

Spirituality & Kabbalah: Further Reading **[texts in bold are good places to start]**

Joseph Dan, *Kabbalah: A Very Short Introduction*, Oxford University Press, 2006. Just what the title says.

Arthur Green is a modern Kabbalist who makes the mystical somewhat accessible to the modern, rational mind.

- *Ehyeh: A Kabbalah for Tomorrow*, Jewish Lights Publishing, Woodstock, Vermont, 2003. Green's perspectives on the future of Jewish Mysticism.
- *These Are the Words: A Vocabulary of Jewish Spiritual Life*, Jewish Lights Publishing, Woodstock, Vermont, 2000. Spiritual commentary on key Jewish/Hebrew terms.

Irving Greenberg, *The Jewish Way: Living the Holidays*, Summit Books, New York, 1988. A wonderful book which provides a much deeper spiritual insight into Shabbat and the Holidays.

Joel Lurie Grishaver, *And You Shall Be a Blessing: The Unfolding of the Six Words that Begin Every Brakhah*, Jason Aronson, Inc., Northvale, NJ, 1993. An entire book about the words *Baruch Ata Adonai, Eloheinu Melech Olam!!*

Abraham Joshua Heschel, *The Sabbath: Its Meaning for Modern Man*, Farrar, Straus and Giroux, 1951. An amazingly beautiful short book on the meaning of the sabbath.

Daniel M. Horwitz, *A Kabbalah and Jewish Mysticism Reader*, Jewish Publication Society, 2016. A readable, thorough and extensive presentation of key concepts in Kabbalah.

Rodger Kamenetz, *The Jew in the Lotus*, HarperSanFrancisco, 1994. A poet's rediscovery of Jewish identity in Buddhist India.

Aryeh Kaplan, *Jewish Meditation: A Practical Guide*, Schocken Books, NY, 1985.

Books By Lawrence Kushner: There are several, all wonderful and somewhat hard to follow. They include:

- ***Kabbalah – A Love Story***, Morgan Road Books, 2006. A wonderful readable work of fiction with amazing insights. Also check out this discussion guide <https://www.readinggroupguides.com/reviews/kabbalah-a-love-story-0/guide>
- *God Was In This Place and I, I Did Not Know It (Finding Self, Spirituality, and Ultimate Meaning)*, Jewish Lights Publishing, Woodstock, Vermont, 1991.
- *The River of Light: Spirituality, Judaism, Consciousness*, Jewish Lights Publishing, Woodstock, Vermont, 1993.
- (Kushner and Kerry M. Olitzky) *Sparks Beneath the Surface: A Spiritual Commentary on the Torah*, Jason Aronson, Inc., Northvale, NJ, 1993. Contains spiritual commentaries on each Torah portion.
- *Invisible Lines of Connection: Sacred Stories of the Ordinary*, Jewish Lights Publishing, Woodstock, Vermont, 1996. A wonderful, readable collection of stories.

- ***The Book of Miracles: A Young Person's Guide to Jewish Spirituality***, Jewish Lights, 2001. A wonderful collection of stories for young and old.

Stuart M. Matlins, ed., ***The Jewish Lights Spirituality Handbook: A Guide to Understanding, Exploring & Living a Spiritual Life***, Jewish Lights Publishing, Woodstock, Vermont, 2001. 51 different authors provide brief (3-10 page) essays on a wide variety of topics.

Books by Daniel C. Matt: Matt is the world's leading scholar on the Zohar and has published widely on it:

- ***The Essential Kabbalah: the Heart of Jewish Mysticism***, HarperSanFrancisco, 1995. Selections from many Kabbalistic texts with helpful notes.
- ***The Zohar: Pritzker Edition***, Stanford University Press, Stanford CA, 2004. Twelve volumes of this scholarly edition have been published as of 2021.
- ***Zohar Annotated and Explained: Skylight Paths***, Woodstock VT, 2002. Selections from the Zohar, annotated and explained. Very accessible.
- ***God and the Big Bang: Discovering Harmony Between Science and Spirituality***, Jewish Lights Publishing, Woodstock, VT, 1996. Matt's theology explained.

Kerry M. Olitzky & Stuart A. Copans, ***Twelve Jewish Steps to Recovery***, Jewish Lights Publishing, Woodstock, Vermont, 1991. Making a Jewish connection to 12 step programs.

Simcha Paull Raphael, ***Jewish Views of the Afterlife***, Roman & Littlefield, 2009. THE scholarly book on the wide array of Jewish views of the afterlife.

These are two incredibly wonderful and inspiring books by Rachel Naomi Remen, an oncologist who overcame her own serious medical challenges. They are a collection of brief stories, many of which have Jewish themes.

- ***Kitchen Table Wisdom: Stories that Heal***, Riverhead Books, NY, 1996.
- ***My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging***, Riverhead Books, NY, 2000.

Howard Schwartz, ***Tree of Souls: The Mythology of Judaism***, Oxford, 2004. An extensive and wonderfully annotated compendium of Jewish myths.

Gershom Scholem, ***Major Trends in Jewish Mysticism***, Schocken Books, NY, 1946. This is the major, scholarly text in the field. Very comprehensive but not light reading.

Elie Kaplan Spitz, *Does the Soul Survive? A Jewish Journey to Belief in Afterlife, Past Lives & Living with Purpose*, Jewish Lights, 2000. A wonderful investigation into the soul and reincarnation by a Conservative Rabbi.

R. Sonsino & D. B. Syme, ***What Happens After I Die***, 1990. A readable introductory overview.

David J. Wolpe, ***The Healer of Shattered Hearts: A Jewish View of God***, Henry Holt and Co., New York, NY, 1990. Very deep and moving book about relationships with God.

David J. Wolpe, *In Speech and In Silence: The Jewish Quest for God*, Henry Holt and Co., New York, NY, 1992. More depth and insight.