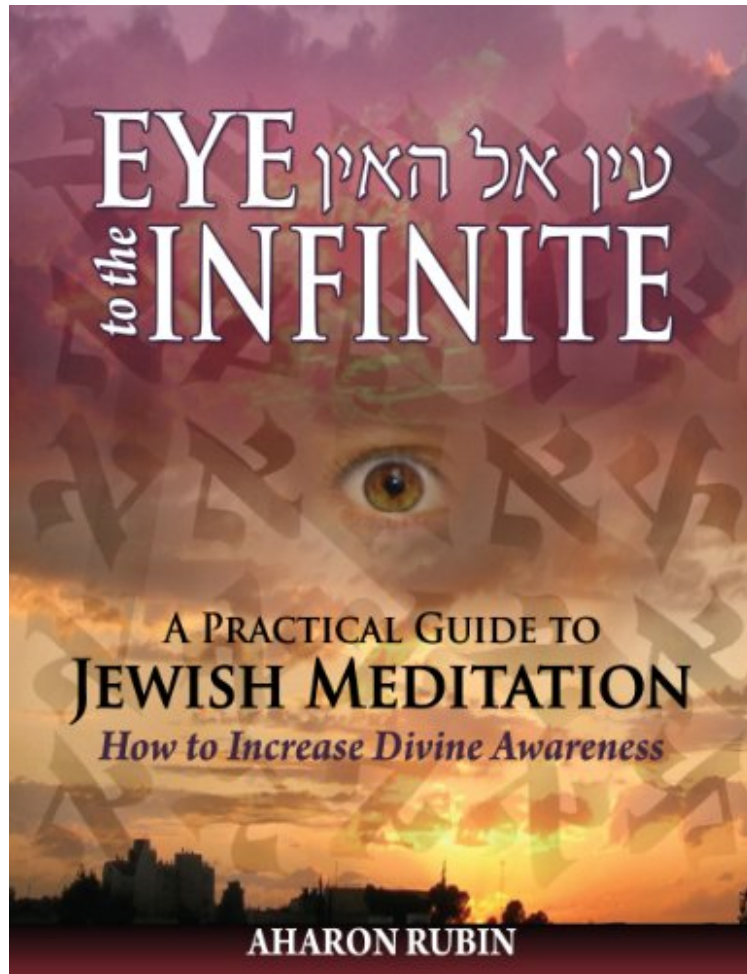


[Ebook free] Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness (English Edition)

## Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness (English Edition)

Von Aharon Rubin

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**Von Aharon Rubin : Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Excellent! Von Amaryllis Eye to the infinite is a concise book on Jewish meditation. In the first half, the author describes what Jewish meditation is, how it is used, what is to be taken care of and gives an intelligent insight into the theoretical background to spiritual awakening and growth. This is done in a gentle and guiding tone that underlies the

entire beautifully written book. The book makes one feel as if listening to a wise friend, hence, feeling very connected, in a down to earth way, yet it transports one to a rarified level of thought and awareness. Different to other books about Jewish meditation that have been published, this book deals with spiritual growth through focusing on the mystical level itself. In the second half of the book, the author shares 13 astonishing and perfect meditations. They are arranged almost like poems or prayers, so that the reader can follow along the words and be able to go through the mediation without being disturbed by too much text or explanation. This book is ideal for both the novice, who immediately is set on a new path of knowledge and awareness, and those experienced in meditational practices, and is kosher for Jewish people from different backgrounds, having been approved by major Rabbonim (approbations included in introduction of book). It does not replace the books on Jewish meditation already available, but complements them. To my knowledge it is the only one that provides guided meditations in such a clear and open way. Anyone that has enjoyed the meditation books by Rabbi Arye Kaplan, as for example "Jewish Meditation - A Practical Guide", will love this excellent work.

Kurzbeschreibung Have you ever wondered about Jewish Meditation? Is there an authentic Jewish system? Is it still practised today? How different is the Jewish system from the Eastern practices? These questions and more are explored in a unique meditation handbook called 'Eye to The Infinite'. In over eighteen chapters, the author takes us on a guided tour through the how, why, when of Jewish meditation, and then gives treats us with a delightful presentation of thirteen life-changing meditation exercises adapted from the ancient and classical texts of Kabbalah and Jewish theology. At last, genuine Jewish meditations easily accessible, with clear, step-by-step instructions, enabling student, layman and scholar alike to derive immediate benefit from a hands-on spiritual manual.

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