traditions hidden in such texts as Sefer Yetzirah and the Zohar. Running through these pages are the words of the outstanding Kabbalists and mystics—including Simeon bar Yohai, Isaac Luria, Abraham Abulafia, and the Baal Shem Tov—giving instructions on practices ranging from contemplation of the Bible's secret teachings to ritual, ecstatic prayer, and intensive meditation.

From the author of *The Architecture of Happiness*, a deeply moving meditation on how we can still benefit, without believing, from the wisdom, the beauty, and the consolatory power that religion has to offer. Alain de Botton was brought up in a committedly atheistic household, and though he was powerfully swayed by his parents' views, he underwent, in his mid-twenties, a crisis of faithlessness. His feelings of doubt about atheism had their origins in listening to Bach's cantatas, were further developed in the

presence of certain Bellini Madonnas, and became overwhelming with an introduction to Zen architecture. However, it was not until his father's death -- buried under a Hebrew headstone in a Jewish cemetery because he had intriguingly omitted to make more secular arrangements -- that Alain began to face the full degree of his ambivalence regarding the views of religion that he had dutifully accepted. Why are we presented with the curious choice between either committing to peculiar concepts about immaterial deities or letting go entirely of a host of consoling, subtle and effective rituals and practices for which there is no equivalent in secular society? Why do we bristle at the mention of the word "morality"? Flee from the idea that art should be uplifting, or have an ethical purpose? Why don't we build temples? What mechanisms do we have for expressing gratitude? The challenge that de Botton addresses in his book: how to separate ideas and practices from the religious institutions that have laid claim to them. In Religion for Atheists is an argument to free our soul-related needs from the particular influence of religions, even if it is, paradoxically, the study of religion that will allow us to rediscover and rearticulate those needs.

"When the summer begins to approach, go out to meditate in the meadows. When every bush of the field begins to return to life and grow, they all yearn to be included in your prayer." Rebbe Nachman emphasized the greatness of spontaneous, improvised prayer uttered in one's own language and springing from the heart -- hitbodedut. This handbook of his teachings on prayer includes Rabbi Kaplan's scholarly introduction setting hitbodedut in its context in the history of Jewish prayer and meditation.

Rabbi on the Ganges: A Jewish-Hindu Encounter is the first work to engage the new terrain of Hindu-Jewish religious encounter. The book offers understanding into points of contact between the two religions of Hinduism and Judaism. Providing an important comparative account, the work illuminates key ideas and practices within the traditions, surfacing commonalities between the jnana and Torah study, karmakanda and Jewish ritual, and between the different Hindu philosophic schools and Jewish thought and mysticism, along with meditation and the life of prayer and Kabbalah and creating dialogue around ritual, mediation, worship, and dietary restrictions. The goal of the book is not only to unfold

the content of these faith traditions but also to create a religious encounter marked by mutual and reciprocal understanding and openness.

The Spiritual Path of a Zen Rabbi

Mystifying Kabbalah

13 I?arim Shel Ha-Rambam

Day of Eternity

Rabbi Nachman's Path in Meditation

Meditation and Kabbalah

a practical guide

While accompanying eight high-spirited Jewish delegates to Dharamsala, India, for a historic Buddhist-Jewish dialogue with the Dalai Lama, poet Rodger Kamenetz comes to understand the convergence of Buddhist and Jewish thought. Along the way he encounters Ram Dass and Richard Gere, and dialogues with leading rabbis and Jewish thinkers, including Zalman Schacter, Yitz and Blue Greenberg, and a host of religious and disaffected Jews and Jewish Buddhists. This amazing journey through Tibetan Buddhism and Judaism leads Kamenetz to a renewed appreciation of his living Jewish roots.

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Jewish mystics from biblical times to the present have explored the hidden secrets of the Torah in quest of a single goal: to lose the self in the Infinite "No-thingness" (Ein Sof) and be at one with God. In language accessible to the layperson, this Shambhala Guide provides a detailed introduction to the complex world of Kabbalah and Jewish mysticism. With an extensive background in meditation practice, Perle Besserman emphasizes Kabbalah's spiritual disciplines, grounded in righteous living, devotional practices, and meditation. She discusses the Kabbalistic universe, including the four worlds and ten sefirot; Jewish meditation techniques and instructions for beginning meditation; mystics and teachers from Rabbi Akiva and the Baal Shem Tov to Aryeh Kaplan; the often uneasy relationship between Kabbalah and mainstream Judaism; and applying the ancient wisdom of Jewish mysticism to life in the world of today.

