



Jewish Spirituality and Meditation Suggested Reading List

Primary/Classic Texts

I have attempted to include here works I think are accessible and in English translation.

Alter, R. Yehudah Leib of Ger

שפת אמת

The Language of Truth: the Torah commentary of the Sefat Emet: Rabbi Yehudah Leib Alter of Ger / translated and interpreted by Arthur Green. Hebrew texts prepared by Shai Gluskin. Philadelphia: Jewish Publication Society, 1998.

Cordovero, R. Moshe

תומר דבורה

The Palm Tree of Deborah. Translated from the Hebrew with an introd. and notes by Louis Jacobs. London : Vallentine, Mitchell, 1960.

The Palm Tree of Devorah. Moshe Cordovero. Translated and annotated by Moshe Miller. Southfield, MI: Targum Press ; Spring Valley, N.Y. : distributed by Feldheim Publishers, 1993.

R. Dov Baer the Maggid of Mezhirech

צוואת הריב"ש

Tzava'at HaRivash. Trans. and annotated by Jacob Immanuel Schochet. New York: Kehot, 1998. [available online at http://www.chabad.org/library/article_cdo/aid/145202/jewish/Tzavaat-Harivash.htm]

Speaking Torah: Spiritual Teachings from around the Maggid's Table, Arthur Green, with Ebn Leader, Ariel Evan Mayse and Or N. Rose, Woodstock, VT: Jewish Lights Publishing, 2013

R. Menachem Nahum of Chernobyl.

**מאור עינים
הנהגות ישרות**

Menahem Nahum of Chernobyl: Upright Practices, The Light of the Eyes. Trans. Arthur Green. Paulist Press, 1982.

R. Nahman of Bratslav

**ליקוטי מוהר"ן
סיפורי מעשיות
חיי מוהר"ן
שיחות הר"ן**

Likutey Moharan multi-volume translation by the Breslov Research Institute.



Nahman of Bratslav: The Tales. Trans. Arnold Band. Paulist Press, 1978.
Rabbi Nachman's Stories. Trans. Aryeh Kaplan. Breslov Research Institute, 1985.
Rabbi Nachman's Wisdom. Nathan of Breslov. Trans Aryeh Kaplan. Breslov Research Inst.,
1984

Shapira, R. Kalonymus Kalmish, The Piaseczner Rebbe

אש קודש , ירושלים תש"ך
בני מחשבה טובה, תל אביב תשל"ג
דרך המלך, ירושלים תשנ"א
הכשרת האברכים, ירושלים תשכ"ב
חובת התלמידים, תל אביב תשנ"ב
מבוא השערים, ירושלים תשכ"ב
צו זרות, ירושלים תשכ"ב
שלוש דרשות, תל אביב תשמ"ה

Shapira, Kalonymus, Conscious Community, translated by Andrea Cohen-Kiener.
Northvale, New Jersey, Jason Aronson, 1999. [בני מחשבה טוב]]
Shapira, Kalonymus. Experiencing the Divine: A Practical Jewish Guide. translated by
Yaacov Dovid Shulman [available online at [http://www.experiencing-the-divine.com/
index.html](http://www.experiencing-the-divine.com/index.html)] [בני מחשבה טוב]]
Shapira, Kalonymus, To Heal The Soul, translated by Yehoshua Starett, Northvale New
Jersey, Jason Aronson, 1995. [צו זרות]]
Shapira, Kalonymus, A Student's Obligation. translated by Micha Odenheimer, Northvale,
New Jersey, Jason Aronson, 1991. [חובת התלמידים]]
Shapira, Kalonymus, Sacred Fire: Torah from the Years of Fury, 1939-1942, translated by J.
Hershy Worch. Northvale, New Jersey, Jason Aronson, 2000. [אש קודש]]
Shapira, Kalonymus. Jewish Spiritual Growth: A Step-by-Step Guide by a Hasidic Master.
translated by Yaacov Shulman. Dot Letter Word, 2016. [הכשרת האברכים]]

Jewish Mindfulness Meditation

Lew, Alan. Be Still and Get Going: A Jewish Meditation Practice for Real Life. Little, Brown
and Company, 2005
Roth, Jeff. Jewish Meditation Practices for Everyday Life: Awakening Your Heart,
Connecting with God. Jewish Lights Publishing, 2009.
Roth, Jeff. Me, Myself and God: A Theology of Mindfulness. Jewish Lights, 2016.
Slater, Jonathan. Mindful Jewish Living: Compassionate Practice. Aviv Press, 2007.
Slater, Jonathan. A Partner in Holiness—2-Volume Set: Deepening Mindfulness, Practicing
Compassion and Enriching Our Lives through the Wisdom of R. Levi Yitzhak of
Berdichev's Kedushat Levi. Jewish Lights, 2014.
Good Noticing! 100 Teachings in Jewish Mindfulness Inspired by Rabbi Sheila Peltz
Weinberg. Ed. Zena Schulman.



