

# Day Of Blessings Traditional Jewish Morning Bless

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Jewish Faqs - Rabbi Daniel Kohn 2009-09-04

Many people turn to the Internet when they have questions about anything including Judaism. Spiritual searchers today are no different. The profusion of Web sites, online forums, and e-mail discussion groups devoted to Judaism provides ample testimony to the need and desire for nearly instantaneous access to spiritual information and guidance. In our modern technology focused society today, America Onlines Ask a Rabbi service was an instant hit the moment it was introduced over a decade ago. As an original volunteer for this service for eight years, Rabbi Kohn answered over 1,300 questions about every imaginable Jewish topic ranging from anti-Semitism, sex, God, Jewish holidays, death, Kabbalah, Kashrut, prayer, spirituality, and much more. Rabbi Kohns answers are short and concise, answering the questions directly often with humor but always with feeling. Jewish FAQs is a selection of nearly 300 of the best, most interesting, and informative questions and answers similar to a Web sites Jewish FAQ (frequently asked questions). A FAQ is a file containing the essential questions and answers to help users find and understand a Web site. Jewish FAQs is similar because it provides a basic introduction to anything and everything related to Jewish life all in one place. So if you have a question about Judaism, whether youre young or old, Internet savvy or a dyed-in-the-wool print-and-paper reader, chances are, youll find the answer here in Jewish FAQs.

Judaism For Dummies - Ted Falcon 2019-08-08

Your plain-English guide to Judaism Whether you're interested in the religion or the spirituality, the culture or the ethnic traditions, Judaism For Dummies explores the full spectrum of Judaism, dipping into the mystical, meditative, and spiritual depth of the faith and the practice. In this warm and welcoming book, you'll find coverage of: Orthodox Jews and breakaway denominations; Judaism as a daily practice; the food and fabric of Judaism; Jewish wedding ceremonies; celebrations and holy days; 4,000 years of pain, sadness, triumph, and joy; great Jewish thinkers and historical celebrities; and much more. Updates to the "recent history" section with discussions of what has happened in the first decade of the twenty-first century including: the expansion of orthodox political power in Israel; expansion of interfaith work; unfortunate recent anti-Semitic events; and other news Expanded coverage of Jewish mysticism and meditation, which has become increasingly popular in recent years New coverage on Jewish views of morality, including birth control, homosexuality, and environmental concerns Revised recipes for traditional Jewish cooking, updated key vocabulary, and Yiddish phrases everyone should know Jews have long spread out to the corners of the world, so there are significant Jewish communities on many continents. Judaism For Dummies offers a glimpse into the rituals, ideas, and terms that are woven into the history and everyday lives of Jewish people as near as our own neighborhoods and as far-reaching as across the world. Judaism For Dummies (9781119643074) was previously published as Judaism For Dummies (9781118407516). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product.

A Rich Brew - Shachar M. Pinsker 2018-05-15

Finalist, 2018 National Jewish Book Award for Modern Jewish Thought and Experience, presented by the Jewish Book Council A fascinating glimpse into the world of the coffeehouse and its role in shaping modern Jewish culture Unlike the synagogue, the house of study, the community center, or the Jewish deli, the café is rarely considered a Jewish space. Yet, coffeehouses profoundly influenced the creation of modern Jewish

culture from the mid-nineteenth to mid-twentieth centuries. With roots stemming from the Ottoman Empire, the coffeehouse and its drinks gained increasing popularity in Europe. The "otherness," and the mix of the national and transnational characteristics of the coffeehouse perhaps explains why many of these cafés were owned by Jews, why Jews became their most devoted habitués, and how cafés acquired associations with Jewishness. Examining the convergence of cafés, their urban milieu, and Jewish creativity, Shachar M. Pinsker argues that cafés anchored a silk road of modern Jewish culture. He uncovers a network of interconnected cafés that were central to the modern Jewish experience in a time of migration and urbanization, from Odessa, Warsaw, Vienna, and Berlin to New York City and Tel Aviv. A Rich Brew explores the Jewish culture created in these social spaces, drawing on a vivid collection of newspaper articles, memoirs, archival documents, photographs, caricatures, and artwork, as well as stories, novels, and poems in many languages set in cafés. Pinsker shows how Jewish modernity was born in the café, nourished, and sent out into the world by way of print, politics, literature, art, and theater. What was experienced and created in the space of the coffeehouse touched thousands who read, saw, and imbibed a modern culture that redefined what it meant to be a Jew in the world.

