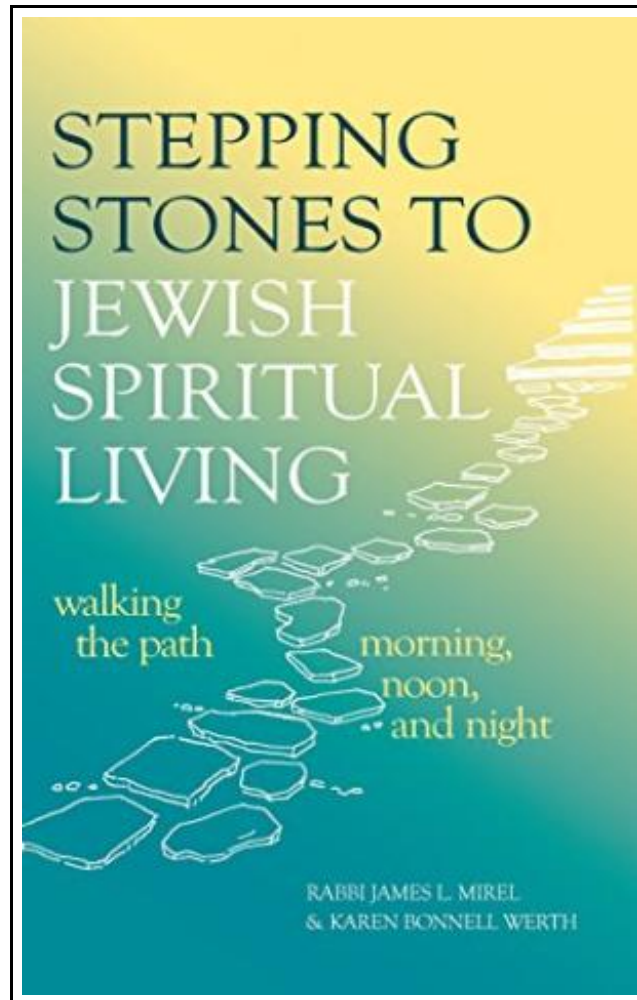


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STEPPING STONES TO JEWISH SPIRITUAL LIVING: WALKING THE PATH MORNING, NOON, AND NIGHT (HARDBACK)



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Jewish Lights Publishing, 1998. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An innovative yet practical guide to greater mindfulness that brings spirituality into our everyday lives--for any lifestyle. Judaism offers a rich tradition for the spiritual seeker: its spirituality infuses daily activities with holiness and purpose. While relating the spiritual journey to a typical day in your life, we will walk with you through brief sections that discuss Jewish thought and tradition. These are followed by sections that include methods, activities, devotions, and blessings to enrich your spiritual practice. Every page offers the reader another step, another area of focus, another perspective to bring the sacred into everyday life. --from the Introduction In every moment of each day, we have the opportunity to bring the sacred into our everyday lives. We can perform acts of mindfulness and thanksgiving that can transform our lives and help us repair the world. Stepping Stones to Jewish Spiritual Living provides spiritual activities, meditations, prayers, and simple rituals to accommodate any lifestyle and daily routine, giving us a chance to embrace God's creation throughout the day. Coauthored by a rabbi and a psychotherapist, it bridges the gap between faith and healing, tradition and innovation, acceptance of the past and transformation for the future. Chapters are arranged according to the cycle of each day--from sunrise to midnight--and feature creative new rituals, inspiring passages from traditional Jewish texts, prayers, poems, blessings, acts of kavanah (spiritual intention), and more: SunriseRenewing our bodies with meditation and mindful breathing.Morning Contributing to tikkun olam (repairing the world) by ethically pursuing our livelihoods and recognizing our social responsibility.Afternoon Giving thanks with blessings at meal times, and extending hospitality to family, friends, and community.Evening Combining study and prayer with relaxation and leisure.Night Confronting pain, loss,...

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