

Be Still and Get Going

A Jewish Meditation Practice for Real Life

Alan Lew



"Rabbi Lew shows, very eloquently, that the combination of inner stillness and dynamic activity is a formidable formula for success in all areas of life."

— Deepak Chopra,
author of *The Book of Secrets*

Be Still And Get Going A Jewish Meditation Practice For Real Life

Abby Rosen PhD



Be Still And Get Going A Jewish Meditation Practice For Real Life:

Be Still and Get Going Alan Lew, 2007-07-31 Written in a warm accessible and intimate style *Be Still and Get Going* will touch those who are searching for an authentic spiritual practice that speaks to them in their own cultural language Lew is one of the most sought after rabbis on the lecture circuit He has had national media exposure for his dynamic fusion of Eastern insight and Bible study having been the subject of stories on ABC News the McNeil Lehrer News Hour and various NPR programs In the past five years there have been national conferences on Jewish meditation in San Francisco Los Angeles and Miami where Lew has been a featured speaker Lew's first book *One God Clapping* was a San Francisco Chronicle bestseller and winner of the PEN Josephine Miles Award for Literary Excellence Publishers Weekly hailed him as a perceptive thinker for his refreshing and sometimes startling perspective in his last book *This Is Real and You Are Completely Unprepared* [Jewish Meditation Practices for Everyday Life](#) Rabbi Jeff Roth, 2011-02-07 Awaken your heart and mind to see your own capacity for wisdom compassion and kindness When we awaken to our own light it becomes possible to develop real wisdom about our life As wisdom allows us to see clearly our hearts break open with compassion for the struggles of our own lives and the lives of all beings Awakened with wisdom and compassion we are impelled to live our lives with kindness and we are led to do whatever we can to repair the brokenness of our world from the Introduction At last a fresh take on meditation that draws on life experience and living life with greater clarity rather than the traditional method of rigorous study Based on twenty five years of bringing meaningful spiritual practice to the Jewish community well known meditation teacher and practitioner Rabbi Jeff Roth presents Jewish contemplative techniques that foster the development of a heart of wisdom and compassion This contemporary approach to meditation accessible to both beginners and experts alike focuses on using the distilled wisdom of Buddhism and Judaism as a way to learn from life experience By combining these two traditions he presents a model that allows westerners both Jews and non Jews to embrace timeless Eastern teachings without sacrificing their birth traditions [Dancing In The Footsteps Of Eve](#) Heather Mendel, 2010-05-11 Through mysticism and mythology this book offers an original perspective for those interested in a mythic and mystical approach to Judaism and to women of diverse spiritual and religious communities who awakening in consciousness seek authenticity in the feminine experience [Increasing Wholeness](#) Rabbi Elie Kaplan Spitz, 2015-03-02 Combines Jewish tradition contemporary sciences and world spiritual writings with practical contemplative exercises Will help you balance and integrate mind body heart and spirit reach out to the Divine and be more fully present and effective in your life [Teaching Mindfulness](#) Donald McCown, Diane K. Reibel, Marc S. Micozzi, 2010-03-10 The applications and use of mindfulness based interventions in medicine mental health care and education have been expanding as rapidly as the empirical evidence base that is validating and recommending them This growth has created a powerful demand for professionals who can effectively deliver these interventions and for the training of new professionals who can enter the fold Ironically while the scientific literature on

mindfulness has surged little attention has been paid to the critical who and how of mindfulness pedagogy Teaching Mindfulness is the first in depth treatment of the person and skills of the mindfulness teacher It is intended as a practical guide to the landscape of teaching to help those with a new or growing interest in mindfulness based interventions to develop both the personal authenticity and the practical know how that can make teaching mindfulness a highly rewarding and effective way of working with others The detail of theory and praxis it contains can also help seasoned mindfulness practitioners and teachers to articulate and understand more clearly their own pedagogical approaches Engagingly written and enriched with vignettes from actual classes and individual sessions this unique volume Places the current mindfulness based interventions in their cultural and historical context to help clarify language use and the integration of Eastern and Western spiritual and secular traditions Offers a highly relational understanding of mindfulness practice that supports moment by moment work with groups and individuals Provides guidance and materials for a highly experiential exploration of the reader's personal practice embodiment and application of mindfulness Describes in detail the four essential skill sets of the mindfulness teacher p Proposes a comprehensive systematic model of the intentions of teaching mindfulness as they are revealed in the mindfulness based interventions Includes sample scripts for a wide range of mindfulness practices and an extensive resource section for continued personal and career development Essential for today's practitioners and teachers of mindfulness based interventions Teaching Mindfulness A Practical Guide for Clinicians and Educators brings this increasingly important discipline into clearer focus opening dialogue for physicians clinical and health psychologists clinical social workers marriage and family therapists professional counselors nurses occupational therapists physical therapists pastoral counselors spiritual directors life coaches organizational development professionals and teachers and professionals in higher education in short everyone with an interest in helping others find their way into the benefits of the present moment