Hidden Circles in the Web - Constance Wise 2008-05-16

In Hidden Circles in the Web, scholar and Feminist Wiccan practitioner Constance Wise explores the growing and mysterious Pagan tradition of Feminist Wicca through the lens of process thought.

Hidden Circles in the Web - Jonathan Sacks 1998

The Bible and the Dead Sea Scrolls: Scripture and the scrolls - James H. Charlesworth 2006

The recovery of 800 documents in the eleven caves on the northwest shores of the Dead Sea is one of the most sensational archeological discoveries in the Holy Land to date. These three volumes, the very best of critical scholarship, demonstrate in detail how the scrolls have revolutionized our knowledge of the text of the Bible, the character of Second Temple Judaism, and the Jewish beginnings of Christianity.

The Happiness Prayer - Evan Moffic 2017-09-12

At age 30 Evan Moffic became the leader of a large congregation. He had great success. But he couldn't find happiness. Then he found a 2000-year-old prayer. In it were hidden elements of Jewish wisdom. They became a part of his life and those of his congregation and transformed them and him. What if we had a clear path to follow when life disappointed us? What if we had a time-tested guide for a life of deeper meaning and happiness? That is what Rabbi Moffic discovered in an ancient Jewish prayer. Based on ten practices any person can follow, the prayer has helped thousands of people-couples, teenagers, empty nesters struggling with loss, divorce, and ruptured relationships-find renewed meaning and purpose in their lives. Moffic discovered the power of the prayer when he was called to become the youngest rabbi to lead a large US synagogue at just thirty years of age. The prayer became his guidepost, providing him with the wisdom to lead beyond his years. By incorporating the power of this prayer into his life and using it to guide his congregation and community, he became known as "the smiling rabbi." In the tradition of Rabbi Harold Kushner, Rabbi Evan Moffic opens up the Jewish wisdom tradition with insights for today. Drawing from interactions with thousands of congregants, as well as his own experience; relating stories of real people; providing accessible commentary from contemporary psychologists; and sprinkling in warm humor, this

rabbi of a new generation reveals the means and meaning of joyous living that will appeal to everyone.

**The Jewish Encyclopedia** - Isidore Singer 1907

**On the Origin of Diversity** - Robin McMahon 2011

McMahon looks at what the future is for diversity and our species in particular, in his book which celebrates our evolution since our emergence as a species as described in Charles Darwin's 'On the Origin of Species'.

**The Art of Blessing the Day** - Marge Piercy 2013-08-07

Winner of the 2000 Paterson Poetry Prize About Marge Piercy's collection of her old and new poems that celebrate the Jewish experience, the poet Lyn Lifshin writes: "The Art of Blessing the Day is an exquisite book. The whole collection is strong, passionate, and poignant, but the mother and daughter poems, fierce and emotional, with their intense ambivalence, pain and joy, themes of separation and reconnecting, are among the very strongest about that difficult relationship. "These striking, original, beautifully sensuous poems do just that. Ordinary moments--a sunset, a walk, a private religious ritual--are so alive in poems like 'Shabbat moment' and 'Rosh Hodesh.' In the same way that she celebrates ordinary moments, small things become charged with memories and feelings: paper snowflakes, buttons, one bird, a bottle-cap flower made from a ginger ale top and crystal beads. "She celebrates the body in rollicking, gusto-filled poems like 'Belly good' and 'The chuppah,' where 'our bodies open their portals wide.' So much that is richly sensuous: 'hands that caressed you, . . . untied the knot of pleasure and loosened your flesh till it fluttered,' and lush praise for 'life in our spines, our throats, our knees, our genitals, our brains, our tongues.' "I love the humor in poems like 'Eat fruit,' the nostalgia and joy in 'The rabbi's granddaughter and the Christmas tree,' the fresh, beautiful images of nature--'In winter . . . the sun hangs its wizened rosehip in the oaks.' "I admire Piercy's sense of the past alive in the present, in personal and social history. The poems are memorials, like the yahrtzeit candle in a glass. 'We lose and we go on losing,' but the poems are never far from harsh joy, the joy that is 'the wine of life.' "Growing up haunted by Holocaust ghosts is an echo throughout the book, and some of the strongest poems are about the Holocaust, poems that become the voices of those who had no voice: 'What you carry in your blood is us, the books we did not write, music we could not make, a world gone from gristle to smoke, only as real now as words can make it.' "Marge Piercy's words make such a moving variety of experiences beautifully and forcefully real."

