

## **Rabbi Zalman Schachter Shalomi Essential Teachings Modern Spiritual Masters**

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### **One River, Many Wells**

Inviting readers to embrace a common faith of deep ecumenism, a guide to the commonalities of the world's religions draws on seminal quotes, lessons, and ideas to demonstrate how each expresses a similar goal and approach to life. Original.

### **My Life in Jewish Renewal**

"Essential teachings of Rabbi Zalman Shachter-Shalomi, one of the most creative and influential Jewish spiritual teachers in the late twentieth-century"--

### **Rabbi Zalman Schachter-Shalomi**

IN THE LATE 1950's, Rabbi Zalman Schachter-Shalomi, better known as 'Reb Zalman, ' penned what was perhaps the first book on Jewish meditation and contemplative Judaism in English. It was called, *The First Step: A Primer of a Jew's Spiritual Life*, and was printed in a simple stapled booklet edition which he mailed out to friends and students. But it was not long before this humble booklet had reached readers as diverse as President Zalman Shazar of Israel and the famous author of *The Seven Storey Mountain*, Father Thomas Merton. In 1965, it was included as a chapter in the widely influential *Jewish Catalog*, and read by thousands of young Jews in the late 60s and early 70s looking for an authentically Jewish approach to meditation. Then, for many years, the booklet fell out of use until it was completely revised and updated in 1993, in a new booklet called, *Gate to the Heart: An Evolving Process*, which was again privately printed and distributed within the Jewish Renewal movement. In this expanded version, the booklet inspired a whole new generation of Jewish contemplatives looking for a manual of Jewish practice. Now, after being revised and supplemented once again, Reb Zalman's first and most personal book, the culmination of over 60 years of spiritual guidance work, is finally being published and made available to the general public. "For me, *Gate to the Heart* is the one essential book by Reb Zalman. Although there are others that go into more depth, and are more expansive on certain topics, none convey his authentic voice and brilliant creativity more than this one. It is the book that I want to carry with me at all times, a true vade mecum that one can consult again and again to renew one's spiritual practice." --- Netanel Miles-Yepez, co-author of *A Heart Afire: Stories and Teachings of the Early Hasidic Masters*"

### **Holy Beggars**

Now, more than ever, people of all backgrounds are on a quest to express their spiritual stirrings and for practical ways to incorporate the Divine into modern life. "The First Steps to a New Jewish Spirit" is an extraordinary handbook that restores psychic and physical vigor by introducing readers to new models and alternative ways of practicing Judaism.

### **The Magic of Hebrew Chant**

Kabbalah holds the secrets to a path of conscious awareness. In this compact book, noted spiritual teacher DovBer Pinson presents 32 key concepts of Kabbalah and shows their value in opening the gates of perception. From the Introduction: Simply translated, Kabbalah means "that which is received." Looking deeper, the word Kabbalah can mean to be open and receptive, to challenge one's own internal navigational system in order to see, hear, and be open to more. We must be receptive to a teaching to fully absorb it. We turn ourselves into vessels and invite within that which we wish to understand or grasp. In this way, we become receptacles, dispensaries, and a part of the Kabbalah. We become vessels of this tradition by opening the self to a higher reality, and viewing the spirit within the matter. We raise our consciousness to the point where the Divine within all creation is revealed. As we pursue a deeper awareness, we become less ego-centered and more attuned to the deeper significance of our surroundings. About the author: Rabbi DovBer Pinson heads the Iyyun Center in Brownstone Brooklyn. He has written several books, including *Inner Rhythms: The Kabbalah of Music*; *Reincarnation & Judaism: The Journey of the Soul*; *Meditation & Judaism: Exploring Meditative Paths* and *Jewish Wisdom of the Afterlife*.

