

Jewish Spiritual Practices

Practice can be seen as at the core of the spiritual or religious life. This course focuses on a variety of spiritual technologies in Judaism. Each week a different practice will be explored through primary sources in translation and will aim to introduce students to the breadth and depth of Jewish spiritual practices. Methodological considerations of the nature of spiritual practice as a category, both religiously and academically, and its distinction from ritual and commandment, in both the history of Judaism and religious studies, will accompany our exploration of these practices. Texts and practices will range from the Hebrew Bible to twentieth century musar and Hasidic texts, though a particular emphasis is placed on Kabbalistic and Hasidic literature. Through this course students will be introduced to the necessary terminology, categories and context to understand the purpose, function and place of Jewish spiritual practices within the Jewish tradition.

Course Requirements:

- Weekly text-study of primary sources as well as selected secondary sources.
- Weekly one page reflection on the readings.
- Weekly practice homework and google group post on the weekly practice.
- Final Project

Final Grade:

Weekly writing assignments	25%
Weekly reading and class participation	25%
Weekly practice homework and posts	10%
Final project	40%

Course Outline and Reading List

1. Mindfulness Meditation and The Quieting Practice of the Piaseczner Rebbe

a. Formal Practice

Primary Sources

R. Kalonymus Kalmish Shapira, *The Subject of Quieting, Derekh HaMelekh*, p. 450-451

Secondary Sources:

Polen, Nehemia. *The Holy Fire: The Teachings of Rabbi Kalonymus Kalman Shapira, The Rebbe of the Warsaw Ghetto*. Chapt 1: Rabbi Shapira's Origins, Life, and Work.

b. Practice in Everyday Life

Primary Sources

R. Kalonymus Kalmish Shapira, *Derekh HaMelekh, Breishit*, p. 5,

R. Kalonymus Kalmish Shapira, *Haksharat HaAvreikhim*, Chapt. 9, Part 4

Secondary Sources:

Verman, Mark. *The History and Varieties of Jewish Meditation*. Introduction and selected chapters. Jason Aronson, 1977.

2. Fellowship, Love and Community as a Spiritual practice

a. Hasidic Co-counseling

Primary Sources

R. Moshe Cordovero, *Hanhagot*, #14

R. Moshe Cordovero, *Hanhagot*, #15

R. Abraham Kalisker, *Pri HaAretz, Letters*, Letter 30

R. Abraham Kalisker, *Pri HaAretz, Letters*, Letter 6

R. Kalonymus Kalmish Shapira, *Bnei Mahshavha Tovah, Membership in the Community*

R. Kalonymus Kalmish Shapira, *Bnei Mahshavha Tovah, Group Commitments and Advice*, 54-58

Secondary Sources:

Rapoport-Albert, Ada 1973. "Confession in the circle of R. Nahman of Braslav." *Bulletin of the Institute of Jewish Studies* 1 (1973): 65-96.

Weiss, Joseph. "R. Abraham Kalisker's Concept of Communion with God and Men." *Studies in Eastern European Jewish Mysticism*. Ed. David Goldstein. Oxford: The Littman Library of Jewish Civilization, Oxford University Press, 1985 (155-169)

Weiss, Joseph. "A Circle of Pneumatics in Pre-Hasidism." *Studies in Eastern European Jewish Mysticism*. Ed. David Goldstein. Oxford: The Littman Library of Jewish Civilization, Oxford University Press, 1985 (27-46).

b. Community as a Spiritual Practice

Primary Sources

Zohar II, 190b

R. Hayyim Vital, *Shaar HaKavvanot*, p. 2

R. Aaron/Arele Roth, *Shomer Emunim*, 5719, 237b

R. Hayyim Vital, *Shaarei Kedushah*, Part 1, Gate 5, Sec. 1

R. Moshe Cordovero, *Tomer Devorah*, Chapt. 2

Beit El Contract, 1754

R. Hanokh Henikh of Alesk, *Seder Lev Sameah*

R. Mordechai of Chernobyl, *Likutei Torah*, 61c

R. Kalonymus Kalmish Shapira, *Hovat ha-Talmidim*, 147

Secondary Sources:

Fine, Lawrence 2003. "Chapter. 9: Metempsychosis, Mystical Fellowship, and Messianic Redemption." *Physician of the Soul, Healer of the Cosmos: Isaac Luria and his Kabbalistic Fellowship*. Stanford University Press: Stanford, 2003.