**Streaming Light** - Chaya Rosen 2013-01-01

A few people took the time to write about this amazing journey as you will see through the Preface, Foreword and 'About the Book' writing, as well as, the back cover of this masterpiece. As you read exquisite and meaningful words, you will see why. Chaya has a magical spirituality to her writing of poetry and brings forth her penmanship in a unique and brilliant way. She finds her way from her birth during the Holocaust and takes us on a journey through her coming through life and "Light." As you turn the pages carefully, inner most feelings held inside are brought to the surface, for this is where Rosen has been and the journey she has taken.

**Secrecy and Deceit** - David Martin Gitlitz 2002

Secrecy and Deceit documents the religious customs of the Iberian Jews who converted to Catholicism, largely under duress, in the fourteenth and fifteenth centuries. Although many of the converts quickly melded into the Catholic mainstream, thousands of others and their descendents strove to preserve their Jewish culture despite the efforts of the Inquisition to suppress them. The book details crypto-Jewish culture in Spain, Portugal, and their American colonies, principally Mexico, Peru, and Brazil. The author uses Inquisition records, chronicles, rabbinical rulings, letters, eyewitness accounts, religious books, and other historical documents to give the most thorough and accurate picture of crypto-Jews ever cataloged. This book raises questions about living outside a Jewish community and what happens to religions of approximation.

**The Blessing Of A Skinned Knee** - Wendy Mogel 2008-12-02

Provides parents with advice on using Jewish teachings from the Torah and Talmud to overcome struggles with raising children, nurture strengths and uniqueness, and encourage respectfulness towards their parents and others.

**Returning to Tradition** - M. Herbert Danzger 1989-04-26

An outstanding book, original, well written, and incisive. It will become the point of departure for all other research in the area.-William B. Helmreich, author of The World of the Yeshiva Danzger's volume treats a subject that is both fascinating and complex. Especially noteworthy is his exploration of an inclusionary strain in Orthodox Jewish life that is often overlooked by sociologists and other contemporary observers.-Norman Lamm, Yeshiva University The issues raised in this book are critical for our times.-Rabbi Shlomo Riskin, Founding Rabbi, Lincoln Square Synagogue In a clear and lucid style, he examines the reasons for return, the schools established by Orthodox Judaism to deal with this return, and the values and conflicts thus engendered.-Library Journal If one were to select the most important of the books on baalei teshuvah, 'returnees to Judaism, ' the choice would clearly be Danzger's Returning to Tradition. This book goes far beyond the work of Janet Aviad and others. It offers the reader a clear, unified, and comprehensive approach to understanding the world of the baal teshuvah.It is based on many years of careful research into that community, both in Israel and in the United States. The author is intimately familiar with the ins and outs of the group he has chosen to study. He knows where they hang out, what their problems are, and the diversity of backgrounds from which they originate...First rate.-William B. Helmreich, American Jewish Histor

**Sefer Ha-berakhot** - Marcia Falk 1999

A collection of blessings, poems, meditations, and rituals presented in English and Hebrew offers a traditional perspective to weekday, Sabbath, and New Moon festival observances

1922 - ספרים ייחודיים

ספרים ייחודיים - Elyse D. Frishman 2007

**Reading with Feeling** - Fiona C. Black 2019-11-20

Essays with a methodological and metacritical focus The psychological approach known as affect theory focuses on bodily feelings—depression, happiness, disgust, love—and can illuminate both texts and their interpretations. In this collection of essays scholars break new ground in biblical interpretation by deploying a range of affect-theoretical approaches in their interpretations of texts. Contributors direct their attention to the political, social, and cultural formation of emotion and other precognitive forces as a corrective to more traditional historical-critical methods and postmodern approaches. The inclusion of response essays results in a rich transdisciplinary dialog, with, for example, history, classics, and philosophy. Fiona C. Black, Amy C. Cottrill, Rhiannon Graybill, Jennifer L. Koosed, Joseph Marchal, Robert Seesengood, Ken Stone, and Jay Twomey engage a range of texts from biblical, to prayers, to graphic novels. Erin Runions and Stephen D. Moore's responses push the conversation in new fruitful directions. Features An overview of the development of affect theory and how it has been used to interpret biblical texts Examples of how to apply affect theory to biblical exegesis Interdisciplinary studies that engage history, literature, classics, animal studies, liturgical studies, philosophy, and sociology

**Jewish Every Day** - Maxine Segal Handelman 2000

Written in a warm and understanding tone this guide takes the best in secular early childhood education and applies it to Jewish early childhood education.