Sefer Yetzirah (the "Book of Creation"), one of the earliest Kabbalistic works, teaches that the letters of the Hebrew alphabet are the building blocks of creation. Each letter has its own significance, spiritual energy, and reason for existing. In this revised version of Rabbi Ginsburgh's best-selling *The Alef-Beit, Jewish Thought Revealed Through the Hebrew Letters*, he explains how each letter's name, form, and numerical value play a role in the creative process of the cosmos. He draws on the understandings of the well-known mystic, the Baal Shem Tov, in depicting how each letter has nine dimensions, with impact in three worlds--the physical, spiritual, and Divine. In every letter there is the true

completion of the soul, a chance to unite consciousness with the code of creation. Includes glossary, footnotes, and index.

One Minute Wisdom

Kabbalah

Lex Hixon's WBAI 'In the Spirit' Interviews: A Chronicle of the Seventies Spiritual Revolution

A Practical Guide

Rabbi Nachman's Wisdom

Shevachay HaRan, Sichos HaRan

A Non-Believer's Guide to the Uses of Religion

Kabbalah of Creation is a new translation of the early Kabbalah of Rabbi Isaac Luria, founder of the most influential Jewish mystical school of the last 400 years. Living in relative obscurity in Northern Galilee, Luria experienced a powerful epiphany that influenced his lyrical, influential text. Poetically and meditatively described, the range of subjects includes the revelation of the Godhead's light in the world and its relationship to every aspect of the human life cycle, including lovemaking, conception, gestation, birth, and maturation.

The first wide-scale presentation of a major Jewish mystic, the founder of the ecstatic Kabbalah.

An anthology of Maimonides' own writings, appearing in his Commentary to Mishnah Sanhedrin, explaining the Thirteen Principles of Faith.

A rabbi describes his work in the area of using Zen meditation to enhance Jewish spirituality.

Channels of Creative Consciousness

Today's Teachers Share Their Practices, Techniques, and Faith

The Aryeh Kaplan Anthology

The Real Messiah?

The Shambhala Guide to Kabbalah and Jewish Mysticism

A Poet's Rediscovery of Jewish Identity in Buddhist India

The Ethical Horizons of the Mishneh Torah

In this volume published by the OU and NCSY, Rabbi Aryeh Kaplan asks hard questions about Judaism and its commandments, and he gives compelling answers that have broadened the horizons of countless

In their own individual voices, 22 teachers, scholars, psychologists, and rabbis explain why and how they meditate and how to overcome obstacles to meditation.

Based on a series of lectures that Rabbi Aryeh Kaplan gave to a small group of students in Brooklyn in 1981, this contains transcripts of the series on the kabbalistic system, and testifies to his wonderful ability to transmit profound ideas in a readily-graspable way.

Although this is an introductory text, it contains many perspectives that are expressed in a unique way, so it would be quite valuable

even for the more advanced student of Jewish mysticism.

Discover the hidden secrets of Torah and Kabbalah through the captivating stories of Rebbe Nachman of Breslov. Rabbi Nachman's stories are among the great classics of Jewish literature. They have been recognized by Jews and non-Jews alike for their depth and insight into both the human condition and the realm of the mysterious. from Aryeh Kaplan's Translator's Introduction For centuries, spiritual teachers have told stories to convey lessons about God and perceptions of the world around us. Hasidic master Rebbe Nachman of Breslov (1772-1810) perfected this teaching method through his engrossing and entertaining stories that are fast-moving, brilliantly structured, and filled with penetrating insights. This collection presents the wisdom of Rebbe Nachman, translated by Rabbi Aryeh Kaplan and accompanied by illuminating commentary drawn from the works of Rebbe Nachman's pupils. This important work brings you authentic interpretations of Rebbe Nachman's stories, allowing you to experience the rich heritage of Torah and Kabbalah that underlies each word of his inspirational teachings.

