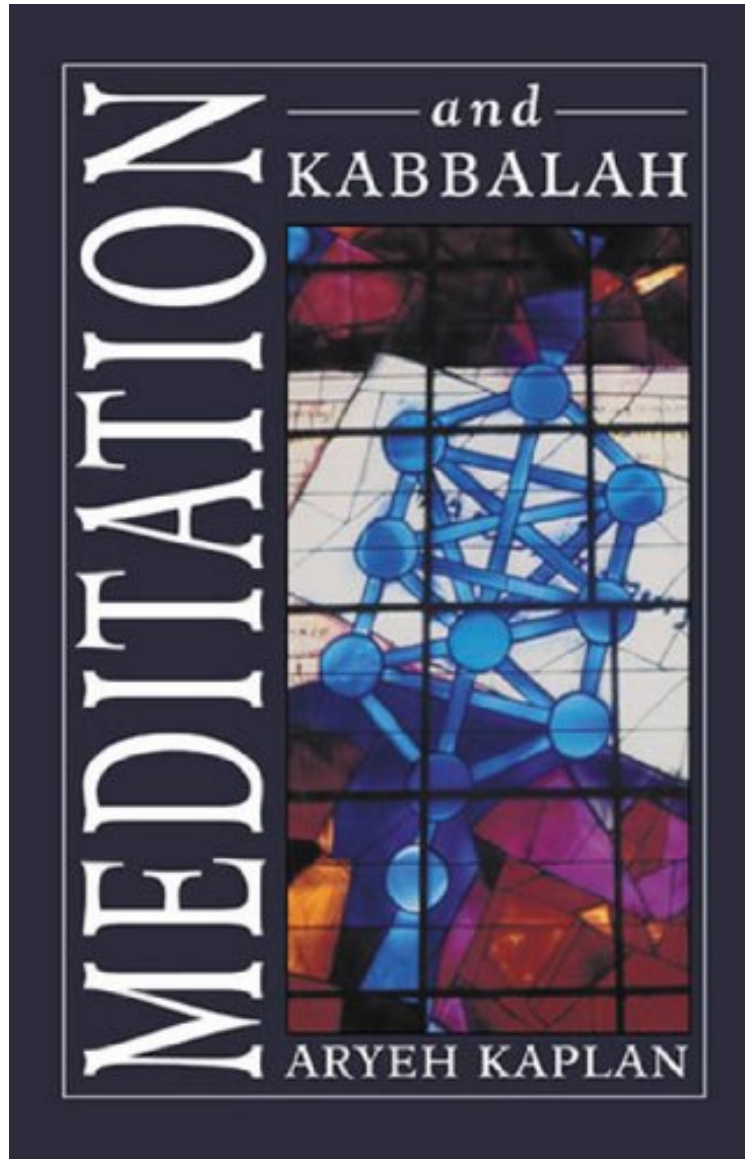


(Free read ebook) Meditation and Kabbalah

## Meditation and Kabbalah

*Von Aryeh Kaplan*

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**Von Aryeh Kaplan : Meditation and Kabbalah** before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditation and Kabbalah:

KundenrezensionenHilfreichste Kundenrezensionen5 von 5 Kunden fanden die folgende Rezension hilfreich.  
Yonassan Gershom, author of "Jewish tales of reincarnation, rooster@pinenet.comVon Rabbi Yonassan GershomThis is the best, most Jewishly-authentic book on kabbalah available in English today. Neither a pop "new age" book nor a

contemporary attempt to "update" Judaism, it was written by a practicing orthodox rabbi who knew what he was talking about! Rabbi Kaplan's clear explanations and lucid translations of important source texts were among the first to appear in English, making this almost-forgotten meditation tradition more accessible once more. Should be on the shelf of every serious Jewish seeker. 3 von 3 Kunden fanden die folgende Rezension hilfreich. No rubbish, only the "purest gold" translated. Von Ein Kunde Rabbi Kaplan, Z"L, as ever, does a great job by inheriting the world the first translation of the almost forgotten methods of meditation used by the Talmudic sages, Chasidim, R. Abulafia, R. Luria, Baal Shem Tov, etc. They all seem dangerous (if you understand Kabbalah fully and are guided by an excellent teacher, there will be no problem) but are a good reference on the evolution and diversification of these techniques to attain revelation and ecstasy. 100% recommendable, easy to read.

Kurzbeschreibung The Kabbalah is divided into three branches: the theoretical, the meditative, and the practical. While many books, both in Hebrew and English, have explored the theoretical Kabbalah, virtually nothing has been published regarding the meditative methods of these schools. This is the first book published in any language that reveals the methodology of the Kabbalists and stresses the meditative techniques that were essential to their discipline. Kaplan offers a lucid presentation of the mantras, mandalas, and other devices used by these schools, as well as a penetrating interpretation of their significance in light of contemporary meditative research. In addition, *Meditation and Kabbalah* presents relevant portions of such meditative texts as the Greater Hekhalot (textbook of the Merkava School), the writings of Abraham Abulafia, Joseph Gikatilia's *Gates of Holiness*, *Gate of the Holy Spirit* (textbook of the Lurianic School), and the important meditative hasidic classics. Also investigated is the intriguing possibility, suggested by the Zohar, that the meditative methods of the East might have been derived from the mystical techniques of the prophets.

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Synopsis Meditative methods of Kabbalah. A lucid presentation of the meditative methods, mantras, mandalas and other devices used, as well as a penetrating interpretation of their significance in the light of contemporary meditative research.