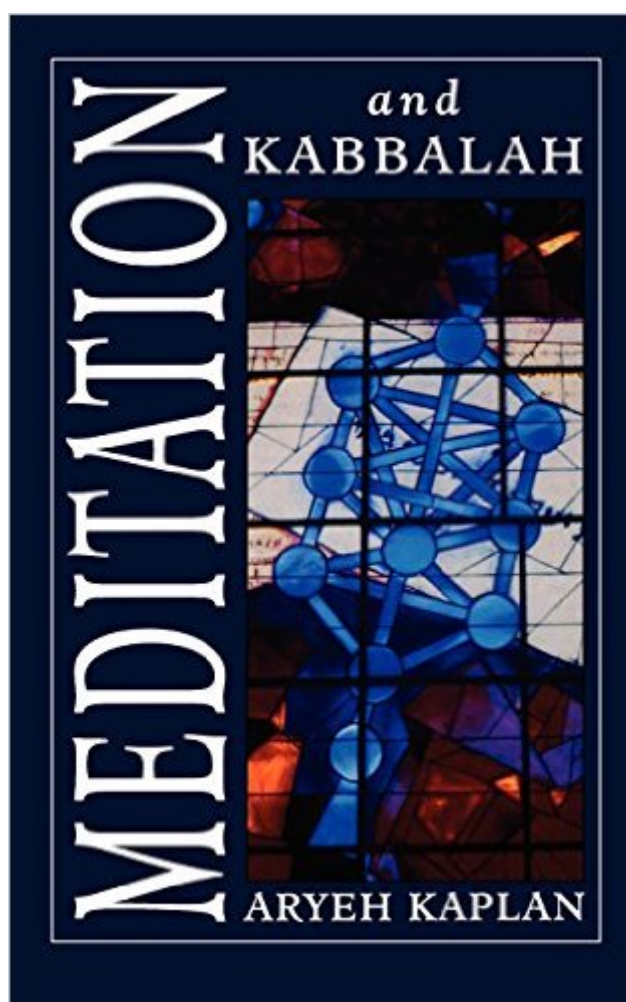


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# Meditation And Kabbalah



## Synopsis

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.

## Book Information

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## Customer Reviews

Without the Kabbalah, a lot of meditation regarding what the prophets have done in the Bible, would be difficult to comprehend. There are couple of points I do suggest: 1. After reading the introduction, I suggest to read, Pg 306 (because it is the summary of the whole book). From the line: "The techniques of the Hekhalot and Abulafia are highly advanced and dangerous..... Rabbi Nachman's method was the most universal, and could be used literally everybody". Rabbi Nachman's methods

can be found in the book "Jewish Meditation" by Aryeh Kaplan, extensively.<sup>2</sup> Pg 40, it explains that a system of purification is needed after the ashes of the Red Heifer no longer exist.<sup>3</sup> Pg 114, It says a summary about Rabbi Abulafia's teachings by Rabbi Albotini. Pg 77, it starts to explain the journey to find a purification through the permutation (Tzerufath) of the NAMES of GOD.<sup>4</sup> Pg 195-198. I will suggest to read it at least twice. The Elijah's path is another safest way of purification (and most realistic, you will also see that in Meditation and the bible by Aryeh Kaplan, Pg 21). About the mechanism how an Advocated Angel will work on you, I read more or less the same thing in eastern mystic book.<sup>5</sup> Pg 231 the meditation on the mystical name YBK (Psalm 20th) and "Meditation and the bible" by Aryeh Kaplan Pg 139-140 Psalm 119th, it is a good combination.<sup>5</sup> Pg 185, it's a big summary of the Ten Sephirot, about its letter, vowel, meditation word (Tetragrammaton). You just need to add the color and english translation write on Pg 181.<sup>6</sup> From a more scientific propose, like Aryeh Kaplan would say in his book Jewish Meditation, Pg 120: "....

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