



Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit

By Rabbi Elie Kaplan Spitz

Jewish Lights. Paperback. Condition: New. 200 pages. Skillful, wise, transformative guidance for elevating a good life toward greater wholeness and even holiness. In a multi-tasking culture, we often are distracted from attending to what is most significant in our lives. To connect with others and more readily access a Divine presence takes focus. Rabbi Elie Kaplan Spitz, a widely respected teacher and spiritual seeker, shows how to attend to the four components of the inner lifebody, heart, mind and spirit in order to shore up the foundations of your whole self. By strengthening and balancing inwardly you can reach outwardly more healthily, effectively and compassionately. Rabbi Spitz combines Jewish tradition, contemporary sciences and world spiritual writings with practical contemplative exercises to guide you to see the familiar in fresh new ways. With practice, these exercises will help you encounter the inevitable everyday disappointments and the frustrations of meeting competing commitments with greater patience, wisdom and steadiness. All of the introductions, guided imageries and chants have corresponding videos accessed by the links and QR codes provided for full immersion in the exercises and to encourage wakeful dreaming. This book is for anyone Jews and non-Jews, experienced meditators and novices yearning for greater inner calm and strength...



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