



MEDITATION. MUSSAR. TORAH.

JEWISH MEDITATION RESSOURCES - IN ENGLISH

Reading resources from Orthodox Judaism

Ḳalonimus, Ḳalman Shapira Ben Elimelekh. *Conscious Community: A Guide to Inner Work*.

Northvale, NJ: Jason Aronson, 1996

Kaplan, Aryeh. *Jewish Meditation: A Practical Guide*. New York: Schocken, 1985.

Kaplan, Aryeh. *Meditation and the Bible*. York Beach, Me.: S. Weiser, 1988.

Kaplan, Aryeh. *Meditation and Kabbalah*. Boston, MA [u.a.: Weiser, 1985

Kook, Abraham Isaac, and Ben Zion Bokser. *The Lights of Penitence ; The Moral Principles ;*

Lights of Holiness ; Essays, Letters and Poems. New York: Paulist, 1978.

Pinson, DovBer. *Meditation and Judaism: Exploring the Jewish Meditative Paths*. Lanham,

MD: Rowman & Littlefield, 2004.

Pinson, DovBer. *Thirty-two Gates of Wisdom: Awakening through Kabbalah*. Teaneck, NJ:

Ben Yehuda, 2008

Pinson, DovBer. *Reclaiming the Self: On the Pathway of Teshuvah*. Brooklyn, NY: Iyyun

Pub., 2011

Books on the integration of the dharma, or Buddhist- based meditation practice and Judaism

These resources draw mainly on hybrid practices born from the encounter between Judaism and eastern spiritualities.

Jewish Meditation thought and teachings

Renewal Rabbi David Cooper has been working on integrating his zen, sufi and theravadin Buddhism training with kabbalah and jewish mysticism which he learned in the old city in Jerusalem. With his wife Shoshana, he leads a yearly winter weeklong silent meditation retreat at Isabella Freedman Jewish retreat center.

Cooper, David A. *God Is a Verb: Kabbalah and the Practice of Mystical Judaism*. New York: Riverhead, 1997

Cooper, David A. *The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life*. Woodstock, VT: Jewish Lights Pub., 2000

Renewal rabbi Avram Davis is the founder of synagogue Chochmat Ha lev in Berkeley. He now lives in a farm and works on teaching jewish mysticism in relation to the earth and an organic life.

Davis, Avram. *Meditation from the Heart of Judaism: Today's Teachers Share Their Practices, Techniques, and Faith*. Woodstock, VT: Jewish Lights Pub., 1997

Davis, Avram. *The Way of Flame: A Guide to the Forgotten Mystical Tradition of Jewish Meditation*. [San Francisco]: HarperSanFrancisco, 1996

Nan Fink Gefen is a psychotherapist and Jewish spiritual teacher. She founded *Tikkun* magazine with non-denominational rabbi and political activist Michael Lerner.

Gefen, Nan Fink. *Discovering Jewish Meditation: Instruction & Guidance for Learning an Ancient Spiritual Practice*. Woodstock, VT: Jewish Lights Pub., 1999

Alan Lew Z'L was a conservative Rabbi in San Francisco and a former zen student.

He worked at integrating the benefits of his zen practice with his Jewish practice. He is the first to have done formally so, creating a meditation room in his synagogue for silent sitting meditation sessions before services.

Lew Alan. *Be Still and Get Going: A Jewish Meditation Practice for Real Life*. New York: Little and Brown 2005.

Jay Michelson is a scholar in Jewish thought, a writer and an activist on gay rights within Judaism. He is the founder of Zeek, an online Jewish magazine. In his work on Jewish spirituality he focuses on integrating Jewish mysticism and his experience of Buddhism.

Michaelson, Jay. *God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice*. Woodstock, VT: Jewish Lights Pub., 2007

Michaelson, Jay. *Everything Is God: The Radical Path of Nondual Judaism*. Boston: Trumpeter, 2009.

Reconstructionist rabbi Jeff Roth is the founder of Elat Chayim Jewish retreat center, which has now merged with Isabella Freedman. Having trained in insight meditation with the very Jewish Buddhist teacher Sylvia Boorstein, he has founded the Awakened heart project, an Jewish mindfulness meditation project that organizes regular retreats throughout America and Israel.

Roth, Jeff. *Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God*. Woodstock, VT: Jewish Lights Pub., 2009

Conservative Jonathan Slater was the rabbi of Sylvia Boorstein. He is one of the first rabbis who started teaching Jewish mindfulness. He serves as faculty at Makom at the JCC in New York, and at the IJS.

Slater, Jonathan P. *Mindful Jewish Living: Compassionate Practice*. New York: Aviv, 2004

Testimonies and reflections on the encounter between Judaism and Buddhism

Sylvia Boorstein is the “mother” of all contemporary attempts to integrate Buddhism and Judaism. A Buddhist teacher in the insight (Vipassana) meditation tradition and co-founder of Spirit Rock Meditation center in the San Francisco Bay area, she wrote a best-selling book on how her Buddhist practice brought her closer to her Judaism. When she started attending synagogue as a result of this as an adult, she started teaching meditation to her rabbi, Jonathan Slater, a now teacher of Jewish mindfulness. She trained many other rabbis such as Jeff Roth and Sheila Weinberg, who have evolved to become the first generation of rabbis and mindfulness meditation teachers within the Jewish tradition.

Boorstein, Sylvia. *That's Funny, You Don't Look Buddhist: On Being a Faithful Jew and a Passionate Buddhist*. San Francisco: HarperSanFrancisco, 1997.

Lew Alan, Jaffe Sherill, *One God Clapping, The spiritual path of a zen Rabbi*. New York, Kodansha, 1999.

Soketzu Norman Fischer is the former zen abbot of the San Francisco Zen Center. He cofounded Makor Or, a Jewish meditation project with his friend rabbi Alan Lew Z"l, and he is pursuing this work today.

Fischer, Norman. *Opening to You: Zen-inspired Translations of the Psalms*. New York: Viking Compass, 2002.

Tatz Akiva, Gottlieb David, *Lettres à un juif-bouddhiste*, Paris, Feldheim, 2008.

Embodied Jewish spiritual practices

Frankiel, Tamar, and Judy Greenfeld. *Minding the Temple of the Soul: Balancing Body, Mind and Spirit through Traditional Jewish Prayer, Movement and Meditation*. Woodstock, VT: Jewish Lights Pub., 1997. Print.