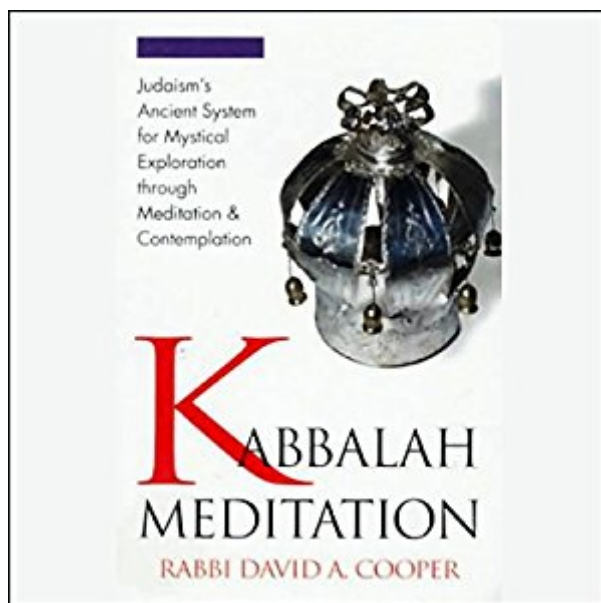


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# Kabbalah Meditation



## Synopsis

Over 2,000 years ago, Jewish mystics devised unique meditations to enhance awareness and contact higher planes of consciousness, becoming vessels for the light of God. They developed a precise system-the Kabbalah-and passed its teachings by word of mouth only, believing that the secrets of the Kabbalah transcend the written word. In this great oral tradition, Kabbalah Meditation will immerse you in this traditional school of sacred wisdom for reaching peace through union with God. Rabbi David Cooper offers eleven authentic meditations associated with Kabbalah practice that he developed during six years of research and work in the Old City of Jerusalem. Practical, uplifting and fascinating to learn, Kabbalah Meditation is the perfect introduction to this time-honored system for spiritual growth and self-discovery. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

If you have read any of Cooper's other books or have any of his other CDs, then this is duplication of earlier published works.

very useful & helpful

I first heard this in a Qabalah class and wanted to have it for myself. I was glad it was available.

I have followed Rabbi David Cooper teachings long before there was this kabbalah fashion initiated by Madonna, I find that Cooper is sincere, profoundly spiritual and extremely deep.He can

communicate profound spiritual truths, he can explain things that not even an Angel could explain to us (and believe me: I am not exaggerating), things that we know are there, but, being territory of the soul, very seldom surface on our conscious intellects. Well, Rabbi Cooper can put his finger right on the spot and explain with crystal clarity what is the exact mechanism that is initiating a certain phenomena in our spiritual universe. With these meditations, which I find SUPERB, superior in every sense to those that Yehuda Berg has taught us (Yehuda Berg is Madonna's guru, so to speak) with these meditations, I was saying, you will easily learn means to investigate your soul and to communicate with the universe, in a profound and even fun way. The messages that you get in return, and you WILL get messages believe me, are very revealing, they will provide clarity to your inner journey and will help you immensely, by improving the very quality of your life: your mind will be less polluted, your inner self will be more still and strong. By the way: I had the honor to speak on the phone with Rabbi Cooper, about 15 years ago: he has the voice of child, he gives me the impression to be a very pure man, a man with an oceanic heart, a true spiritual giant, even if his humility is as great as his soul.

This was so very informative in helping me understand how I was creating my own havoc in my life. Now I really try to think about situations before I react to them instinctly. And all around people notice me and I seem to be more approachable..... Wonderful Wake Up to changing my life for better in every way.

this audio sent was great. Rabbi cooper is soft spoken and caring, he takes it slow and doesn't beat around the bush. he takes you through several meditations, walking you through each. a must very anyone who would like to learn or improve their meditations.

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