

These resources will help you begin and maintain a regular Jewish meditation practice at home. Both Jewish sources and those from other traditions are included. Some are easy to grasp and apply; others allow you to take a deeper dive. We've given you a taste of each item and encourage you to explore to find ones that speak to you and fit your personal interests and needs.

## GETTING STARTED WITH JEWISH MEDITATION

### Books

#### **Jewish Meditation Practices for Everyday Life (R. Jeff Roth)**

Roots mindfulness practice in Jewish tradition, teaching meditation as a foundation for *tikkun olam* (repairing the world) and *g'milut hasadim* (loving-kindness).

#### **Jewish Meditation (Aryeh Kaplan)**

A short, accessible book written from a tradition framework, but for lay readers, by a renowned Orthodox thinker and teacher. Considered the classic on Jewish meditation from a traditional, Kabbalistic (mystical) Jewish perspective.

#### **Be Still and Get Going: A Jewish Meditation Practice for Real Life (R. Alan Lew)**

Highlights aspects of Jewish rituals, text, and spirituality that feed directly into meditation practices.

### Apps

#### **Insight Timer**

Guided meditation & breathing. Instruction from multiple teachers. Search "Jewish" for Jewish meditation content.

#### **Headspace**

Meditation instruction and guided meditation, sleep sounds, song and narrative, breathing.

### Websites

#### **A Way In (R. Yael Levy)**

<https://www.awayin.org/>

Teachings and mindfulness practices for each Torah portion, inspired by a verse, idea, or story in the text.

#### **Institute for Jewish Spirituality**

[www.jewishspirituality.org](http://www.jewishspirituality.org)

Resources for Jewish meditation.

## A DEEPER DIVE INTO JEWISH MEDITATION

### Books and articles

#### **Me, Myself, and God (R. Jeff Roth)**

A short, accessible exploration of Rabbi Roth's non-dual theology, which he has developed while teaching meditation in a Jewish setting for over 20 years.

#### **Jewish Mindfulness (R. Jonathan Slater)**

A framework for how Jewish mindfulness can apply to all of Jewish life. Draws on Hassidic texts which Rabbi Slater, an early pioneer in Jewish mindfulness thinking and practice, has translated himself.

#### **Directing the Heart: Weekly Mindfulness Teachings and Practices from the Torah (R. Yael Levy)**

Offers meditations and suggestions for mindfulness practice inspired by the weekly Torah portion, with guidance on how to love in the face of loss, to be open to joy, gratitude and beauty, and to live with disappointments, sadness, and pain.

#### **This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation (R. Alan Lew)**

Weaving together Torah readings, Buddhist parables, Jewish fables, and stories from the author's own life, describes a contemplative path that leads us from the days before Rosh Hashana through Yom Kippur and Sukkot, to awaken our souls and transform us.

#### **"A short history of Jewish Meditation" (R. Rachel Barenblat, Velveteen Rabbi, 2/10/14)**

<https://velveteenrabbi.blogs.com/blog/2014/02/jewish-meditation.html>

Background on Jewish meditation.

### Websites (including video and podcasts)

#### **The Awakened Heart Project for Contemplative Judaism**

<https://www.awakenedheartproject.org/>

Resources for Jewish meditation.

Online meditation sessions during quarantine, Spring 2020:

Tuesday noon <https://zoom.us/j/787347914>

Thursday noon <https://zoom.us/j/780390601>

#### **OrHaLev**

[www.orhalev.org](http://www.orhalev.org)

Resources for Jewish meditation.

#### **Meaningful Life Center**

[www.meanfullife.com](http://www.meanfullife.com)

Resources for Jewish meditation.

## GETTING STARTED WITH RESOURCES FROM OTHER TRADITIONS

### Books

#### **Peace In Every Step (Thich Nhat Hanh)**

A sweet, simple book that illustrates the wisdom of mindfulness practice from one of the greatest teachers alive.