### **Psalms in a Translation for Praying**

A Jewish Book Award Finalist In the tradition of *Tuesdays with Morrie* and *The Last Lecture*, New York Times bestselling author Sara Davidson met every Friday with 89-year-old Rabbi Zalman Schachter-Shalomi, the iconic founder of the Jewish Renewal movement, to discuss what he calls The December Project. "When you can feel in your cells that you're coming to the end of your tour of duty," he said, "what is the spiritual work of this time, and how do we prepare for the mystery?" Davidson, who has a seeker's heart and a skeptic's mind, jumped at the chance to spend time with him. She'd long feared that death would be a complete annihilation, while Reb Zalman felt certain that "something continues." He said he didn't want to convince her of anything. "What I want is to loosen your mind." Through their talks, he wanted to help people "not freak out about dying," and enable them to have a more heightened and grateful life. For two years, they met every week, and this is Davidson's memoir of what they learned and how they changed. Interspersed with their talks are sketches from Reb Zalman's extraordinary life. He barely escaped the Nazis, became an Orthodox rabbi in the US, was married four times and had eleven children, one from a sperm donation to a lesbian rabbi, and formed friendships with leaders of other faiths, such as Thomas Merton and the Dalai Lama. Breaking with the Orthodox, he founded the Jewish Renewal Movement to encourage people to have a direct experience of God. During their time together, Davidson was nearly killed by a suicide bomb, and Reb Zalman struggled with a steep decline in health. Together they created strategies to deal with pain and memory loss, and found tools to cultivate simplicity, fearlessness, and joy—at any age. Davidson includes twelve exercises so that readers may experience what she did—a sea change in facing what we all must face: mortality.

### **Omer/Teshuvah**

This is the second edition of Shifrah Tobacman's unique and inspirational poetic meditations for counting the Omer or turning toward a new year. These poems will open your heart and spirit! ABOUT OMER/TESHUVAH "This book invites us to breathe the air and taste the nectar of the holy, moving

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through multi-dimensional time, encountering the sacred in the daily. It can be read from one end or the other, offering for our delight, in the words of Gate 38, "a rainbow of colours, a delicious sip of possibilities"! -Professor Dr. Ibrahim Farajaje, Provost and Professor of Cultural and Islamic Studies, Starr King/Graduate Theological Union "Each of the 49 gates of wisdom through which we walk during our seven-week journey from Pesach to Shavuot, and rather innovatively also during the seven weeks leading to Rosh HaShanah, are explored with poetic depth and insight by Shifrah Tobacman. Allow these daily gems to inform and enrich your pilgrimage! You will not be disappointed!" -Rabbi Marcia Prager, Dean of Students, Aleph Ordination Programs, Author of Path of Blessing. The poetic meditations in this collection are drawn from the author's own practice of counting the Omer. The Omer is a forty-nine day period between the Jewish holiday of Pesach, which celebrates freedom, and Shavuot, a time of revelation. The practice also has agricultural origins linked to the spring harvest in ancient Israel. The communal and agricultural roots of the Omer period make it an excellent opportunity for considering our relationship to each other, to the Earth that sustains us, and to the Source of All Life that blesses our own lives each day. In 2006, author Shifrah Tobacman attended a seminar taught by Rabbi Zalman Schachter-Shalomi. He mentioned the idea of counting in a similar fashion for the seven weeks that lead up to Rosh Ha-shana, the Jewish new year. He had heard of this idea from Cantor Michael Esformes, who recommended counting down from forty-nine at this time. As Shifrah began to engage in this practice, she found herself writing these poems, which turned into meditations, and finally became the substance of this book. The meditations here are well-suited for either counting the Omer, or in preparing spiritually for a new year. Shifrah is using the term Omer/Teshuvah or Omer Teshuvah for the practice of counting down to the new year. This counting begins immediately following Tisha B'av, which commemorates the destruction of the ancient Temple in Jerusalem. The Hebrew word "teshuvah" refers to turning or returning. It is used to describe the process of soul-searching and forgiveness that Jews engage in, particularly during the High Holy Days in the Fall, and during the weeks which precede them. One of Shifrah's teachers, Rabbi Shawn Zevit, offers these thoughts on Omer/Teshuvah. "Raising up the motifs of each day and adding to our spiritual practice, this collection guides the reader from a mindset of scarcity and tentative self-realization through the sea of distraction and self-doubt to a mountain of possibility and spiritual vibrancy. Read these and help make each day count!"

