

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

Enter the Jewish Meditation Space

What is special about meditation? What is the difference between ordinary meditation and Jewish meditation? Why should we practice meditation? Is meditation Jewish? What is the purpose of meditation? These are some of the questions you may have about meditation and Jewish meditation.



Visit the Velveteen Rabbi for [A Short History of Jewish Meditation](#). Then continue to [Introduction to Jewish Meditation](#) for some questions and answers, including a list of types of meditation. Did you know there are at least 10 different types of Jewish meditation?

At the Institute for Jewish Spirituality, you can join [weekly medi-](#)

[tations](#) and practice in an online community. This site has a good list of Resources, including podcasts and recommended readings.

Besure to look over [Shine the Divine](#), Beth Abraham congregant Laura Hegfield's site. She offers sessions on *Avodah Shebalev* (service of the heart) at Temple Beth Abraham that are a good beginning for Jewish meditation where you can practice in a live community.

In a blog at *The Times of Israel*, read [Jewish Meditation: 6 tips for Creating an Authentically Jewish Meditation Experience](#). The writer states that meditation is not alien to

Jewish tradition, and cites Genesis 24:63 about Isaac going out into the fields to meditate as an example.

You can find videos on [YouTube](#) (this is a small sample; search "Jewish mediation"):

[# 1 Intro to Chedvah Breathing](#) (this is 1 of 4)

[Nishmat: Ancient Hebrew Meditation at Sea](#)

[5-minute Guided Hisbodedus – Seasons on a Rocky Road](#)

[A Jewish Meditation Technique](#)

When I am in services on Shabbat morning and praying, I go into a meditative state. It is joyful, peaceful, and spiritual all at the same time. I wish you the same with your Jewish meditation.



ROGER PELLERIN
President



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