Giller, Pinchas 2008. "Chaper 4: Kabbalists in the Community". *Shalom Shar'abi and the Kabbalists of Beit El*. Oxford: Oxford University Press, 2008 (55-64).

3. Avodah be-Gashmiyut (worship in corporeality) and Mindful Eating

a. The Nature of Corporeality and Mindful Eating

Primary Sources

R. Zev Wolf of Zhitomer, *Or ha-Meir*, II, p. 313

R. Jacob Joseph of Polonne, *Toldot Yaakov Yosef*, BaMidbar, p. 440.

R. Jacob Joseph of Polonne, *Toldot Yaakov Yosef*, Bo, p. 150.

R. Jacob Joseph of Polonne, *Toldot Yaakov Yosef*, Naso, p. 474

R. Jacob Joseph of Polonne, *Ketonet Passim*, pp. 25b-26a

R. Menahem Nahum of Chernobyl, *Meor Einayim*, pp. 235-6

R. Menahem Nahum of Chernobyl, *Meor Einayim*, p. 327

Besht, brought in R. Abraham Issachar Baer Rabinowitz of Radomsk, *Hesed le-Avraham*, p. 104b

R. Dov Baer (Berl) Ehrman, *Devarim Arevim*, Part I, sec. 11

Secondary Sources:

- Hecker Joel. The Blessing in the Belly: Mystical Satiation in Medieval Kabbalah. *Food and Judaism*. editors, Leonard J. Greenspoon, Ronald A. Simkins, Gerald Shapiro. *Studies in Jewish Civilization* 15 (2005). 257-279.
- Jacobs, Louis. "Eating as an Act of Worship in Hasidic Thought." *Studies in Jewish Religious and Intellectual History*. U. of Alabama Press, 1979. 157-166.
- Nadler, Allan Lawrence 2005. "Holy Kugel: The Sanctification of Ashkenazic Ethnic Foods in Hasidism." *Food and Judaism*. editors, Leonard J. Greenspoon, Ronald A. Simkins, Gerald Shapiro. *Studies in Jewish Civilization* 15 (2005): 193-214.

b. The Body, the Commandments, and Sanctifying the Corporeal

Primary Sources

- R. Menahem Nahum of Chernobyl, Meor Einayim, p. 240-1
- R. Zev Wolf of Zhitomir, Or ha-Meir, p. 241
- The Besht, brought in R. Yaakov Joseph of Polonne, Tzafnaat Paneah, p. 260
- R. Dov Baer the Maggid of Mezhirech, Tzavaat ha-Rivash, sec. 68
- R. Dov Baer the Maggid of Mezhirech, Maggid Devarav le-Yaakov, sec. 24

Secondary Sources:

- Biale, David. *Eros and the Jews: From Biblical Israel to Contemporary America*. New York: Basic Books, 1992. Selections
- Diamond, Eliezer. *Holy Men and Hunger Artists: Fasting and Asceticism in Rabbinic Culture*. New York: Oxford University Press, 2004. Selections.

4. Music and Song as a Spiritual Practice

a. Music and Song I: Ecstatic Song

Primary Sources

- 2 Kings 3:11-16
- 1 Samuel 10:1-13
- 1 Chronicles 25:1
- Pesachim 117a
- Maimonides, Hilkhhot Yesodei Torah, 7:4
- R. Dov Baer of Lubavitch, Shaarei Teshuvah 2 p. 15a-b
- R. Kalonymus Kalman Shapira, Bnei Mahshavah Tova, sec. 18

Secondary Sources:

- Koskoff, Elle. "The Language of the Heart : Music in Lubavitcher Life." *New World Hasidim*, 1995. 87-106.

Leinwand, Michael. "The Musical Aesthetics of Hasidism." *Jews in a Changing World*. 1997. 160-167 .

Loewenthal, Naftali. "Spirituality, Melody and Modernity in Habad Hassidism." Proceedings of the First International Conference on Jewish Music (1997): 62-78.

