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forms of classical, generic meditation, as well as traditional Jewish meditation. Kaplan not only provides background, but in many instances describes what to do at the basic level. He shows that one can get much more from the classic Jewish prayers than just "saying the words" to say them.

Jewish Meditation: A Practical Guide:

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Book Overview Kaplan shows that meditation is consistent with traditional Jewish thought and practice. The book presents a variety of meditative techniques to help make the reader a better person, and develop a closer relationship to God.

**Jewish Meditation: A
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by Aryeh Kaplan**

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Kaplan, Orthodox rabbi and author of Meditation and the Bible (Weiser, 1978) and Meditation and Kabbalah (Weiser, 1981), shows that meditation is consistent with traditional Jewish thought and practice.

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Students of mediation are usually surprised to discover that a Jewish mediation tradition exists and that it was an authentic and integral part of mainstream Judaism until the eighteenth century.

Jewish Meditation is a step-by-step introduction to meditation and the

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January 3, I posted that I have two preliminary goals for the new year. The first goal was to finish the manuscript for my next book and submit it to Llewellyn for consideration at PantheaCon. I am glad to say that indeed, I ...

**Meditation vs.
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Jewish practice of meditation in particular. This practical guide covers such topics as mantra meditation, contemplation, and visualization within a Jewish context.

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Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a

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particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.: 228–29: 180: 415: 107
Scholars have found meditation difficult to define, as practices vary both between traditions and within them.

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ARYEH KAPLAN, who died in 1983, was a well-known Orthodox rabbi and teacher of

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