Jewish Spiritual Practices and Meditation

- Buxbaum, Yitzhak. Jewish Spiritual Practices. Jason Aronson, 1999.
- Fine, Lawrence ed. Judaism in Practice: From the Middle Ages through the Early Modern Period. Princeton, NJ: Princeton Univ. Press, 2001.
- Kaplan, Aryeh. Jewish Meditation. Schocken, 1995.
- Kaplan, Aryeh. Meditation and the Bible. Red Wheel/Weiser, 1978.
- Kaplan, Aryeh. Meditation and Kabbalah. Jason Aronson, 1995.
- Michaelson, Jay. God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice. Jewish Lights Publishing, 2006.
- Gold, Shefa. The Magic of Hebrew Chant: Healing the Spirit, Transforming the Mind, Deepening Love. Jewish Lights Publishing, 2013.
- Schachter-Shalomi, Zalman. A Guide to Meaningful Jewish Practice. Woodstock, VT: Jewish Lights Publishing, 2013
- Verman, Mark. The History and Varieties of Jewish Meditation. Jason Aronson, 1996.

Contemporary Jewish Spirituality and Theology

- Gold, Shefa. Torah Journeys: The Inner Path to the Promised Land. 2006
- Green, Arthur. Ehyeh: A Kabbalah for Tomorrow. Jewish Lights Publishing, 2004.
- Green, Arthur. Radical Judaism: Re-Thinking God and Tradition. New Haven, CT: Yale University Press, 2010
- Green, Arthur. Seek My Face: A Jewish Mystical Theology. Jewish Lights Publishing, 2003.
- Heschel, Abraham Joshua. The Sabbath. Farrar Straus Giroux, 2005. [and everything else by Heschel]
- Lew, Alan. This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation. Little, Brown and Company, 2003.
- Michaelson, Jay. Everything Is God: The Radical Path of Nondual Judaism. Trumpeter, 2009.
- Peltz Weinberg, Sheila. Surprisingly Happy: An Atypical Religious Memoir. 2010
- Ruttenberg, Danya. Surprised by God: How I Learned to Stop Worrying and Love Religion. 2008.
- Shapiro, Rami. Minyan: Ten Principles for Living a Life of Integrity. Harmony/Bell Tower, 1997.

Jewish Meditation Talks, Guided Practice, Torah Study and Articles

James' meditation talks and other podcasts, articles, chants and resources: <http://orhalev.org/teachings/>



Weekly Mindfulness-Based Torah Studies with IJS: <http://www.jewishspirituality.org/resources/textstudy5775/>

Awakened Heart Project <http://www.awakenedheartproject.org/>

Jewish Spirituality Organizations and Centers for Study, Learning and Practice

Or HaLev: Center for Jewish Spirituality and Meditation <http://orhalev.org/> (James' Organization)

Awakened Heart Project <http://www.awakenedheartproject.org/>

Institute for Jewish Spirituality <http://www.ijs-online.org/>

HaMakom UK <https://www.facebook.com/groups/203770319612/>

NYU Mindfulness Project www.nyu.edu/spiritual.life

The Center for Jewish Mindfulness • Chicago www.jewishmindfulness.net

Orot: Center for New Jewish Learning, Chicago <http://www.orotcenter.org/>

Isabella Freedman www.isabellafreedman.org

Makom: The Center for Meditation and Spirituality, Manhattan JCC <http://www.jccmanhattan.org/makom-meditation>

Jewish Meditation Center of Brooklyn www.jmcbrooklyn.org

Jewish Prayer Resources

Institute for Jewish Spirituality: Prayer Project <http://www.jewishspirituality.org/our-programs/emerging-programs/the-prayer-project/>

DLTI: The Davvenen' Leadership Training Institute <http://dlti.org/>

European Academy for Jewish Liturgy <http://www.eajl.org/>

Heschel, Abraham Joshua. Quest for God: Studies in Prayer and Symbolism. Crossroad Publishing, 1984.

Rabbi Zalman Schachter-Shalomi, The Gates of Prayer: Twelve Talks on Davvenology

Rabbi Zalman Schachter-Shalomi. Davening: A Guide to Meaningful Jewish Prayer. 2012

Mike Commins. Making Prayer Real (book and website) <http://www.makingprayerreal.com/>

www.makingprayerreal.com/

Shefa Gold chants and teachings <http://www.rabbishefagold.com/>

Mindfulness Apps: Insight Timer, Headspace

Online Mindfulness Bell <http://www.fungie.info/bell/#>