


# The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life

*By Rabbi David A. Cooper*

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**To nourish your spiritual self you need "rest" from your hectic life. This book shows you how to do it.**

> “Renew the soul and your perspective of daily life will completely change. It is simply a matter of taking time, slowing down, shifting mundane consciousness into realms of higher insight and giving yourself the gift of reflection and contemplation.”
> ?from the Introduction

While broad interest in Jewish meditation is a relatively new phenomenon, meditative practices have been deeply rooted in Judaism for thousands of years. Here, Rabbi David A. Cooper shows newcomers and experienced meditators alike how Jewish meditation can be an integral part of daily life, and can refresh us in our day-to-day encounters with ourselves, other people and in ritual, prayer, Torah study and our celebration of the Sabbath and other holy days.

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## Editorial Review

Review

"David Cooper skillfully helps us explore the spiritual depths of Judaism in this beautiful, informative handbook."
?**Nan Fink Gefen**, author, *Discovering Jewish Meditation*; codirector, Chochmat HaLev, a center for Jewish meditation in the San Francisco Bay Area

“Reb David helps you to pamper your soul. He shows how one may infuse one's Sabbath celebration with the conscious presence and peaceful mindfulness.”
?**Rabbi Zalman M. Schachter-Shalomi**, Aleph: Alliance for Jewish Renewal

“Weaves the strands of an ancient path into a spiritual tapestry that resonates with the heart of all religions … truly a gift of the Spirit for all times and all people.”

?**Joan Borysenko, PhD**, author of *Minding the Body, Mending the Mind*

From the Inside Flap
We’ve learned to take vacations to revitalize our bodies, but how often do we take time to refresh our souls?

In this practical guide, award-winning author Rabbi David A. Cooper reaches deep into the roots of Judaism for ways to quiet the mind and refresh the soul.

He focuses attention on ancient and modern Jewish practices and traditions, meditation exercises and contemplative study of Jewish sacred texts.

Through explanation and example, Cooper makes meditation practices accessible. He shows how busy people can deepen their own spiritual lives, and reap the rewards of greater spiritual health in their daily lives.

About the Author

**David A. Cooper** has studied mysticism for more than thirty years. His main practice has been spiritual retreats and meditation in a number of traditions, including Sufi, Vipassana, Kabbalah, Dzogchen and Zen. Cooper is the award-winning author of many books, including *The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life*; *Silence, Simplicity and Solitude: A Complete Guide to Spiritual Retreat at Home* and *Three Gates to Meditation Practice: A Personal Journey in Sufism, Buddhism, and Judaism.*

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**Concepcion Maldonado:**

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**Rachel Chaney:**

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