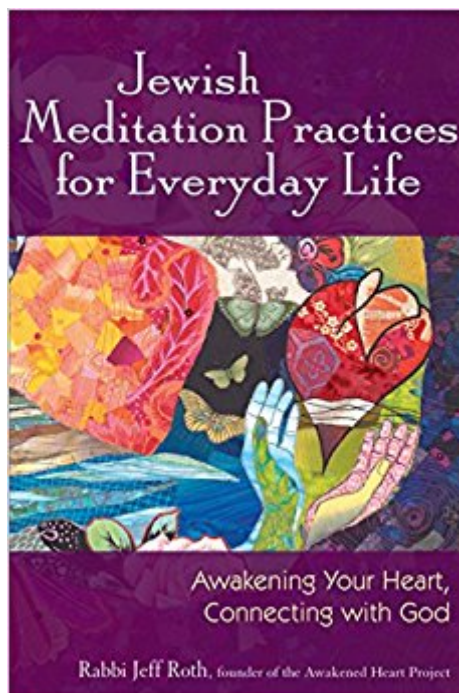




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# Jewish Meditation Practices For Everyday Life: Awakening Your Heart, Connecting With God



## Synopsis

Awaken your heart and mind to see your own capacity for wisdom, compassion and kindness."When we awaken to our own light, it becomes possible to develop real wisdom about our life. As wisdom allows us to see clearly, our hearts break open with compassion for the struggles of our own lives and the lives of all beings. Awakened with wisdom and compassion, we are impelled to live our lives with kindness, and we are led to do whatever we can to repair the brokenness of our world."~from the Introduction

At last, a fresh take on meditation that draws on life experience and living life with greater clarity rather than the traditional method of rigorous study. Based on twenty-five years of bringing meaningful spiritual practice to the Jewish community, well-known meditation teacher and practitioner Rabbi Jeff Roth presents Jewish contemplative techniques that foster the development of a heart of wisdom and compassion. This contemporary approach to meditation is accessible to both beginners and experts alike. It focuses on using the distilled wisdom of Buddhism and Judaism as a way to learn from life experience. By combining these two traditions, he presents a model that allows westerners both Jews and non-Jews to embrace timeless Eastern teachings without sacrificing their birth traditions.

## Book Information

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## Customer Reviews

"One of the most accessible, knowledgeable, and useful books on Jewish contemplative life."~Jack Kornfield, author, *The Wise Heart*

"A thorough-going handbook full of concrete teachings offered in personal terms. This is a practice book all aspiring Jewish meditators should own and use."~Norman Fischer, founder and teacher, *Everyday Zen*

Foundation; author, *Sailing Home: Using the Wisdom of Homer's Odyssey to Navigate Life's Perils and Pitfalls* "Truly unique presents time-tested universal techniques for cultivating wisdom and compassion. This will be the guidebook many people have been waiting for." Sylvia Boorstein, author, *Happiness Is an Inside Job: Practicing for a Joyful Life* "Remarkable." Rabbi Roth takes the reader by the hand in clear language, making it possible to follow the instructions and to observe the results." Rabbi Zalman Schachter-Shalomi, author, *First Steps to a New Jewish Spirit: Reb Zalman's Guide to Recapturing the Intimacy & Ecstasy in Your Relationship with God*

In today's busy world, many of us go through life on a kind of automatic pilot, flying the same route over and over, as if we're sleepwalking--our fate as uncontrollable as our dreams. But you can wake up; you can open to a place of awareness that sees and understands life much more clearly than during your normal level of consciousness. With compassion and knowledge, well-known meditation practitioner and teacher Rabbi Jeff Roth leads you on a path toward cultivating an awakened state of being, based on the wisdom of Jewish and Buddhist meditation practices. Through personal anecdotes and easy-to-do exercises, Roth demonstrates how it is possible to achieve a more meaningful spiritual life and how this awakened state of being--the awakened heart--will inspire you to respond to life's challenges with clarity and kindness, gradually making it your default way of being. "Remarkable.... Rabbi Roth takes the reader by the hand in clear language, making it possible to follow the instructions and to observe the results." --Rabbi Zalman Schachter-Shalomi, author, *First Steps to a New Jewish Spirit: Reb Zalman's Guide to Recapturing the Intimacy & Ecstasy in Your Relationship with God*

This is a valuable guide, to be savored in small segments and referred back to many times as the reader experiences suggested practices over time. Rabbi Roth's integration of prayer and meditation and discussion of their relationship to each other is profound and answered questions I had had for a long time. He has the gift of expressing complex concepts in a down-to-earth accessible way.

I recommend this as part of a meditation library. It is clear, easy to read, and practical for a spiritual meditator.

There is certainly no absence of ideas about Jewish meditation in Rabbi Jeff Roth's book *Jewish*

Meditation Practices for Everyday Life. This shouldn't come as a surprise, as the author has been leading Jewish meditation retreats and workshops for decades. As such, the book can switch gears rather suddenly. Many techniques are provided; so in the end, this book is not only to be read, but re-read. The reader must do the work of pulling out what is salient in the many practices presented.

I have read several books on Jewish meditation and have been an on and off practitioner for years. This book is the first that helped me understand the different types of meditation and their goals. This book came to me exactly at the point when I needed it and was ready to understand what Rabbi Roth was writing about. As a result of reading the book and other recommendations from people I trust, I went on a three week meditation retreat with Rabbi Roth and it was worth every minute of it. Rabbi Roth is a living treasure for the Jewish people and the world.

A little bit of meditation does you well, no matter what your faith. "Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God" blends the traditions of meditation from Buddhism with the western Abrahamic religious faith. There is a focus on Judaism, but Jewish Meditation Practices for Everyday life is meant to benefit readers of all faiths and backgrounds, be they Jew, non-Jew, or even non-religious. A guide to enlightening one's soul without abandoning one's traditions, "Jewish Meditation Practices for Everyday Life" is a strong choice.

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