**The Three Blessings** - Yoel Kahn 2010-12-24

In the traditional Jewish liturgy, a man thanks God daily for not having been made a gentile, a woman, or a slave. Yoel Kahn traces the history of this prayer from its extra-Jewish origins to the present, demonstrating how different generations and communities understood the significance of these words. Marginalized and persecuted groups used this prayer to mark the boundary between "us" and "them," affirming their own identity and sense of purpose. After the medieval Church seized and burned books it considered offensive, new, coded formulations of the three blessings emerged as forms of spiritual resistance. Book owners voluntarily expurgated the passage to save the books from being destroyed, creating new language and meaning while seeking to preserve the structure and message of the received tradition. During the Renaissance, Jewish women defied their rabbis and declared their gratitude at being "made a woman and not a man." And, as Jewish emancipation began in the nineteenth century, Jews again had to balance fealty

to historical practice with their place in the world. Seeking to be recognized as modern and European, early modern Jews rewrote the liturgy to suit modern sensibilities and identified themselves with the Christian West against the historical pagan and the uncivilized infidel. The Three Blessings is an insightful and wide-ranging study of one of the most controversial Jewish prayers, showing its constantly evolving language, usage, and interpretation over the past 2,000 years.

**My People's Prayer Book** - Marc Zvi Brettler 1997

This volume of the My People's Prayer Book series celebrates Shabbat morning and guides us to a new understanding of this day of rest, memory and joy.

**Holy Envy** - Barbara Brown Taylor 2019-03-30

The renowned Christian preacher and New York Times bestselling author of *An Altar in the World* recounts her moving discoveries of finding the sacred in unexpected places while teaching world religions to undergraduates in Baptist-saturated rural Georgia, revealing how God delights in confounding our expectations. Christians are taught that God is everywhere--a tenet that is central to Barbara Brown Taylor's life and faith. In *Holy Envy*, she continues her spiritual journey, contemplating the myriad ways she encountered God while exploring other faiths with her students in the classroom, and on field trips to diverse places of worship. Both she and her students ponder how the knowledge and insights they have gained raise important questions about belief, and explore how different practices relate to their own faith. Inspired by this intellectual and spiritual quest, Barbara turns once again to the Bible for guidance, to see what secrets lay buried there. Throughout *Holy Envy*, Barbara weaves together stories from her classroom with reflections on how her own spiritual journey has been challenged and renewed by connecting with people of other traditions--and by meeting God in them. At the heart of her odyssey is her trust that it is God who pushes her beyond her comfortable boundaries and calls us to "disown" our privatized versions of the divine--a change that ultimately deepens her relationship with both the world and with God, and ours.

**Double Blessing Tuesday** - Patricia Brosnahan 2022-02-18

Genesis 1:9-13 speaks of God's creation of the third day. In these verses, God uses the word good two times. The only day in which he used that word more than once. The third day would be Tuesday on the Western (Gregorian) calendar. According to Jewish tradition, that is a double blessing day. In fact, many traditional Jewish weddings are held on Tuesday because of the double blessing. Years ago, a women's bible study taught by Patricia had to be held on Tuesdays because it was the only day available. The class was immediately a blessed class. When learning of the double blessing of Tuesday, it soon became the logo for the class. Such a blessing that God gave to the small group of believers--Double Blessing Tuesday.

**Confident Parenting** - Jim Burns 2008-07-01

Jim Burns, president of HomeWord, lays a positive foundation for parenting with practical strategies and illustrations, teaching how to create a warm, grace-filled home.

**Faith in the Neighborhood - Praying** - Lucinda Mosher 2005-12

Praying is the second in a series of books that offer Christians a new way of understanding what it means to live and worship among America's many faiths, and introduces them to the religions that make up the American neighborhood. Praying will explore public, family, and individual worship in Judaism, Islam, Hinduism, Jainism, Buddhism, Sikhism, Baha'i, Zoroastrianism, American indigenous spiritualities, Chinese spiritualities (Confucianism, Taoism), Shinto, and Afro-Caribbean religions. Praying answers and discusses questions such as these: How does your religion understand/measure the passage of time: daily, weekly, annually, over the course of a lifetime? What is the vocabulary of ritual and practice in your religion? (e.g., worship, prayer, meditation, pilgrimage, feasting and fasting) Is there a distinction between public and private/individual worship/practice in your religion? What are this religion's most distinctive practices? What makes them so significant? Praying includes a quick guide to each religion, a glossary, and recommended reading.