Pinson, Dov Ber. *Inner Rhythms: The Kabbalah of Music*. Jason Aronson, 1999.

b. Music and Song II: Ecstatic and Aesthetic Song

Primary Sources

R. Abraham Abulafia, Gan Naul, Mbs, Cod. hebr. 58 (IMHM 23117), 324a-b

Sod has-Shalselet, Sodot, Pn, Ms. heb. 790 (IMHM 12622), 141a-b

Hayyim Vital, *Shaarei Kedushah, Part 4*, Lbm, Ms. Add. 19,788 (IMHM 5003), 15b

Secondary Sources:

Idel, Moshe. "Music and Prophetic Kabbalah." *Yuval* 4 (1982): 150-169.

Idel, Moshe. "Conceptualizations of Music in Jewish Mysticism." *Enchanting Powers: Music in the World's Religions*. Ed. Lawrence Sullivan. Cambridge, MA, 1997, 159-88.

Idel, Moshe. "Music in Sixteenth-Century Kabbalah in Northern Africa." *Yuval* 7 (2002): 154-170.

5. Generosity and Restraint

a. Generosity and Spiritual Practice

Primary Sources

Lev. 25

Exodus 35:5-35

Avot 2:8

Avot 3:7

Berakhot 5a

Rashi Berakhot 5a

Midrash Rabbah - Leviticus XXXIV:14

Rambam, Laws of Gifts to the Poor 7:5

Zohar III 113b

Hayyim Vital, *Sha'ar HaMitzvot, Parshat Re'eh*, p. 111

R. Abraham Berukhim, Hanhagot

R. Abraham Galante, Hanhagot, 27

R. Aaron Berakhia of Modena, *Maavar Yabok, Siftei Renanot, Chpt. 31, Vitamir, 5612, 148b*

R. Yaakov Zemah, *Nagid Mitzvah*, Amsterdam 5702, 24b

R. Nahman of Bratslav, *Sefer ha-Midot, tzedaka, # 58*

R. Benjamin Matatyah, Taharot Kodesh, Amsterdam, 5493, 44c

a. Generosity and Restraint and Spiritual Practice

Primary Sources

Hagiga 12a

R. Kalonymus Kalmish Shapira, Esh Kodesh, Parshat Zachor, 1942

Maimonides Mishne Torah, Laws of Vowed Property – Haramim and Arachin 8:13

6. Self-Acceptance, Radical acceptance and Distracting Thoughts in the Hasidic tradition

a. Welcoming in and Transforming Distracting Thoughts (*Mahshavot Zarot*)

Primary Sources

Besht, brought in R. Jacob Joseph of Polonne, *Ben Porat Yosef*, 94a

Besht, brought in R. Jacob Joseph of Polonne, *Ben Porat Yosef*, 339-40

Besht, Keter Shem Tov, 87c

Besht, Keter Shem Tov, 75

Besht, Keter Shem Tov, 172

Besht, Keter Shem Tov, 39

R. Dov Baer the Maggid of Mezhirech, Maggid Devarav Le-Yaakov, 29, p. 48

R. Ephraim of Sudylkow, Degel Mahaneh Efrayim, Noah, U-Petah

R. Dov Baer the Maggid of Mezhirech, Maggid Devarav Le-Yaakov, 161, pp. 258-9

R. Ephraim of Sudylkow, Degel Mahaneh Efrayim, 111

Secondary Sources:

Jacobson-Maisels, James. "Inviting the Demons In: A Hasidic Approach to Suffering, Conflict and Human Failings." *Kerem*, 11, 5768 (2007-2008).

b. Accepting and Cherishing Oneself

Primary Sources

Avot 2:13

R. Mordechai Joseph Leiner, Mei ha-Shiloah, Beshalah, ve-lo shamu

R. Nahman of Bratslav, Likutei Moharan I:282

Issachar Baer of Zloczow, Mevasser Zedeq, VaYigash, Lemberg 1863, p. 7b

Issachar Baer of Zloczow, Mevasser Zedeq, Lemberg 1863, Parshat Shemot, p. 8a-b

Secondary Sources:

Schatz-Uffenheimer, Rivka. "2: The Concept of Annihilation ('Ayin) and the Extinction of the Human Will", "4: Despair, Sadness, Regret and Their Connection with Sin", and "8: Divine Immanence and the Question of Prophecy." *Hasidism as Mysticism: Quietistic Elements in Eighteenth Century Hasidic Thought*. Princeton U. Press, 1993. 67-79, 93-110, and 189-203.