### **Tanya, the Masterpiece of Hasidic Wisdom**

This fresh approach to prayer is for all who wish to appreciate the power of prayer's poetry and song, jump into its ceremonies and rituals and join the age-old conversation that Jews have had with God. Reb Zalman, one of the most important Jewish spiritual teachers in contemporary American Judaism, offers you new ways to pray, new channels for communicating with God and new opportunities to open your heart to God's response.

### **Spiritual Intimacy**

In this first book to explore photography as a spiritual practice from a Christian perspective, Christine Valters Paintner builds on the process of contemplative creativity she introduced online at Abbey of the Arts and in her book *The Artist's Rule*. She considers how a camera can help readers open "the eyes of the heart." More than a book on photographic technique, *Eyes of the Heart* is about cultivating photography as a spiritual practice. Adapting the monastic practice of *lectio divina* (sacred reading) into a form of *visio divina* (sacred seeing), spiritual director and Benedictine oblate Christine Valters Paintner invites readers to a new way of viewing the world--through the lens of a camera. Paintner guides readers through six themes connecting the medium of photography with the Christian spiritual life. Each theme provides a photographic journey in which the reader does not simply take images, but receives images and learns to see with "the eyes of the heart" (Eph 1:18). Photos by the author are included.

## **First Steps to a New Jewish Spirit**

Rabbi Zalman Schachter-Shalomi (1924-2014) lived a calling to reach and touch people in deeply spiritual, supportive, and Jewishly profound ways. Many of those alienated from the forms of Judaism familiar to them, upon encountering him, would soon enter in the renewal of Jewish spirit. He was both a sage and a renaissance person-modeling how to bridge science and spirituality, pre-war European and 21st Century Judaism, patriarchy and feminism, tradition and innovation, Jewish faith and many faiths. How did Reb Zalman engage and guide in ways that touched and transformed so many? The answers shine through these 250 vignettes written by 118 of his students and colleagues from across the spectrum of Jewish life. Prepare to be challenged and inspired by Reb Zalman's adventurous and innovative ways of connecting and guiding Jewish journeys.

## **A New Hasidism: Roots**

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## **Sacred Relationships**

"Rabbi Zalman Schachter-Shalomi is one of the most innovative and inspiring rabbis in the Jewish world today. Often considered the "grandfather of the Haverah movement" and the most influential advocate of the rapidly growing movement of Jewish Renewal, Reb Zalman (as he is known by his countless students and admirers) has earned a reputation as a courageous, profoundly spiritual contemporary master." "Jewish Renewal, as Reb Zalman explains it, is based on Kabbalah, Hasidism, and other forms of Jewish mysticism. "Jewish Renewal does not want to abandon sacred and cherished traditions," teaches Reb Zalman. Rather, the "paradigm shift" advocates of Jewish Renewal call for asks that we recognize - as we have in the past - that there are newly emerging ways of looking at reality. Just as humankind had to adjust to the knowledge that the earth is not the center of the universe, so too do we today have to recognize that our understanding of our world has undergone significant change. Reb Zalman teaches that we must let go of the old paradigms rather than cling to these obsolete ways of thinking. In this book, Reb Zalman Schachter-Shalomi offers what he calls "the journey of my own recontextualization of Judaism as helped by Jewish mysticism."" "Reb Zalman points out that Judaism has undergone several "paradigm shifts" throughout its long history, such as the period after the destruction of the First and Second Temples, when, as Reb Zalman explains, "all of our practice and belief had to be reframed." Paradigm Shift: From the Jewish Renewal Teachings of Reb Zalman Schachter-Shalomi, in addition to being a record of the major teachings of Reb Zalman over the past thirty years, is a call for Jewish renewal once again. A passionate teacher of kabbalistic tradition, Reb Zalman offers a unique blend of Jewish mystical ideas as they encounter the forces and sensibilities of today." "A book of great power and profundity, Paradigm Shift is one of the most creative and inspiring volumes to be published in years."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

