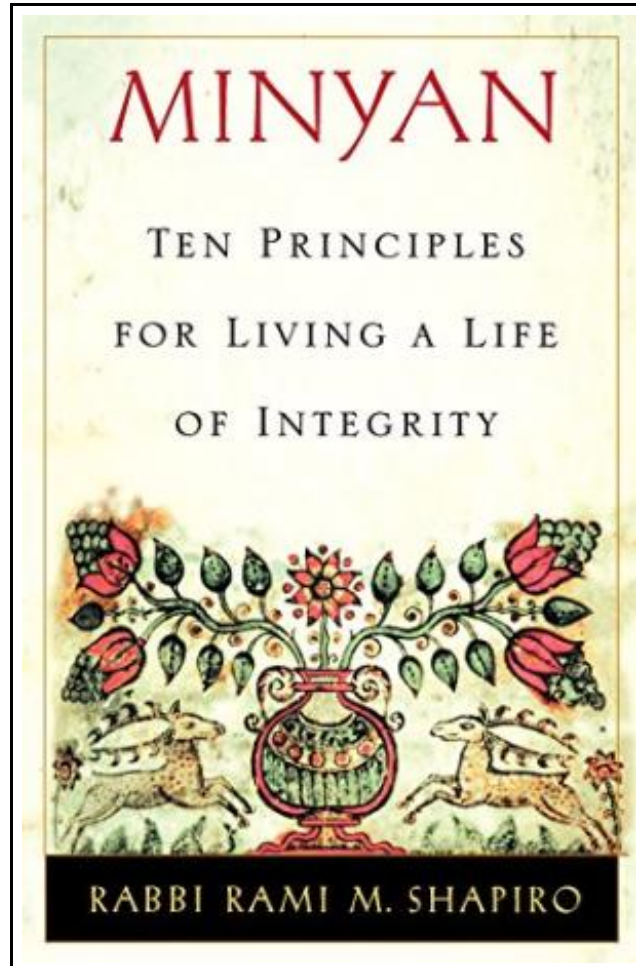


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Random House USA Inc, United States, 2003. Paperback. Book Condition: New. 214 x 136 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book starts with a clear-headed look at the Ten Commandments and rephrases them in terms that go straight to the heart, such as Do not murder : Aware of the suffering caused by the needless and wanton destruction of life, I vow to cultivate compassion and justice, and learn ways to protect the well-being of people, animals, plants, and minerals. I recognize that murder refers not only to the literal taking of life but to the killing of dignity , etc.It then examines the hasidic tradition founded by the Baal Shem Tov in 18th-century Europe shows how this view of the world epitomizes Jewish spirituality. Drawing on the wisdom of those sages who followed in the Baal Shem Tov s footsteps, Shapiro offers his tenfold path for making Jewish spiritual practice central to our lives: meditation, repetition of a sacred phrase, inspirational reading, attention to the present moment, generosity, kindness performed with no thought of reward, dreamwork, ecokashrut or ethical consumption, self-perfection, and celebration of the sabbath (this is what hooked me). Shapiro offers a Judaism so immediate and vital to living with integrity and enjoyment that I foresee groups springing up in communities everywhere to put his teaching into practice. I started one the day I finished the manuscript. This is magnificent stuff. I urge you all to try it!.



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