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“ secrets ” of how every human being can achieve the highest levels of connection with G-d, which he says is the potential of every soul. Highly recommended.

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the Nations Chapter 1: Principles of Faith.
Imry GalEinai Feb 27, 2014. 37. SHARES.
Share Tweet. Introduction. As stressed in traditional Jewish writings, the core of all religious practice and the principle underlying all Divine worship is faith. As explained in Kabbalah, faith is the highest power of ...

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concealed and it's level of holiness is
unfathomable to us, however the Kabbalists,
Prophets and the Holy sages, saints and
rabbis before us, provided us with a means

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meditative techniques created by Abraham Abulafia and his followers are unusual in several respects. First, they are some of the clearest meditative techniques in all of the Kabbalah, and come with directions that even a beginner may understand.

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Meditative Kabbalah Shiviti with Kabbalistic names of God Jewish meditation includes practices of settling the mind, introspection, visualization, emotional insight, contemplation of divine names, or concentration on philosophical, ethical or mystical ideas.

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Mantra with the Holy Name " Yaheshua ",
This name is associated with Tipheret's
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Kabbalah and Meditation for Non-Jews

Excerpt from Kabbalah and Meditation for
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Apparent Plurality of the One God Many
false beliefs have been propagated
throughout the world.

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This "Merkavah-Heichalot" mysticism, referred to in Talmudic accounts, sought elevations of the soul using meditative methods, built around the biblical vision of Ezekiel and the creation in Genesis. The distinctive conceptual features of later

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Kabbalah first emerged from the 12th century, although traditional Judaism predates the medieval Bahir and 13th century Zohar back to the Tannaim, and the preceding end of biblical prophecy.

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the transformational power of Judaism in a direct and experiential way. Integral Kabbalah Meditation is a new synthesis of the best traditional modalities, brought together into a simple practice that's easy to learn, yet radical in its effectiveness. It includes chanting, focused intention, contemplation of sacred text, body

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Ours is the first generation in modern times to understand the truly universal human condition and to seek to bring all peoples of the earth together in peace and harmony.

~~Kabbalah and Meditation for the Nations by
Yitzchak Ginsburgh~~

They developed a precise system—the

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Kabbalah—and passed its teachings by word of mouth only, believing that the secrets of the Kabbalah transcend the written word. In the spirit of this great oral tradition, Kabbalah Meditation will immerse you in this traditional school of sacred wisdom for reaching peace through union with God. Rabbi David Cooper offers 11 authentic

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meditations associated with Kabbalah practice that he developed during six years of research and work in the Old City of ...

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as well as a penetrating interpretation of their significance in the light of contemporary meditative research.

Ours is the first generation in modern times to understand the truly universal human condition and to seek to bring all peoples of the earth together in peace and harmony.

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We are the first generation to truly understand that we are faced with the challenge of either inhabiting our planet harmoniously or not inhabiting it at all. Filling our future is the fundamentalism that threatens to pit one religion against another. But, our different relationships and understandings of G-d should not be the

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reason for conflict but the source of goodwill in building our relationships with one another and our ability to understand others. The covenant with the Jewish people was not the first made between the Almighty and mankind. Before the revelation at Mt. Sinai, G-d commanded Adam and then made a covenant with Noah, giving them

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the guidelines for the universal religion of mankind. The most well-known part of this covenant is the seven universal commandments, or the Seven Noahide Laws. For this reason, Judaism and Jews do not proselytize, but rather seek to guide the nations of the world in developing their own relationship with the Almighty and

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implementing these potentially unifying laws of basic human nature. This book offers you a glimpse into the tremendous mystical power and meaning of G-d's covenant with humanity and the Seven Noahide Laws, as explained in Kabbalah. It focuses on their spiritual and inner dimensions and inspires a deeper look at our best hope for achieving

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world peace and a better future for all
beings.

What is meditation? Many people mistakenly understand it as an attempt to clear the mind and thereby transcend the intellect. It is not that. As Rabbi Yitzchak Ginsburgh explains in this illuminating

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work, meditation is meant to refine our intellect to become a channel for Divine consciousness. In this work, the rabbi guides us through a meditation rooted in basic Judaic teachings, also useful to practitioners of other spiritual disciplines. The core meditative exercise presented here is examined at length through the prism of

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Kabbalistic thought. It focuses on positive thinking, Divine love, and negation of any negative influences. The exercise is both a meditation in itself and a platform for other meditations, and involves essentially imagining oneself in a six-sided "thought cube" which creates a protective, spiritual "sanctuary" around oneself. Within this

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sacred space one can safely open one's heart in prayer. Glossary and index included.

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

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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-

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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.

Offering a spiritual journey to the depths of

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For The Nations, this step-by-step manual integrates the spiritual teachings and meditation lessons of the Musar, Hasidic and kabbalistic schools with powerful breathing, visualization, and transpersonal techniques.

Stephan Hoeller's handbook for heightening

Page 43/52

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consciousness is unrivaled for its clarity in explaining the ancient mystical Kabbalah in relation to the Tarot's Major Arcana. On the new enclosed CD, Dr. Hoeller narrates twenty-two meditations to guide the reader easily into a contemplative state.

Students of mediation are usually surprised

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to discover that a Jewish meditation 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,

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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

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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

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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

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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.

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Tzeruf is a 4700 old meditation. The technique in the Bible is labeled as "calling in the name of the Lord." This meditation focuses on using the true name of God. It contains the Hebrew alphabet meanings and their mystical properties. The levels of the soul are discussed, as well as the creating of a

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vessel to receive the spiritual influx, how to prepare to be more spiritually and mentally receptive. This book describes in detail the instructions on how to perform vocal meditations and provides numerous meditation tables and Psalms specifically geared to produce higher states of consciousness. The sages of old have stated

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that these techniques can be dangerous. It has been known to go as far as making some of those who misuse the meditations to go insane.

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Page 52/52