The Oxford Handbook of American Buddhism Ann Gleig, Scott A. Mitchell, 2024 The Oxford Handbook of American Buddhism offers the most comprehensive and up to date scholarship available on Buddhism in America It charts the history and diversity of Buddhist communities including traditions and communities that have been previously neglected and looks at the ways in which Buddhist practices such as mindfulness meditation have been adopted in non Buddhist settings

LASTING Transformation Abby Rosen PhD, 2010-06-18 LASTING Transformation takes you on a journey to experience the process of transformation which can result in powerful positive change Life's journey provides us with many opportunities for self knowledge self love and deep personal transformation The road map outlined in LASTING Transformation gives specific guidance for this journey It offers important insights and effective strategies for developing a strong self fulfilling relationships and deep soul wisdom Dr Abby Rosen shares the experience of her thirty nine year pilgrimage integrating psychotherapy and spirituality Each chapter includes real client experiences that show the process of behavioral change and lasting transformation humorous cartoons and practical exercises that together provide a road map to

help you navigate the sacred journey of your life Awards and Recognition 1 eBookFairs Book Award for Spirituality Award won on March 20 2024 2 BookShelf Nonfiction Award 3 American Writing Awards Finalist 4 Literary Global Independent Author Award 5 BREW Nonfiction Book Excellence Award 6 Christian Book Award Fiction and Nonfiction **The Mindfulness Solution** Ronald D. Siegel,2009-11-09 Mindfulness offers a path to well being and tools for coping with life s inevitable hurdles And though mindfulness may sound exotic you can cultivate it and reap its proven benefits without special training or lots of spare time Trusted therapist and mindfulness expert Dr Ronald Siegel shows exactly how in this inviting guide You ll get effective strategies to use while driving to work walking the dog or washing the dishes plus tips on creating a formal practice routine in as little as 20 minutes a day Flexible step by step action plans will help you become more focused and efficient in daily life cope with difficult feelings such as anger and sadness deepen your connection to your spouse or partner feel more rested and less stressed curb unhealthy habits find relief from anxiety and depression and resolve stress related pain insomnia and other physical problems Free audio downloads of the meditation exercises are available at the author s website www.mindfulnesssolution.com Start living a more balanced life today **One God Clapping** Alan Lew,Sherril Jaffe,2001 From Zen Buddhist practitioner to rabbi East meets West in this firsthand account of a spiritual journey Rabbi Alan Lew is known as the Zen Rabbi a leader in the Jewish meditation movement who works to bring two ancient religious traditions into our everyday lives One God Clapping is the story of his roundabout yet continuously provoking spiritual odyssey It is also the story of the meeting between East and West in America and the ways in which the encounter has transformed how all of us understand God and ourselves Winner of the PEN Joseph E Miles Award Like a Zen parable or a Jewish folk tale One God Clapping unfolds as a series of stories each containing a moment of revelation or instruction that while often unexpected is never simple or contrived One God Clapping like the life of the remarkable Alan Lew himself is a bold experiment in the integration of Eastern and Western ways of looking at and living in the world

Mindfulness-Based Cancer Recovery Linda Carlson,Michael Speca,2011-02-03 In Mindfulness Based Cancer Recovery two leading researchers on mindfulness programs for cancer patients present an eight week program for coping with the symptoms of chemotherapy radiation and other cancer treatments by reducing stress and anxiety through meditation mindfulness and gentle yoga The program is based in mindfulness based cancer recovery MBCR a modified program of mindfulness based stress reduction MBSR **Jewish Wisdom for Growing Older** Rabbi Dayle A. Friedman, MSW, MA, BCC,2015-02-05 Offers inspiration and guidance to help you make greater meaning and flourish amid the challenges of aging It taps ancient Jewish wisdom for values tools and precedents to frame new callings and beginnings shifting family roles and experiences of illness and death For seekers of all faiths for personal use and caregiving settings **Cultivating Mindfulness in Clinical Social Work** Terry B. Northcut,2017-03-25 This practice focused resource integrates broad therapeutic knowledge with current neuroscience to present vast possibilities for mindfulness in clinical social work