A Jewish Response to Missionaries

Jewish Meditation

The Handbook of Jewish Thought

Kabbalah and the Age of the Universe

Religion for Atheists

Illumination

The Jew in the Lotus

Meditative methods of Kabbalah. A lucid presentation of the meditative methods, mantras, mandalas and other devices used, as well as a penetrating interpretation of their significance in the light of contemporary meditative research.

Rabbi Aryeh Kaplan has translated Sefer Yetzirah, the oldest and most mysterious of all kabbalistic texts, and now brings its theoretical, meditative, and magical implications to light. He expounds on the dynamics of the spiritual domain, the worlds of the Sefirot, souls, and angels. When properly understood, Sefer Yetzirah becomes the instruction manual for a very special type of meditation meant to strengthen concentration and to aid the development of telekinetic and telepathic powers.

A much-needed response to missionaries, providing both a practical guide and sources that refute missionary claims.

Jewish Meditation A Practical Guide Schocken

Three Gates to Meditation Practice

The Lost Princess & Other Kabbalistic Tales of Rebbe Nachman of Breslov

Waters of Eden

Rabbi on the Ganges

Mystical Experience in Abraham Abulafia, The Torah Yoga

Maimonides ends each book of his legal code the Mishneh torah with a moral or philosophical reflection, in which he lifts his eyes, as it were, from purely halakhic concerns and surveys broader horizons. Menachem Kellner and David Gillis analyse these concluding paragraphs, examining their verbal and thematic echoes, their adaptation of rabbinic sources, and the way in which they coordinate with the Mishneh torah's underlying structures, in order to understand how they might influence our interpretation of the code as a whole—and indeed our view of Maimonides himself and his philosophy. Taking this unusual cross-section of the work, Kellner and Gillis conclude that the Mishneh torah presents not only a system of law, but also a system of universal values. They show how Maimonides fashions Jewish law and ritual as a programme for attaining ethical and intellectual ends that are accessible to all human beings, who are created equally in the image of God. Many reject the presentation of Maimonides as a universalist. The Mishneh torah especially is widely seen as a particularist sanctuary. This study shows how profoundly that view must be revised.

This essay is an examination of the age of the universe as discussed in Kabbalistic works. It is important to realize that the Kabbalistic texts do not only discuss mysticism, but also many areas of hashkafah (Jewish outlook) which are of great importance to us. Let us begin with the classic question asked about the age of the universe. At face value, the Torah seemingly teaches us that the universe is 6,000 years old. Therefore, many people would hold the opinion that anyone who believes that the world is older than 6,000 years is an apikores (one who denies the basic tenets of Judaism). However, there is scientific evidence that the universe is more than 6,000 years old; maybe millions of times more. How do we resolve this question?

The Sefer Yetzirah is perhaps the oldest and most mysterious of all kabbalistic texts. In this landmark work of mystical studies, Rabbi Aryeh Kaplan brings the text's theoretical, meditative, and magical implications to light. The book explores the dynamics of the spiritual domain, the worlds of the sefirot, souls and angels. Rabbi Kaplan explains that when properly understood the Sefer Yetzirah becomes an instruction manual for a very special type of meditation meant to strengthen concentration and to aid in the development of telekinetic and telepathic powers. Through the use of various signs, incantations, and divine names, initiates could also influence or alter natural events. This translation includes the meditation in five dimensions, the transition from binah to chakhmah consciousness, the point of infinity, kabbalistic astrology, Ezekiel's vision according to the Sefer Yetzirah, and the mystery of the 231 gates. Also included is a digest of all major commentaries on the text of the Sefer

Yetzirah and a bibliography of many of the major kabbalistic works that discuss it, as well as extensive notes regarding the various aspects of the translation. Rabbi Kaplan's translation is based on the Gra version of the text, which is thought to be the most authentic. Also included is the short version, the long version, and the Saadia version, making this volume the most complete work on the Sefer Yetzirah available in English.

The Hebrew Letters

Experiencing Jewish Wisdom Through Classic Postures

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Illuminating Expositions on Jewish Thought and Practice by a Revered Teacher

Conversations in the Spirit

Meditation from the Heart of Judaism

The Mystery of the Mikvah