7. Stories and Masks as a Spiritual Practice

a. Hasidic Stories

Primary Sources

Exodus 13:8

Pesah Haggadah

Shivhei ha-Besht, 158, p. 256

R. Aaron of Karlin, Beit Karlin-Stolin, p. 208, 1981

R. Jacob Isaac the Seer of Lublin, Sippure Tzaddikim he-Hadash, p. 1, Jerusalem 5765-2005

Ish HaPele p. 195-6 (1987, Jerusalem)

R. Israel of Rhizin, Beit Ruzhin p. 63 (1987, Bnei Barak, Mishor ed. Klapholitz)

R. Israel of Rhizin, Beit Ruzhin p. 63-4 (1987, Bnei Barak, Mishor ed. Klapholitz)

R. Shlomo of Radomsk, Tiferet Shelomo, Hanukkah, p. 72, from Niflaot ha-Tiferet Shelomo, Yaffah Sihatan, p. 15, #45

R. Shneur Zalman of Lyadi, in Rebbe Rashab, volume of Sefer Toldot, p. 42 (1987 Kehot Brooklyn)

R. Naftali Tzvi of Rophsitz, Zera Kodesh, quoted in Rabbein ha-kodesh mi-shinova, Preface, p. 9 (1992 Bnei Barak ed. Frankel)

Sefer ha-Dorot ha-Hadash p. 46 (1965 Jer.)

Roth, Nathan, Kadosh Yisrael, on R. Israel of Vizhnitz, vol. 2, p. 323 (1975 Bnei Barak, ed. Roth)

R. Joseph Isaac Schneerson of Lubavitch, Rebbe Rayatz, a volume of Sefer ha-Toldot, II, p. 138 (1987 Kehot, Brooklyn)

Zemah Zedek, brought in Rabbeinu ha-Kadosh of Shinov, p. 9

Geshuri, M, Song and Dance in Hasidism, p. 28 (1954 Tel Aviv)

R. Menahem Mendel of Kotsk, Emet ve-Emunah p. 111 (1972 Jer, ed. Orton)

R. Shneur Zalman of Lyadi, in Rebbe Rashab, volume of Sefer Toldot, p. 42 (1987 Kehot Brooklyn)

Secondary Sources:

Buxbaum, Yitzhak. *Storytelling and Spirituality in Judaism*. Jason Aronson, 1994. Selections.

b. The Tales of R. Nahman of Bratslav

Primary Sources

The Humble King
Likutei Moharan I 60:6
Likutei Moharan I 60:7
Likutei Moharan I 60:8
Sichot HaRan 109

Secondary Sources:

Wiskind-Elper, Ora. *Tradition and Fantasy in the Tales of Reb Nahman of Bratslav*. Albany, SUNY Press, 1998. Selections

8. Death Meditation

a. Death Contemplation

Primary Sources

Bavli Tamid 32a
Bavli Gittin 57b
Bavli Berakhot 5a
R. Kalonymus Kalmish Shapira, Bne Mahshavah Tova, Sec. 8
R. Isaiah Horowitz, Shne Luhot ha-berit, Amsterdam 5458, Masechet Pesachim, 145a-146a, (הגהה)
R. Elimelekh of Lizhensk, Hanhagot ha-Adam 3
R. Elimelekh of Lizhensk, Noam Elimelekh, Va-Yihi, d'h va-yikrevu yamei Yisrael
Ethical Will of R. Naftali ha-Kohen Katz, 5517, Bern, 18b
Bavli Berakhot 61b

Secondary Sources:

Wolfson, Elliot. "Weeping, Death and Spiritual Ascent in Sixteenth Century Jewish Mysticism." *Death, Ecstasy and Other Worldly Journeys*, edited by John J. Collins and Michael A. Fishbane. Albany: State University of New York Press, 1995. 209-247.
Bar-Levav, Avriel. Leon Modena and the Invention of the Jewish Death Tradition. In *The Lion Shall Roar: Leon Modena and His World*, ed. David Malkiel. Jerusalem: Magnes, 2003: 85-102.
Bar-Levav, Avriel. Ritualisation of Jewish Life and Death in the Early Modern Period. *Leo Baeck Institute Year Book* 47 (2002): 69-82.

b. Spiritual Death

Primary Sources

R. Moshe De Leon, *Book of the Pomegranate*, 1988, pp. 225-6
Besht, Keter Shem Tov, #42

Elimelekh of Lizhensk, Tzetzl Kotn, 1-3
R. Hayyim Vital, Shaar ha-Kavvanot, Nefilat Apayim, Derush 2

Secondary Sources:

Fishbane, Michael. *Kiss of God: Spiritual and Mystical Death in Judaism*. Seattle: University of Washington Press, 1994. Selections.