## **Do Not Go Quietly**

A study of the importance of psychedelic plants and drugs in religion and society • With contributions by Albert Hofmann, R. Gordon Wasson, Jack Kornfield, Terence McKenna, the Shulgins, Rick Strassman, and others • Explores the importance of academic and religious freedom in the study of psychedelics and the mind • Exposes the need for an organized spiritual context for entheogen use in order to fully realize their transformative and sacred value We live in a time when a great many voices are calling for a spiritual renewal to address the problems that face humanity, yet the way of

entheogens--one of the oldest and most widespread means of attaining a religious experience--is forbidden, surrounded by controversy and misunderstanding. Widely employed in traditional shamanic societies, entheogens figure prominently in the origins of religion and their use continues today throughout the world. They alter consciousness in such a profound way that, depending on the set and setting, they can produce the ultimate human experiences: union with God or revelation of other mystical realities. With contributions by Albert Hofmann, Terence McKenna, Ann and Alexander Shulgin, Thomas Riedlinger, Dale Pendell, and Rick Strassman as well as interviews with R. Gordon Wasson and Jack Kornfield, this book explores ancient and modern uses of psychedelic drugs, emphasizing the complementary relationship between science and mystical experience and the importance of psychedelics to the future of religion and society. Revealing the mystical-religious possibilities of substances such as psilocybin mushrooms, mescaline, and LSD, this book exposes the vital need for developing an organized spiritual context for their use in order to fully realize their transformative and sacred value. Stressing the importance of academic and religious freedom, the authors call for a revival of scientific and religious inquiry into entheogens so they may be used safely and legally by those seeking to cultivate their spiritual awareness.

### **Sacred Therapy**

While accompanying eight high-spirited Jewish delegates to Dharamsala, India, for a historic Buddhist-Jewish dialogue with the Dalai Lama, poet Rodger Kamenetz comes to understand the convergence of Buddhist and Jewish thought. Along the way he encounters Ram Dass and Richard Gere, and dialogues with leading rabbis and Jewish thinkers, including Zalman Schacter, Yitz and Blue Greenberg, and a host of religious and disaffected Jews and Jewish Buddhists. This amazing journey through Tibetan Buddhism and Judaism leads Kamenetz to a renewed appreciation of his living Jewish roots.

### **James Martin**

The wisdom of Jewish spirituality and mysticism can be a companion for your own spiritual journey. Tanya, "It Was Taught," is one of the most powerful and potentially transformative books of Jewish wisdom. Written in 1797 by Rabbi Schneur Zalman of Liadi, the founder of Chabad Hasidism, Tanya sets forth the fundamentals of Jewish spirituality and mysticism. While a focus of daily study by tens of thousands of Hasidic Jews, Tanya is little known outside the world of Jewish mysticism. Until now, its kabbalistic terms and esoteric language have made this essential text of Jewish spirituality inaccessible to most readers. In this engaging volume, Rabbi Rami Shapiro offers a contemporary English translation of key selections of Tanya coupled with commentary designed to clarify and amplify the wisdom it contains. He also outlines the philosophical and spiritual framework on which Tanya is based--God's nonduality; the 3ve dimensions of reality and their corresponding intelligences (body, heart, mind, soul, and spirit); the purpose of mitzvot, the practices of Jewish life, as catalysts to God realization and the hallowing of all life through godliness--to help you understand the selected Tanya translations in a way that enhances your own spiritual development. Now you can benefit from the wisdom of Tanya even if you have no previous knowledge of Judaism or Hebrew terminology. This SkyLight Illuminations edition presents the core teachings of Tanya, with insightful yet unobtrusive commentary that will deepen your understanding of the soul and how it relates to and manifests the Divine Source from which all life comes, in which all life lives and to which all life returns.

### **Entheogens and the Future of Religion**

Rabbi Shefa Gold, beloved teacher of chant, Jewish mysticism, prayer and spirituality, introduces you to

## Read Free Rabbi Zalman Schachter Shalomi Essential Teachings Modern Spiritual Masters

this transformative spiritual practice as a way to unlock the power of sacred texts and take prayer and meditation into the delight of your life.

