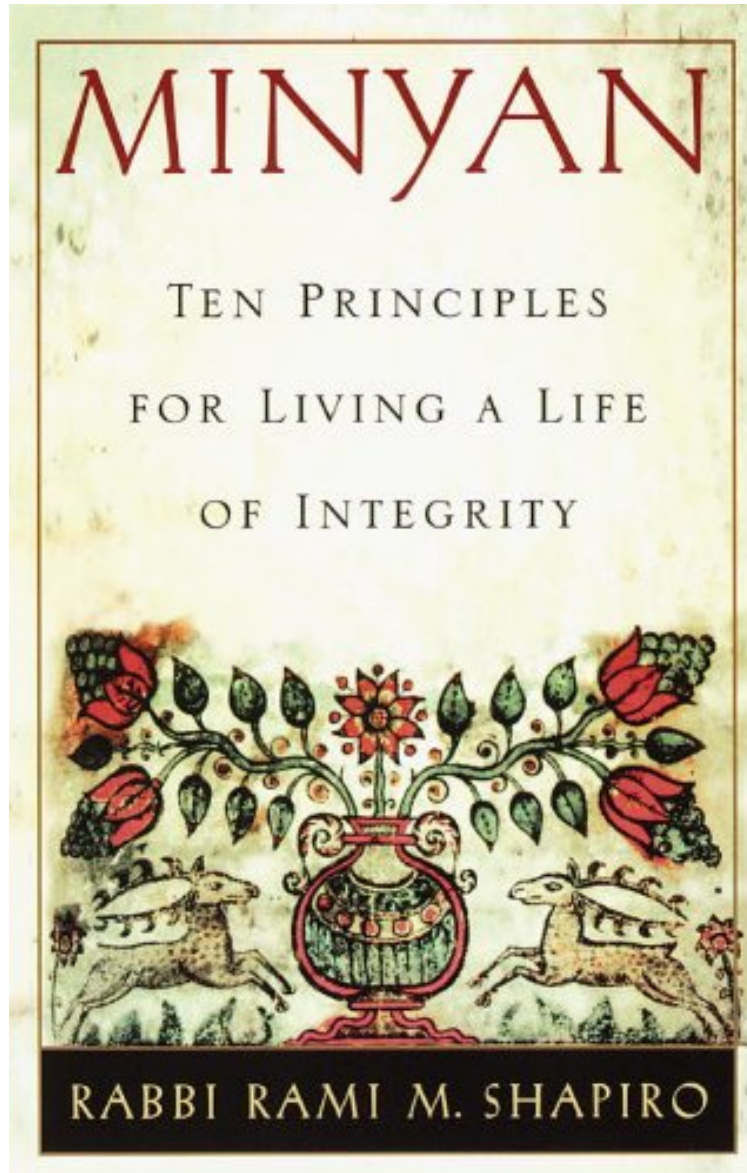


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Minyan: Ten Principles for Living a Life of Integrity

Von Rami Shapiro

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Von Rami Shapiro : Minyan: Ten Principles for Living a Life of Integrity before purchasing it in order to gage whether or not it would be worth my time, and all praised Minyan: Ten Principles for Living a Life of Integrity:

Kurzbeschreibung A path of daily living based on ten spiritual practices that have been used by Jews for centuries. MINYAN is an invaluable source of inspiration and insight not only for those large numbers who are returning to Judaism but for people of all faiths who are looking for a way to integrate spirituality into their daily lives. Rabbi Rami Shapiro says that he went in search of Zen Judaism and found it in Hasidic literature. In writings that speak of the unity of self, God, and the world, he found a deeply spiritual tradition hidden within Judaism, for which many Jews have looked elsewhere. From years of work in his own synagogue, Rabbi Shapiro developed 10 spiritual practices that help ground a person in divine reality and achieve balance in internal and external affairs. Perhaps you don't associate meditation or "ethical consumption" with the Torah, but Shapiro convincingly demonstrates their value to, and history within, Judaism. Eight other practices, such as attention, generosity, and kindness make up Shapiro's metaphorical Minyan. As the ties binding all things become more and more evident in this book, the necessity of persistent self-development also becomes clear. Shapiro places the self as a necessary link in a community, thereby providing us with the refuge of solitude along with the power and love of community. Neither a conservative Hasidic nor a head-in-the-clouds mystic, Shapiro offers a detailed, tested way of Jewish spiritual growth and fulfillment. .com Rabbi Rami Shapiro says that he went in search of Zen Judaism and found it in Hasidic literature. In writings that speak of the unity of self, God, and the world, he found a deeply spiritual tradition hidden within Judaism, for which many Jews have looked elsewhere. From years of work in his own synagogue, Rabbi Shapiro developed 10 spiritual practices that help ground a person in divine reality and achieve balance in internal and external affairs. Perhaps you don't associate meditation or "ethical consumption" with the Torah, but Shapiro convincingly demonstrates their value to, and history within, Judaism. Eight other practices, such as attention, generosity, and kindness make up Shapiro's metaphorical Minyan. As the ties binding all things become more and more evident in this book, the necessity of persistent self-development also becomes clear. Shapiro places the self as a necessary link in a community, thereby providing us with the refuge of solitude along with the power and love of community. Neither a conservative Hasidic nor a head-in-the-clouds mystic, Shapiro offers a detailed, tested way of Jewish spiritual growth and fulfillment.