9. Prayer Techniques
a. Conceptions of Prayer

Primary Sources

R. Eliezer Berkovits, *Studies in Torah Judaism – Prayer*, New York, 1962, pp. 23, 26
R. Moshe Hayyim Ephraim of Sudkylkow, *Degel Mahaneh Ephraim*, Toldot, Jer. 1963, p. 34
Besht, *Keter Shem Tov*, 1968, Jer., p. 17
R. Samson Raphael Hirsch, *Horev*, Soncino Press, New York, 1981, p. 472
R. Abraham Isaac HaCohen Kook, *Olay HaRa'aya*, Jerusalem 1963, p. 11
R. Bahya ibn Pakuda, *Duties of the Heart*, Shaar Heshbon ha-Nefesh, chap. 3
R. Abraham Joshua Heschel, *Between God and Man*, New York, 1959, p. 201
Besht, *Tzavat ha-Rivash*, 68
Zohar II, 133b
R. Pinhas of Koretz, *Midrash Pinchas*, Sec. 1:52, pp. 37-8
R. Nahman of Bratslav, *Sichot ha-Ran* 52, p. 37
Besht, *Keter Shem Tov*, Jer. 1968, 95-6
R. Dov Baer the Maggid of Mezerich, *Maggid Devarav Le-Yaakov* 57, pp. 85-86
Maggid of Mezherich, *Shemuah Tovah*, 73b (Warsaw, 1938)

Secondary Sources:

Jacobs, Louis. *Hasidic Prayer*. Littman Library Of Jewish Civilization, 1972. Selections.
Dan, Joseph. "The Emergence of Mystical Prayer." *Studies in Jewish Mysticism: Proceedings of regional conferences held at the University of California, Los Angeles, and McGill University in April, 1978*. Ed. Joseph Dan and Frank Talmage. Cambridge, MA: Association for Jewish Studies, 1982. 85-120.
Tishby, Isaiah. "Prayer and Devotion." *Wisdom of the Zohar*. Vol. III. Littman Library Of Jewish Civilization, 1989. 941-1016.
Naor, Bezalel. "Two Types of Prayer." *Tradition* 25,3 (1991): 26-34.
Gellman, Jerome. "Judaic Perspectives on Petitionary Prayer." *Referring to God: Jewish and Christian Philosophical and Theological Perspectives*. Ed. Paul Helm. New York: St. Martin's Press, 2000. 129-148
Shalom Rosenberg, "Prayer and Jewish Thought: Approaches and Problems (A Survey)." *Prayer in Judaism*. ed. Gabriel H. Cohn and Harold Fisch. Northvale, NJ: Jason Aronson, 1996. 69-107.

Hartman, David. "Prayer and Religious Consciousness : An Analysis of Jewish Prayer in the Works of Joseph B. Soloveitchik, Yeshayahu Leibowitz, and Abraham Joshua Heschel." *Modern Judaism* 23,2 (2003): 105-125.

b. Prayer Techniques: Meditative and Linguistic Techniques

Primary Sources

R. Yehudah heHasid, Sefer Hasidim, sec. 158

R. Zechariah Mendel of Yeroslav, Darkei Tzedek, 1965, Jer, p. 9, #65.

R. Moshe Teitelbaum, Hanhagot Tzaddikim, Hanhagot Yeshtarot p. 47, 4:3

R. Shmelke of Nikolsburg, Ohel Yitzhak, Jer., 1968, p. 74

Rabbi Nahum of Chernobyl, Hanhagot Tzaddikim, Jer. 1976, ed. Malik p. 36, #17

R. Alexander Ziskind, Yesod v'Shores ha-Avodah, Gate 5, chap. 1, p. 144, Bnei Barak,

R. Alexander Ziskind, Yesod v'Shores ha-Avodah, Gate 5, chap. 3, p. 148-9, Bnei Barak.

On Rabbi Naftali Hayim Horowitz, Otzar ha-Sippurim, Helek 11, p. 12, ed. Moscovitz, Jer. 1951-1959

Secondary Sources:

Dan, Joseph. "The Language of Mystical Prayer." *Studies in Spirituality* 5 (1995): 40-60.

