



Stepping Stones to Jewish Spiritual Living: Walking the Path Morning Noon and Night

By Rabbi James L Mirel, Karen Bonnell Werth

Jewish Lights Publishing, United States, 2001. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. An innovative yet practical guide to greater mindfulness that brings spirituality into our everyday lives for any lifestyle. Judaism offers a rich tradition for the spiritual seeker: its spirituality infuses daily activities with holiness and purpose. While relating the spiritual journey to a typical day in your life, we will walk with you through brief sections that discuss Jewish thought and tradition. These are followed by sections that include methods, activities, devotions, and blessings to enrich your spiritual practice. Every page offers the reader another step, another area of focus, another perspective to bring the sacred into everyday life. from the Introduction In every moment of each day, we have the opportunity to bring the sacred into our everyday lives. We can perform acts of mindfulness and thanksgiving that can transform our lives and help us repair the world. Stepping Stones to Jewish Spiritual Living provides spiritual activities, meditations, prayers, and simple rituals to accommodate any lifestyle and daily routine, giving us a chance to embrace God's creation throughout the day. Coauthored by a rabbi and a psychotherapist, it bridges...



READ ONLINE
[5.93 MB]

Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon