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The Woman's Kabbalah

ecstatic jewish practices
for women

\$18.95

Mystical Judaism / Women's Studies

One of America's Leading Woman Rabbis Unlocks the Kabbalah's Feminine Wisdom

Kabbalah. The word itself is feminine, meaning "receiving," yet women have long been excluded from the pursuit of this Jewish mystical tradition. On *The Woman's Kabbalah*, Rabbi Tirzah Firestone opens a treasury of meditations and practices especially for women who are interested in this path to inner knowing. Through chant, meditation, and journaling, you will learn how to spark, explore, and express your spiritual self according to the Kabbalah's once-guarded instructions. Included are specific techniques for contacting and creating a relationship with your *maggid* (personal spirit guide), connecting with your soul-family, and integrating the Tree of Life into your body and soul.

For the Kabbalah to be a living body of truth, Rabbi Firestone teaches, it must include women in its framework. Now its feminine dimension is finally and richly illuminated through the all-embracing practices on *The Woman's Kabbalah*.



RABBI TIRZAH FIRESTONE

... is an author, Jungian psychotherapist, and the founding rabbi of the Jewish Renewal Community of Boulder, Colorado. As one of the leading woman rabbis in America, she teaches and lectures widely on Jewish spiritual practices and meditation. Rabbi Firestone is the author of *With Roots in Heaven: One Woman's Journey to the Heart of Her Faith*.

Contents: 2 cassettes with study guide

Running time: 2 1/2 hours

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