**The Three Blessings** - Yoel Kahn 2011-01-20

In the traditional Jewish liturgy, a man praises God daily for not having been made a gentile, a woman, or a slave. Manuscript editions of the Babylonian Talmud teach that recitation of this prayer is obligatory for all Jewish men. Despite the fact that these blessings have been officially part of the daily morning liturgy for more than a thousand years, the propriety of whether and how to recite them is an ongoing subject of

debate. Yoel Kahn offers the first longitudinal study of the evolving language, usage, and interpretation of a Jewish liturgical text over its entire 2000 year life-span.

*Thank You, God!* - Judyth Groner 2011-08-01

A first prayer book for young children, with 21 traditional prayers in simple Hebrew, transliteration, and English. Contains blessings for a new day, bounty of our food, Sabbath, and holiday rituals.

**My People's Prayer Book** - Marc Zvi Brettler 1997

Jewish prayers are presented in traditional Hebrew, accompanied by both a modern translation and commentary by Jewish scholars and teachers, who cover the prayers' connections to the Bible, history, traditional law, Kabbalistic wisdom, feminism, modern developments, and more.

שְׁמֵי שָׁמַיִם - Schneur Salman (von Ljadi) 2002

Translation page faces the newly reset Hebrew text. Notations appear when the Alter Rebbe's rulings vary from with Rabbi Yosef Karo's Shulchan Aruch and when other halachic works cite the subject. Orach Chaim 25-45.

**The Tapestry of Jewish Time** - Nina Beth Cardin 2000

Rabbi Cardin--writing as a religious leader, friend, neighbor, wife, mother, and daughter--guides us toward a fuller understanding of Judaism. She invites us to become weavers of tradition; to knit our personal stories together with those of our ancestors and our community; and to honor, savor, and celebrate the sacred in our lives. This important addition to the Jewish family library presents detailed explanations of each ritual, along with historical, cultural, and scriptural background. By describing traditional rites as well as contemporary innovations--the Passover seder and Miriam's Cup, baby-naming ceremonies and the practice of wrapping the newborn in a tallit--Rabbi Cardin shows how we can honor and add to our tradition. Supplementary margin notes offer: Examples of ethical wills Personal anecdotes Rabbinic stories, folk tales, and poetry Tips on addressing the December Dilemma Enhancing the volume are exquisite drawings by Ilene Winn-Lederer, a mini-prayerbook of blessings for home observance, and a 20-year calendar of Jewish holidays. Rabbi Cardin invites us to record details of our observance in Personal Weavings--favorite holiday recipes, family rituals, and prayers of the heart--so that the Jewish tradition may be renewed and enriched. The Tapestry of Jewish Time reflects a profound spirituality that inspires us all to contribute to the lush weave of Jewish life.

**Zohar, the Book of Enlightenment** - Daniel Chanan Matt 1983

This is the first translation with commentary of selections from *The Zohar*, the major text of the Kabbalah, the Jewish mystical tradition. This work was written in 13th-century Spain by Moses de Leon, a Spanish scholar.

Paths of Faithfulness - Carol Ochs 1997

The recognition and celebration of diverse paths to serve God is one of the great strengths of reform Judaism, as it offers every Jew a chance to worship with authenticity and wholeness. This openness is most apparent in the personal searching of the faculty of the Hebrew Union College-Jewish Institute of Religion in New York.

**Kabbalah For Dummies** - Arthur Kurzweil 2011-04-20

Kabbalah For Dummies presents a balanced perspective of Kabbalah as an "umbrella" for a complex assemblage of mystical Jewish teachings and codification techniques. Kabbalah For Dummies also shows how Kabbalah simultaneously presents an approach to the study of text, the performance of ritual and the experience of worship, as well as how the reader can apply its teaching to everyday life.

**The Handbook to Jewish Spiritual Renewal** - Rabbi Arthur Segal 2009-02-25

The Handbook to Jewish Spiritual Renewal: A Path of Transformation for the Modern Jew contains millennia of sage advice in an easy-to-read step-by-step process for recapturing your Jewish spirituality

The Jewish Encyclopedia - Cyrus Adler 1907

**A Wild Faith** - Mike Comins 2007

A spiritual primer on the organic partnership between wilderness and Judaism unravels the mystery of Judaism's connection to the natural world and offers ways for believers to enliven and deepen their spiritual life through wilderness experience. Original.