#### **It's Easier Than You Think (Sylvia Boorstein)**

A series of accessible lessons from a beloved teacher about engaging in the Buddhist way of life. Delightfully wise and simple teachings, written in the language of everyday experience.

#### **Real Happiness: The Power of Meditation (Sharon Salzberg)**

The basics of meditation in a simple and readable way. Includes CDs with guided meditations by the author.

### Web sites

#### **Guided Meditations (Lori Furbush)**

Loving-kindness meditation <https://www.youtube.com/watch?v=dTNdykrcCNo>

Mountain meditation <https://www.youtube.com/watch?v=m4YfgSJzMag&t=54s>

### Meditation through movement

#### **Radiant Heart Qigong (Teja Bell)**

<https://vimeo.com/qigongdharma>

A 12-minute standing meditation (easily adapted for sitting) consisting of a sequence of simple, gentle movements designed to open the flow of energy throughout the body. Based in ancient contemplative traditions complementary to Jewish meditation.

#### **Positivi Qi Series (Jeff Chand)**

<https://qigongforvitality.vhx.tv/positivi-qi-series>

Eight short videos guiding the viewer in easy-to-follow Qigong movements that promote physical and mental well-being, including one specifically devoted to mindfulness. Well-suited for those with difficulty with sitting meditation.

#### **How to Walk (Thich Nhat Hanh)**

Describes how the everyday act of walking can be a meditation, an opportunity to recapture wonder, express gratitude, and decrease suffering.

## A DEEPER DIVE WITH RESOURCES FROM OTHER TRADITIONS

### **It's Funny, You Don't Look Buddhist (Sylvia Boorstein)**

With warmth and wit, describes how the author is both an observant Jew and a committed Buddhist.

### **Pay Attention For Goodness Sake: The Buddhist Path of Kindness (Sylvia Boorstein)**

Guides Western readers on the path of the Buddha's Ten Perfections of the Heart, including Generosity, Morality, Wisdom, Energy, Patience, Determination, and Equanimity. Combines traditional Buddhist teachings and parables with stories from the author's own life and includes easy-to-follow mindfulness meditations.

### **In Love With the World (Yongey Mingyur Finpoche)**

Shares the sometimes-gripping narrative of the three-year wandering retreat of the author, a leading Tibetan Buddhist teacher. Presenting his spiritual adventure through his eyes, conveys many valuable lessons about life, meditation, and Tibetan Buddhism.

### **The World Could Be Otherwise (Norman Fischer)**

Written mostly from a Zen perspective, but touching on universal concepts of great inspiration and importance, by a Zen Priest who comes from a Jewish background.

### **The Posture of Meditation: A Practical Manual for Meditators of All Traditions (Will Johnson)**

Simple guidance and exercises for sitting in an alert-yet-relaxed posture while meditating, and advice on how to carry its benefits into the rest of life.

### **Loving-Kindness: The Revolutionary Art of Happiness (Sharon Salzberg)**

Draws on Buddhist teachings, wisdom from many traditions, and guided meditation practices to teach methods for achieving compassion, joy, and equanimity

## MORE RESOURCES

### **Apps**

#### **Calm**

Sleep sounds, song and narrative, meditation instruction and guided meditation, breathing.

#### **Breathe (Apple Watch)**

Reminders and guided breathing.

#### **Just Breathe**

A guided meditation tool to support daily practice.

#### **Breathe2Relax (National Center for Telehealth & Technology)**

#### **The Mood Meter (Yale Center for Emotional Intelligence)**

Check in/mindfulness.

### **Web sites (including podcasts and video)**

#### **Guided Meditations (UCLA)**

<https://www.uclahealth.org/marc/mindful-meditations>

Step-by-step instructions to mindfulness meditation that can be practiced alone.

#### **Weekly Podcast at the Hammer (UCLA)**

<https://www.uclahealth.org/marc/meditation-at-the-hammer>

Podcasts of meditation sessions at UCLA's Hammer Museum. Each week has a different theme and offers a new daily life practice for the week.