



God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice

Jay Michaelson

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Your body is the place where heaven and earth meet.

The greatest spiritual achievement is not transcending the body but joining body and spirit together. But to do this, you must break through assumptions that draw boundaries around the Infinite and wake up to the body as the site of holiness itself.

This groundbreaking book is the first comprehensive treatment of the body in Jewish spiritual practice and an essential guide to the sacred. With meditation practices, physical exercises, visualizations and sacred text, you will learn how to experience the presence of the Divine in, and through, your body. And by cultivating an embodied spiritual practice, you will transform everyday activities?eating, walking, breathing, washing?into moments of deep spiritual realization, uniting sacred and sensual, mystical and mundane.

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