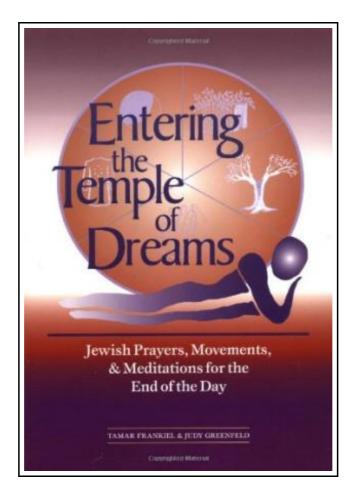
Entering the Temple of Dreams: Jewish Prayers, Movements, and Meditations for the End of the Day (Paperback)



Filesize: 4.01 MB

Reviews

This publication is worth getting. it was writtern really flawlessly and valuable. Its been designed in an exceedingly easy way and is particularly only right after i finished reading this ebook through which in fact altered me, affect the way i believe.

(Lester Ebert)

ENTERING THE TEMPLE OF DREAMS: JEWISH PRAYERS, MOVEMENTS, AND MEDITATIONS FOR THE END OF THE DAY (PAPERBACK)



Jewish Lights Publishing, United States, 2001. Paperback. Book Condition: New. 246 x 173 mm. Language: English. Brand New Book. You spend one-third of your life sleeping. Is spirituality a part of that time? This book shows you how it can be. This inspiring, informative guide shows us how we can use the often overlooked time at the end of each day to enhance our spiritual, physical and psychological well-being. Each chapter takes a new look at traditional Jewish prayers and what they have to teach us about the spiritual aspects of preparing for the end of the day, and about sleep itself. Drawing on Kabbalistic teachings, prayer, the Bible and midrash, the authors enrich our understanding of traditional bedtime preparations, and show how, by including them in our bedtime rituals, we can gain insight into our lives and access the spiritual enrichment the world of dreams has to offer. Clear illustrations and diagrams, step-by-step meditations, visualization techniques and exercise suggestions for fully integrating body, mind and spirit show us the way to: Hashkivenu Creating a safe space for sleepHareni Mochel Clearing our hearts through forgiveness Shema Connecting to God in Love Bircat Cohanim Experiencing the reality of blessing Hamapil Thanking God for sleep and the illumination that comes in sleeps This perfect nighttime companion draws on the power of Jewish tradition to help us enhance our spiritual awareness in both our waking and sleeping hours.

- Read Entering the Temple of Dreams: Jewish Prayers, Movements, and Meditations for the End of the Day (Paperback) Online
- Download PDF Entering the Temple of Dreams: Jewish Prayers, Movements, and Meditations for the End of the Day (Paperback)

You May Also Like



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

Save Document »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book ***** Print on Demand *****. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you...

Save Document »



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications. (Paperback)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually...

Save Document »



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Save Document »



A Kindergarten Manual for Jewish Religious Schools; Teacher's Text Book for Use in School and Home (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Save Document »