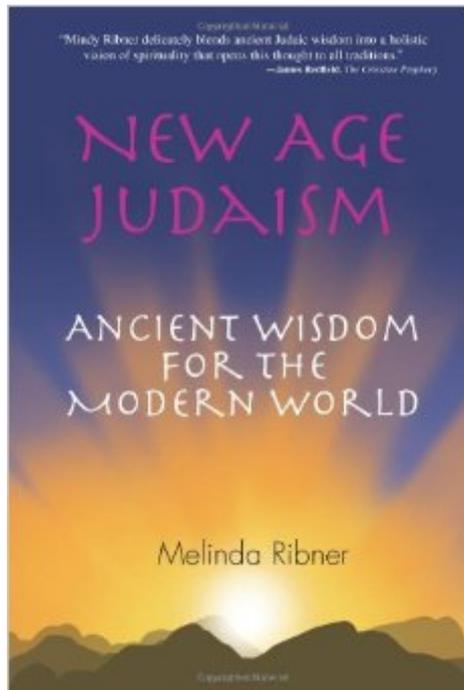


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New Age Judaism: Ancient Wisdom For The Modern World



Synopsis

Many people will be surprised to find that Judaism is fundamentally aligned with what we think of as the New Age. Many of the things we associated with the New Age are not new but are part of Kabbalah, the Jewish mystical tradition. New Age Judaism is not about Judaism modified to meet the needs of the moment, but rather it makes age-old Judaism, traditional and kabbalistic teachings accessible to the modern person in a new way. New Age Judaism is a very practical guidebook to Jewish spirituality drawn from the insights and personal observations of the author, a well-known meditation teacher and psychotherapist. Melinda Ribner has taught Jewish meditation and meditative kabbalah for over 16 years and incorporates many of these exercises into her book. In 1989 she formed The Jewish Meditation Circle which meets weekly in Manhattan. Her work draws on the teachings and practices of the Musar, Chassidic, and Kabbalistic schools within Judaism. "Jewish meditation is not just a way to be centered or balanced. It is so much deeper. Mindy (Melinda) is one of the special human beings who never forgets there is one God. She has the privilege of bringing the deep teachings of the holy rebbes. So much holiness. Her meditations go straight to the heart of every person. It is a privilege to learn with her." -Rabbi Shlomo Carlebach of Blessed Memory

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Customer Reviews

Mindy Ribner's book, "New Age Judaism" is a tonic for the soul. The message is soothing and spiritually uplifting. By sharing examples of the meditation exercises that she practices and teaches, you are given a rare opportunity to become more connected to your inner self. Through her

extensive knowledge and wisdom of such subjects as reincarnation, kabbalah and angels, you will learn just how vibrant and relevant Judaism is in the 21st Century - the "New Age". Mindy is the rare author that combines scholarship with first hand experience. She not only knows of what she writes, but will inspire you with all that living a faith based life can be. Suddenly, your own concept of a Jewish life has a beautiful, expansive new way to be expressed. She is truly a spiritual guide, and as you travel with her in this wonderful book, you will most certainly feel God's presence leading the way.

I highly recommend this beautiful gift of a book . Many people have no idea of the depth of ancient and universal mystical teachings in Judaism. Thankfully, in her book NEW AGE JUDAISM , Melinda Ribner, C.S.W., presents Jewish wisdom and spirituality as attainable . She reveals Judaism as a loving path and helps the reader embrace the Eternal, the Torah within us, the Torah inscribed in our hearts. . Ms. Ribner draws from authentic sources . Her work is recommended by R. Tendler of YU and Rabbi Jacobson, Chabad, among other well known teachers. Topics she covers include G-d, creation, sefirot, Jewish meditation, breath work, serving Gd. transforming suffering, the mitzvot, fixing our mistakes, becoming more loving, the kabala of sexuality, angels, reincarnation, holistic healing, vegetarianism and the messianic age. To list the topics does no justice to the book though because each chapter is a gem ... revealing Judaism as illuminating, joyful, Gd centered.

Melinda, I have to tell you that your book New Age Judaism is a gem. The phrase 'New Age' has turned sour through the years and I wasn't sure I wanted to identify myself with it, even though I'm probably a poster child for the concept. It represents such a hodge-podge of spirituality. I am very inclusive and expansive in my being, but I do have some clear cut notions and standards by which I live. So I was at first put off by your book. But then as I reread it I began to see that you have great depth and knowledge of God. I have learned to recognize people who have true God knowledge and you are one of them. I feel very close to you from reading your books. You are a teacher, a friend, a sister. Most importantly, you are in real relationship to the Source. I appreciate your explanation of mitzvot, that they are not commandments but rather ways that HaShem has given us to draw us closer. Thank you for helping people like me - who are more spiritual than religious - find deeper meaning in our Jewish heritage.

If you want an accessible, informative guide to Jewish meditation and Kabbalah, 'New Age Judaism' is a must have. Melinda Ribner is an excellent spiritual teacher. She skillfully leads readers "to

receive" in the truest sense. The author's ability to convey her in depth knowledge and love of Judaism stands out. In *New Age Judaism*, Ribner provides insights and inspiration to those looking to connect or reconnect with their Jewish roots, as well as those with New Age leanings seeking to explore and learn Kabbalah and mystical traditions.

On the surface, Judaism and the New Age movement would seem totally contradictory: Judaism is all about "tradition," right? (At least, that's what the play "Fiddler On the Roof" said...) Actually, Melinda Gibson's (2000) book points out that the TRADITION of Judaism also includes a substantial MYSTICAL tradition; in particular, the Kabbalah, and its most famous book, the Zohar, that actually taught vegetarianism, holistic healing, and reincarnation in places, not to mention belief in angels. There are also more "experiential" branches of Judaism such as Hasidism. So the two religious traditions may not be as far apart as one would think. Melinda was authorized to teach meditation by the famous late rabbi, Schlomo Carlebach, and she has taught it for many years in the "Jewish Meditation Circle." Her book covers Kabbalistic concepts such as the "Tree of Life," and also includes chapters on the "Divine Blueprint," and even sexuality. The book also includes a series of guided meditations. There are other Jewish teachers who write books with a similar focus (e.g., David Cooper, *God Is a Verb: Kabbalah and the Practice of Mystical Judaism*, who with his wife Shoshana directs the Heart of Stillness Hermitage in the mountains in Colorado; Rabbi David Zeller *The Soul of the Story: Meetings With Remarkable People*--a psychologist and musician who studied with Schlomo Carlebach from the mid-1960s; Joseph Gelberman, *Zen Judaism: Teaching Tales by a Kabbalistic Rabbi*, as well as Tirzah Firestone *With Roots in Heaven: One Woman's Passionate Journey into the Heart of her Faith*).

This book was an eye-opener for me, teaching me how Judaism can be made even better with some New Age ideas. Also learned a lot about the Kabbalah. I read it twice and am thinking about reading it a third time. There are very few books I read more than once. This one is a real gem.

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