Seasoned practitioners posit mindfulness practice and process as a significant bridge between taking care of self and taking care of others demonstrating its implications for physical and mental health in personal and professional contexts Case studies show timeless concepts e g acceptance and new mindfulness based ideas e g learned helpfulness in use in individual treatment as well as couples counseling and group interventions Also attesting to the utility of mindfulness across problems settings and practitioner orientations diverse applications are organized along ten robust lenses among them Beginning with the context the mind body conundrum Beginning with the body the neurobiology of mindfulness Beginning with the training training clinicians in essential methods for integrating mindfulness in clinical practice Beginning with the clients mindfully reconciling opposites with survivors of trauma complex traumatic stress disorders Beginning with the symptom incorporating mindfulness in the treatment of substance misuse Beginning with the larger social system mindfulness and restorative justice Clinicians and research professionals particularly interested in psychotherapy treatment and mindfulness practice will find *Cultivating Mindfulness in Clinical Social Work* not only stimulating and intriguing but also a fresh source of real world wisdom

A Partner in Holiness Vol 2 Rabbi Jonathan P. Slater, DMin, 2014-07-31 Find inspiration for a satisfying spiritual life of practice through the combination of contemporary mindfulness meditation and classical Hasidic spirituality The soul yearns to feel connected to something greater and to know happiness despite personal suffering and seemingly endless need Surprisingly the perspectives of the late eighteenth and nineteenth century Hasidic spiritual teachers offer a radically different Jewish theology that speaks directly to today s spiritual seekers whose faith has been shattered by both modernity and the Holocaust These masters taught of interdependence interconnectedness selflessness service and joy anticipating the insights of contemporary science and twenty first century spirituality Bringing together the teachings of beloved Hasidic master Rabbi Levi Yitzhak of Berdichev 1740 1809 and the practice of mindfulness meditation Rabbi Jonathan P Slater reveals a new entrance into Jewish spiritual life Covering the Five Books of Moses these two volumes present accessible translations of selections from *Kedushat Levi* R Levi Yitzhak s Hasidic Torah commentary which emphasizes our spiritual capacity to transform consciousness and so our life experience The selections are paired with Rabbi Slater s commentaries to illuminate their message

Letters to a Young Entrepreneur , **Celebrating the Jewish Year** Paul Steinberg, Janet Greenstein Potter, 2009-01-01 Offers prayers sources rituals and stories to help understand and celebrate the Jewish holidays

Here All Along Sarah Hurwitz, 2019-09-03 A renowned political speechwriter rediscovers Judaism finding timeless wisdom and spiritual connection in its age old practices and traditions Sarah Hurwitz was Michelle Obama s head speechwriter and with this book she becomes Judaism s speechwriter Adam Grant New York Times bestselling author of *Give and Take* Originals and co author of *Option B* After a decade as a political speechwriter serving as head speechwriter for First Lady Michelle Obama a senior speechwriter for President Barack Obama and chief speechwriter for Hillary Clinton on her 2008 presidential campaign Sarah Hurwitz decided to apply her skills as a communicator to writing a