### **Thirty-two Gates of Wisdom**

The 1960s San Francisco spiritual revolution - a view from inside. Memoir about a spiritual teacher and a student in 1960s San Francisco, a colorful cast - including Rabbi Shlomo Carlebach, Timothy Leary, Richard Alpert, Allen Ginsburg, Murshid Samuel Lewis ("Sufi Sam"), Swami Satchidananda, Ajari Warwick, Rabbi Zalman Shalomi Schachter, and many more - and lives that were changed forever. Aryae Coopersmith, a 22-year old college student in 1960s San Francisco, meets the charismatic rabbi and folk singer Rabbi Shlomo Carlebach and decides to start a community for him. He rents a house and moves in with his best friends. Before long they find themselves - and their house - at the center of the San Francisco spiritual revolution as thousands of young people - Jews, Christians, Buddhists, Sufis, and followers of countless gurus - flood in through their doors. Giving concerts to packed halls all over the world, Shlomo is recognized as Judaism's most influential musician, and one of its greatest spiritual leaders, of the late 20th century. Their house - the House of Love and Prayer - becomes an historic part of the legend of 1960s San Francisco. Aryae and his fellow students who are running other spiritual communities bring their teachers and gurus together to create a big San Francisco event - the Meeting of the Ways - to celebrate the oneness of the world's spiritual traditions and all the world's people. Aryae's best friends Efraim and Leah leave San Francisco and head to Jerusalem, where they become ultra-Orthodox Hasidim. Many others from the "House" follow. Aryae stays behind and settles into a secular life as a Silicon Valley business owner. After Shlomo dies, Aryae feels compelled to tell the story. To try to understand the lives of his old friends and pull together the scattered fragments of his own, he travels to Jerusalem. This profoundly moving memoir tells a story of grace, loss, redemption, and ultimately of acceptance. It invites us to reflect on how the 1960s spiritual revolution - with its vision of the oneness of us all - has impacted each of our lives.

### **The Gates of Prayer**

An indispensable resource to embodied spirituality reveals how to experience God rather than just engage God as an idea, sharing physical exercises, meditation practices, and visualization activities that will join body and spirit. Original.

### **Everything Is God**

Once, when Rabbi Zalman Schachter-Shalomi was still a young Hillel director, he took his students to meet the seventh Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson (1902-1994). To his embarrassment, one of his students asked the Rebbe, "What is a rebbe good for?" But the Rebbe was not offended and offered this amazing response: "I can't speak about myself; but I can tell you about my own rebbe. For me, my rebbe was the geologist of the soul. You see, there are so many treasurers in the earth. There is gold, there is silver, and there are diamonds. But if you don't know where to dig, you'll only find dirt and rocks and mud. The rebbe can tell you where to dig, and what to dig for, but the digging you must do yourself." In this amazing series of talks, Rabbi Zalman Schachter-Shalomi, the founder of the Jewish Renewal movement and one of the world's leading authorities on Hasidism, discusses Jewish spiritual leadership from the perspective of the Hasidic Rebbe, applying traditional Hasidic models and teachings to contemporary situations. He covers issues of identity for spiritual leaders, the teacher-student relationship, spiritual guidance and intercessory prayer. Anyone who is deeply involved in Jewish spiritual leadership, or a student of Hasidic models of leadership, will find a wealth of valuable information in these informal talks on the subject.

## **The December Project**

Our past does not simply disappear. The painful history of our ancestors and their rich cultural wisdom intertwine within us to create the patterns of our future. Even when past trauma remains unspoken or has long been forgotten, it becomes part of us and our children—a legacy of both strength and woundedness that shapes our lives. In this book, Tirzah Firestone brings to life the profound impact of protracted historical trauma through the compelling narratives of Israeli terror victims, Holocaust survivors, and those whose lives were marred by racial persecution and displacement. The tragic story of Firestone's own family lays the groundwork for these revealing testimonies of recovery, forgiveness, and moral leadership. Throughout, Firestone interweaves their voices with neuroscientific and psychological findings, as well as relevant and inspiring Jewish teachings. Seven principles emerge from these wise narratives—powerful prescriptive tools that speak to anyone dealing with the effects of past injury. At the broadest level, these principles are directives for staying morally awake in a world rife with terror.