**How to Run a Traditional Jewish Household** - Blu Greenberg 2011-03-01

Filled with practical advice as well as history, Blu Greenberg's book is a comprehensive guide to the joys and complexities of running a modern Jewish home. How to Run a Traditional Jewish Household is a modern, comprehensive guide covering virtually every aspect of Jewish home life. It provides practical advice on how to manage a Jewish home in the traditional way and offers fascinating accounts of the history behind the tradition. In a warm, personal style, Blu Greenberg shows that, contrary to popular belief, the home, and not the synagogue, is the most important institution in Jewish life. Divided into three large sections—"The Jewish Way," "Special Stages of Life," and "Celebration and Remembering"—this book educates the uninitiated and reminds the already observant Jew of how Judaism approaches daily life. Topics include prayer, dress, holidays, food preparation, marriage, birth, death, parenthood, and many others. This description of the modern-yet-traditional Jewish household will earn special regard among the many American Jews who are re-exploring their ties to Jewish tradition. Such Jews will find this book a flexible guide that provides a knowledge of the requirements of traditional Judaism without advocating immediate and complete compliance. How to Run a Traditional Jewish Household will also appeal to observant Jews, providing them with helpful tips on how to manage their homes and special insights into the most minute details and procedures in a traditional household. Herself a traditional Jew, Blu Greenberg is nevertheless quite sympathetic to feminist views on the role of women in Jewish observance. How to Run a Traditional Jewish Household therefore speaks intimately to women who are struggling to reconcile their identities as modern women with their commitments to traditional Judaism.

**Goy** - Adi Ophir 2018-06-14

Goy: Israel's Others and the Birth of the Gentile traces the development of the term and category of the goy from the Bible to rabbinic literature. Adi Ophir and Ishay Rosen-Zvi show that the category of the goy was born much later than scholars assume; in fact not before the first century CE. They explain that the abstract concept of the gentile first appeared in Paul's Letters. However, it was only in rabbinic literature that this category became the center of a stable and long standing structure that involved God, the Halakha, history, and salvation. The authors narrate this development through chronological analyses of

the various biblical and post biblical texts (including the Dead Sea scrolls, the New Testament and early patristics, the Mishnah, and rabbinic Midrash) and synchronic analyses of several discursive structures. Looking at some of the goy's instantiations in contemporary Jewish culture in Israel and the United States, the study concludes with an examination of the extraordinary resilience of the Jew/goy division and asks how would Judaism look like without the gentile as its binary contrast.

**Apples and Pomegranates** - Rahel Musleah 2014-01-01

On Rosh Hashanah, the Jewish New Year, it is traditional to dip apples and honey in hopes of a sweet New Year. Jews around the world share other foods as well - such as pomegranates, pumpkins, beets, and dates - foods that grow abundantly and symbolize prosperity. Author Rahel Musleah, who grew up in Calcutta, India, presents a Sephardic Rosh Hashanah seder observed throughout the world. This special service incorporates blessings, songs, and even folk tales relating to each of the eight foods eaten, and will guide participants through this joyous seder. Traditional holiday recipes are included.

**Minding the Temple of the Soul** - Tamar Frankiel 1997

This new spiritual approach to physical health introduces us to a spiritual tradition that affirms the body and enables us to reconceive our bodies in a more positive light. Using Kabbalistic teachings and other Jewish traditions, it shows us how to be more responsible for our own spiritual and physical health. Each chapter explores the meaning of traditional Jewish prayers, providing a framework for new thinking about body, mind, and soul. Simple exercises and movements help our bodies "understand" prayer, and show how the body's energy centers correspond to the Kabbalistic concept of the ten divine "rays of light," the Sefirot. And meditations and visualizations allow us to further enhance our spiritual awareness. Using the structure of the Prayer Wheel, readers can move step by step toward wholeness of body, mind and spirit: ? Modeh Ani Awakening our body and our soul ? Mah Tov Creating a temple for our soul ? Asher Yatzar Focusing on the gift of our body ? Bircat HaTorah Balancing our mind through the gift of Torah ? Elohai Neshamah Connecting with the soul using the Sefirot ? Elu D'varim Walking on a God-centered path Clearly illustrated with photos and diagrams to guide readers, this active, creative approach allows us to tap the power of the Jewish tradition?to awaken the body, balance the mind, and connect with the soul.