book about Judaism And no one is more surprised than she is Hurwitz was the quintessential lapsed Jew until at age thirty six after a tough breakup she happened upon an advertisement for an introductory class on Judaism She attended on a whim but was blown away by what she found beautiful rituals helpful guidance on living an ethical life conceptions of God beyond the judgy bearded man in the sky none of which she had learned in Hebrew school or during the two synagogue services she grudgingly attended each year That class led to a years long journey during which Hurwitz visited the offices of rabbis attended Jewish meditation retreats sat at the Shabbat tables of Orthodox families and read hundreds of books about Judaism all in dogged pursuit of answers to her biggest questions What she found transformed her life and she wondered How could there be such a gap between the richness of what Judaism offers and the way so many Jews like her understand and experience it Sarah Hurwitz is on a mission to close this gap by sharing the profound insights she discovered on everything from Jewish holidays ethics and prayer to Jewish conceptions of God death and social justice In this entertaining and accessible book she shows us why Judaism matters and how its message is more relevant than ever and she inspires Jews to do the learning questioning and debating required to make this religion their own Searching for meaning in the ancient scripture and traditions of Judaism Sarah Hurwitz takes us along on an enriching journey of discovery In Here All Along she explores her birthright as a Jew and finds timeless and valuable life lessons David Axelrod director of the University of Chicago Institute of Politics and former senior advisor to President Barack Obama *Surprised by God* Danya Ruttenberg,2008-08-01 At thirteen Danya Ruttenberg decided that she was an atheist Watching the sea of adults standing up and sitting down at Rosh Hashanah services and apparently giving credence to the patently absurd truth claims of the prayer book she came to a conclusion Marx was right As a young adult Danya immersed herself in the rhinestone bedazzled wonderland of late 1990s San Francisco attending Halloweens on the Castro drinking smuggled absinthe with wealthy geeks and plotting the revolution with feminist zinemakers But she found herself yearning for something she would eventually call God As she began inhaling countless stories of spiritual awakenings of Catholic saints Buddhist nuns medieval mystics and Hasidic masters she learned that taking that yearning seriously would require much of her Surprised by God is a religious coming of age story from the mosh pit to the Mission District and beyond It s the memoir of a young woman who found lost and found again communities of like minded seekers all the while taking a winding semi reluctant path through traditional Jewish practice that eventually took her to the rabbinate It s a post dotcom third wave punk rock Seven Storey Mountain the story of integrating life on the edge of the twenty first century into the discipline of traditional Judaism without sacrificing either It s also a map through the hostile territory of the inner life an unflinchingly honest guide to the kind of work that goes into developing a spiritual practice in today s world and why perhaps doing this in today s world requires more work than it ever has *Sitting Together* Susan M. Pollak,Thomas Pedulla,Ronald D. Siegel,2016-07-29 This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be

effective with particular patients while avoiding those that are contraindicated The authors provide a wide range of meditations that build the core skills of focused attention mindfulness and compassionate acceptance Vivid clinical examples show how to weave the practices into therapy tailor them to each patient's needs and overcome obstacles Therapists also learn how developing their own mindfulness practice can enhance therapeutic relationships and personal well being The Appendix offers recommendations for working with specific clinical problems Free audio downloads narrated by the authors and accompanying patient handouts for selected meditations from the book are available at www.sittingtogether.com See also Mindfulness and Psychotherapy Second Edition edited by Christopher K Germer Ronald D Siegel and Paul R Fulton which reviews the research on therapeutic applications of mindfulness and delves into treatment of specific clinical problems

American JewBu Emily Sigalow, 2022-01-11 Many Jewish Americans are embracing a dual religious identity practicing Buddhism while also staying connected to their Jewish roots Sigalow argues that the distinctive social position of American Jews led them to their unique engagement with Buddhism and describes how they incorporate aspects of both Judaism and Buddhism into their everyday lives American JewBu highlights the leading role American Jews have played in the popularization of meditation in the United States and reveals the profound impact these two venerable traditions have had on each other Back cover

Listening to the Heart of Genesis Leila Gal Berner, 2021-02-04 For those seeking a fresh contemporary approach to the stories and themes of Genesis this book offers an inspiring gateway into the heart of the ancient text Both newcomers and seasoned readers will benefit from Rabbi Leila Gal Berner's invitation to personal contemplation Basing her work on a Christian method of reading Scripture lectio divina reading the holy Rabbi Berner's adaptation for Jews as kariat ha kodesh reading the sacred is welcoming and accessible to readers of all faiths After retelling each story from a very human perspective Rabbi Berner advances rabbinic perspectives that have illuminated each biblical saga over the centuries In addition she brings the text to life with contemporary stories of real people whose experiences echo the biblical stories A final section to each chapter suggests probing questions for personal contemplation and meditation which can be used both by individual readers as part of a spiritual practice and also by groups of spiritual seekers Group leaders will find a helpful facilitator's guide to structure their sessions Beginning with Rabbi Berner's own classes groups have formed throughout North America using her method

Immerse yourself in the artistry of words with Experience Art with its expressive creation, **Be Still And Get Going A Jewish Meditation Practice For Real Life** . This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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