



Meditation and Judaism: Exploring the Jewish Meditative Paths

DovBer Pinson

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Meditation and Judaism: Exploring the Jewish Meditative Paths DovBer Pinson

Meditation and Judaism is a comprehensive work on Jewish meditation, encompassing the entire spectrum of Jewish thought—from the early Kabbalists to the modern Chassidic and Mussar masters, the sages of the Talmud, to the modern philosophers. Both a scholarly, in-depth study of meditative practices, and a practical, easy to follow guide, Meditation and Judaism is for anyone interested in meditating the Jewish way. The word meditation calls to mind the traditional, obvious associations that society has accumulated. Meditation and Judaism attempts to broaden our view of meditation, demonstrating that meditation is prevalent within so many of the common Jewish practices. While there are many paths that lead in the same direction, the ultimate destination of meditation is a metamorphosis into a more G-dly and spiritual person. This scholarly work is sourced in authentic Jewish thought, yet it has been written in a manner that will appeal to the modern reader. It is an enlightening read for the scholar and the layman alike.



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