## **Dancing in God's Earthquake**

Winner of 9 national book awards, *Do Not Go Quietly* is an inspiring call to action and guide to a life of greater meaning, consciousness, and passion for those "who weren't born yesterday"--GenXers, Boomers, and Elders. It also speaks honestly and eloquently to those under 40 who want to better navigate the path ahead and better understand the world for which they will soon be responsible. It reminds us all that when we turn away from what we are passionate about, we dim the light of our intellect, depress our energies, diminish our health, and prevent ourselves from achieving the very thing we came here to this earth to accomplish--living the lives we were born to live. So, if you are in, or are approaching the second half of life, this book invites you to take the matter of how and why you live back into your own hands. It encourages you to use the tremendous power and resources available to you to ensure that you do not slip quietly and meekly into the background, but instead live your life with the dignity, purpose, and quality of experience you deserve.

## **Wounds into Wisdom**

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on a mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life. In this inspiring and informative guide, Reb Zalman shares his wisdom and experience with readers. He shows readers how to create an aging process for themselves that is full of adventure, passion, mystery, and fulfillment, rather than anxiety. Using scientific research--both neurological and psychological-- Reb Zalman offers techniques that will expand horizons beyond the narrow view of "the present" into a grand and enduring eternity. By harnessing the power of the spirit, as well as explaining exactly how to become a sage in their own community, he gives readers a helpful and moving way to use their own experiences to nurture, heal, and perhaps even save a younger generation from the prison of how we typically regard aging. In this updated version of his popular book, Reb Zalman has added a brand new introductory chapter that provides insight into the shifts that have taken place in our culture since the first edition of this book came out in the 1990s. He speaks about the role the 78 million (now aging) Baby Boomers are currently playing in how we think about aging. Additionally he provides new inspiring ideas about the importance of an elder's role in shaping society, and explains how elders can embrace the power they have to provide value and wisdom to those around them.

## **The Geologist of the Soul**

This exploration of the radical, yet ancient, idea that everything and everyone is God will transform how you understand your life and the nature of religion itself. While God is conventionally viewed as an entity separate from us, there are some Jews—Kabbalists, Hasidim, and their modern-day heirs—who assert that God is not separate from us at all. In this nondual view, everyone and everything manifests God. For centuries a closely guarded secret of Kabbalah, nondual Judaism is a radical reorientation of religious life that is increasingly influencing mainstream Judaism today. Writer and scholar Jay Michaelson presents a wide-ranging and compelling explanation of nondual Judaism: what it is, its traditional and contemporary sources, its historical roots and philosophical significance, how it compares to nondual Buddhism and Hinduism, and how it is lived in practice. He explains what this mystical nondual view means in our daily ego-centered lives, for our communities, and for the future of Judaism.

## **Sacred & Delicious**

Rabbi Michael Barclay explores several books of the Bible as related works, collectively characterizing them as the earliest self-help books for creating and sustaining human relationships. He demonstrates how they can help anyone have a personal, direct and intimate encounter with God in every relationship and moment of life.

## **Credo of a Modern Kabbalist**

"Essential teachings of Rabbi Zalman Shachter-Shalomi, one of the most creative and influential Jewish spiritual teachers in the late twentieth-century"--

## **Reb Zalman Gathers Figs**

A powerful memoir chronicling the life of one of America's most celebrated rabbis—from his youth in the shadows of the Nazis through the tumultuous 1960's in America to his position as a renowned religious leader today. Reflecting Reb Zalman's warm, endearing personality, this book brings together his dynamic life story for the first time.

## **God in Your Body**

## **God vs. Gay?**

"In a time of great changes in culture and consciousness, ancient biblical wisdom may reveal new meanings and points the way toward spiritual and social renewal"--

## **Wrapped in a Holy Flame**

This book reveals an unfolding, ongoing process of creation and the mystery of life with a fresh outlook. It elaborates on essential topics such as health, education, sex and religion, helping us to apply their knowledge to our lives. This message is a true gift, for one feels showered with love upon reading it. It has the power to transform our live and to help us to create a time of living in Unity.

