



Resources for Jewish Meditation

Books

- Davis, Avram, ed.. Meditation From The Heart of Judaism Jewish Lights 1997
- Roth, Jeff. Jewish Meditation Practices For Everyday Life Jewish Lights 2000
- Green, Arthur. Radical Judaism Yale University Press, 2010
- Frankel, Estelle. Sacred Therapy Shambhala, 2003
- Frankel, Estelle. The Wisdom of Not Knowing Shambhala, 2017
- Glick, Yoel. Living The Life of Jewish Meditation Jewish Lights, 2014
- Morinis, Alan. Everyday Holiness Trumpter, 2008
- Schachter Shalomi, Zalman. Davenning: A Guide To Meaningful Jewish Prayer Jewish Lights, 2012
- Gold, Shefa. The Magic of Hebrew Chant Jewish Lights, 2013
- Slater, Jonathan. Mindful Jewish Living Aviv Press, 2004
- Cooper, David. The Handbook of Jewish Meditation Practices Jewish Lights, 2000

Audio Courses

- Zeller, Rabbi David The Tree of Life: Meditations, Prayers, and Practices of Mystical Judaism http://davidzeller.org/tapes_and_classes/
- Cooper, Rabbi David The Mystical Kabbalah <http://www.soundstrue.com/store/the-mystical-kabbalah-3472.html>