## **From Age-ing to Sage-ing**

An internationally recognized scholar and theologian shares a Jewish mysticism for our times Judaism, one of the world's great spiritual traditions, is not addressed to Jews alone. In this masterful book, Arthur Green calls out to seekers of all sorts, offering a universal response to the eternal human questions of who we are, why we exist, where we are going, and how to live. Drawing on over half a century as a Jewish seeker and teacher, he shows us a Judaism that cultivates the life of the spirit, that inspires an inward journey leading precisely toward self-transcendence, to an awareness of the universal Self in whose presence we exist. As a neo-hasidic seeker, he is both devotional and boldly questioning in his understanding of God and tradition. Engaging with the mystical sources, he translates the insights of the Hasidic masters into a new religious language accessible to all those eager to build an inner life and a human society that treasures the divine spark in each person and throughout Creation.

### **The Eyes of the Heart**

Does the Bible prohibit homosexuality? No, says Bible scholar and activist Jay Michaelson. But not only that: Michaelson also shows that the vast majority of our shared religious traditions support the full equality and dignity of LGBT people. In this accessible, passionate, and provocative book, Michaelson argues for equality, not despite religion but because of it. From the Hardcover edition.

### **Gate to the Heart**

Rabbi Zalman Schachter-Shalomi is one of the most important, significant, and influential contemporary Jewish teachers and thinkers. A beloved figure in the larger movement for renewal in Jewish practice, Reb Zalman is the inspiration behind the Jewish Renewal movement and its organization, ALEPH. In the present book, Dana Densmore brings to light an unpublished and nearly unknown set of teachings based on readings of the Torah, which is the sole sustained example of Schachter-Shalomi's approach to scriptural interpretation, published or unpublished. Densmore has selected and transcribed portions of this work, and provided a commentary and extensive notes. In a final section, Densmore develops the claim that the sort of re-visioning exemplified in these teachings is not only the way Judaism has always worked with its Biblical inheritance but that this sort of process is the key to Judaism's survival and continued vitality through the ages."

### **Judaism for the World**

Making Judaism relevant and crucially significant for this age requires a reformatting that increases its value to its adherents while working in conscious harmony with global and universal concerns.

### **Rabbi Zalman Schachter-Shalomi**

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### **The Jew in the Lotus**

This ground-breaking presentation of Neo-Hasidic philosophy gathers and analyzes the writings of its progenitors: five great twentieth-century European and American Jewish thinkers—Hillel Zeitlin, Martin Buber, Abraham Joshua Heschel, Shlomo Carlebach, and Zalman Schachter-Shalomi—along with a young Arthur Green.

### **God Speaks Here and Now**

## Read Free Rabbi Zalman Schachter Shalomi Essential Teachings Modern Spiritual Masters

"When I was studying in the Lubavitcher yeshiva, one evening, we had a farbrengen, a celebration with the older Hasidim who were teaching us. And at one point, one of them started to give us a hard time about not going deeply enough into our davvenen, into our prayer. So I took a tumbler full of schnapps, said, 'L'Hayyim!' and drank it all down. Then I turned to them and said, 'How could you blame us for not going deep into contemplative prayer when you have never shared with us what goes on inside of you when you pray?' 'Immediately, some of them took umbrage at this, saying, 'How dare you ask such a question?' and then chewed me out. But Rabbi Avraham Pariz spoke up and said: 'You know, he's right. He needs to hear about what goes on inside.' Then Reb Avraham took a big tumbler-full of schnapps and drank it down and said, 'L'Hayyim!' Then he went inside himself and delivered an inner commentary on the traditional morning prayer and took us into his own inner world of sacred enchantment. But when he came to the threshold of the silent Amidah, he said, 'From here on is a private matter between God and me.' "When people ask me to repeat what Reb Avraham said, I have to confess that I cannot repeat his words. I so internalized them at that time that they have now become integral to my own prayer. The best I can do is share with you some of what I have learned in my own life about deep prayer, for which, what I learned that evening is the foundation. What you are about to read is my own telling of some of the things that are happening to me when I am involved in prayer before the living God." --- Zalman Schachter-Shalomi.

### **When Oceans Merge**

Sacred & Delicious is an award-winning vegetarian cookbook, a primer on Ayurveda (India's ancient wellness system), and a gorgeous food memoir that celebrates the healing power of food. Author Lisa Mitchell writes inspiring and clear prose about the power of the Ayurvedic system to sustain good health and reverse chronic health problems, recounting her own recovery. The book includes 108 recipes and more than 60 full-page color photos. Most of the dishes include vegan options, and all but two are gluten-free. Only ten of the recipes reflect traditional Indian cooking. The rest demonstrate how to apply the balancing principles of Ayurveda and the creative (yet subtle) use of spices to modern Western cuisines that many Westerners prefer. Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice. Traditional blessings for food from various cultures are sprinkled throughout the book. In April 2019, Sacred & Delicious won silver medals in two prestigious book industry awards competitions: the IBPA Benjamin Franklin Awards (in the Body, Mind, Spirit category) and the Nautilus Awards (in the Food, Cooking, and Healthy Eating category). It also won the cookbook category in the Body, Mind, Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards (to be announced in June).

### **Davening**

This definitive edition of "Reb Zalman's" Psalms in a Translation for Praying is a contemporary translation like no other. It has been written and refined over a lifetime for all --Jewish, Christian, and unaffiliated--who wish to use the Psalms as a conduit for their conversation with God. In the Preface, Reb Zalman writes: There are many translations of the Psalms available. Why bother to translate them again, and in this manner? In my work with liturgy, I found that when a version was overly faithful to the Hebrew, it was good for studying. If it was sonorous and high sounding, it was good for ceremony and high ritual. But to render the Psalms as personal prayers, a more direct and more heart-connected version would be better. Since my affiliation with Hassidism, I have recited Psalms as prayers-at times for intercession for others, and at times because I needed to pour out my heart to the Living God. I have not translated all of the 150 Psalms; in particular, I omitted those that troubled me with their demands for revenge. I can understand-even feel-the hurt, anger and frustration of parents whose children were brutally killed by the Babylonians-and others. But, at times when our children are attacked on a school

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bus, I don't want to recite those Psalms without some way of expressing the pain differently. In others that I did translate, I altered the sense, shifting from focus on sinners to focus on sin. Here, I did not try to smooth over the vindictive passages. Better to tell them to God and let Him/Her be the God of Vengeance, than for us to take retaliation in our own hands. We need to open our heart to God, and if in the heart is pain-well, that, also, is what the Psalms are made to express. The Hebrew words are very elastic for one who prays and meditates on them. They accommodate not only the simple manifest meaning of the p'shat/literal words, but also meaning in deeper and higher layers of significance. At times I have changed the sentence order to fit the deeper meaning. In particular, often the "enemies" are not on the outside. Those who have wrestled with recalcitrant habits and addictions know that in their own guts. Those who have chafed under abusive bosses and family members need to have a caring friend who hears our sighs and offers compassion- Whom have I in Heaven but You and besides You I do not yearn for anyone on earth. Yet I am still with You, You have held onto my right hand. In reproving and supporting me, You comfort me. The range of human experience that the Psalms give expression to is the glory of this book. What the Five Books of Moses demand of us, the five books of the Psalms help us to deliver.

### **Paradigm Shift**

In Sacred Therapy Estelle Frankel travels to the heart of Jewish mysticism to reveal how people of any faith can draw upon this rich body of teachings to gain wisdom, clarity, and a deeper sense of meaning in the midst of modern life. In an engaging and accessible style, Frankel brings together tales and teachings from the Bible, the Talmud, Kabbalah, and the Hasidic traditions as well as evocative case studies and stories from her own life to create an original, inspirational guide to emotional healing and spiritual growth.

### **Wisdom from Reb Zalman**

This is a book about the intersection of Sufi and Hasidic wisdom as gleaned from the lives and teachings of Rabbi Zalman Schachter-Shalomi, the founder of the Jewish Renewal Movement and Pir Vilayat Khan, the head and spiritual director of the Sufi Order of the West. The foreword is by Netanel Miles-Yépez who is one of the founders of the Adam Kadmon Book imprint as well as a Pir and founder of a Jewish-Sufi lineage which was blessed and inspired by Reb Zalman and Pir Vilayat. Reb Zalman and Pir Vilayat knew and held each other in the highest regard while still living. Indeed they were initiated into each other's spiritual community. More than anything, this book shows how a deep spirituality can be developed that is rooted in religious tradition but transcends it.

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