Loewenthal, Naftali. "Habad Approaches to Contemplative Prayer, 1790-1920." *Hasidism Reappraised*. Ed. Ada Rapoport-Albert. London: Vallentine Mitchell, 1996. 288-300

10. Bratslaver Hitbodedut

a. Hitbodedut I

Primary Sources

Likutei Moharan II, 25

Likutei Moharan II, 96

Sihot Moharan, 229

Sihot Moharan 227

Hayyei Moharahn I:4 (107), His Birth-place, Residence and Travels

Hayyei II:10 (241), His Awesome Attainments

b. Hitbodedut II

Primary Sources

Sihot Moharan 230

Sihot Moharan 231
Sihot Moharan 228
Sihot Moharan 234
Sihot Moharan 232
Sihot Moharan 233

Secondary Sources:

Leshem, Zvi. "Pouring out your heart : Rabbi Nachman's "hitbodedut" and its Piaszner Reverberations." *Tradition* 47,3 (2014) 57-65.
Persico, Tomer "'Hitbodedut" for a New Age : Adaptation of Practices among the Followers of Rabbi Nachman of Bratslav." *Israel Studies Review* 29,2 (2014) 99-117.

11. Desire, Craving and Equanimity

a. Equanimity and Non-Attachment

Primary Sources

R. Dov Baer the Maggid of Mezhirech, Tzava'at HaRivash, sec. 2-3
Rambam, Commentary on the Mishnah, Avot 4:4
R. Zadok of Lublin, Risisei Leila 28a-b, 55-6

Secondary Sources:

Idel, Moshe. *Kabbalah and Eros*. New Haven: Yale University Press, 2005. Selections.
Biale, David. *Eros and the Jews: From Biblical Israel to Contemporary America*. New York, NY: BasicBooks, 1992. Selections.

b. Desire, Passion and Spiritual Practice

Primary Sources

Isaac of Acre, in R. Elijah de Vidas, Reshit Hokhmah, Sha'ar ha-Ahavah, Chapt. 4, I:426, no. 31-2
R. Moshe Cordovero, Zohar, Or Yakar, vol. 10, p. 65-6
R. Dov Baer the Maggid of Mezhirech, Maggid Devarav L'Yaakov, Likutim Hadashim, pp. 389-90.
R. Dov Baer the Maggid of Mezhirech, Maggid Devarav le-Yaakov, 161, pp. 260-1
R. Dov Baer the Maggid of Mezhirech, Maggid Devarav le-Yaakov, 51
R. Zadok ha-Kohen, Zidkat ha-Zaddik, 181
R. Kalonymus Kalmish Shapira, Mavo ha-Shaarim, p. 23
Besht, brought in R. Abraham Issachar Baer Rabinowitz of Radomsk, Hesed l'Avraham, p. 104b

Secondary Sources:

Idel, Moshe. *Kabbalah and Eros*. New Haven: Yale University Press, 2005. Selections.
Biale, David. *Eros and the Jews: From Biblical Israel to Contemporary America*. New York, NY: BasicBooks, 1992. Selections.

12. Movement and Dance

a. Spontaneous Movement and Dance

Primary Sources

Exodus 15:20

Psalm 149:3

Psalm 150:4

2 Samuel 6:14 -22

Metzudat David, on II Samuel 6:22

Keter Shem Tov, 215, p. 122-3, Kehot 2004

In Praise of the Baal Shem Tov 39, p. 53

Secondary Sources:

Berman, Feigue. *Hasidic Dance: An Historical and Theological Analysis*. PhD Thesis, NYU 1999. Selections.

b. Hasidic Dance

Primary Sources

M. S. Geshurei, "the Besht as Renewer of Dance", Ha-Tzofeh 14, Tishre 5712, p. 5

In Praise of the Baal Shem Tov 109, p. 134

In Praise of the Baal Shem Tov 61, p. 80

Jiri Langer, Nine Gates pp. 6-8

Hayyei Moharan #340, The Greatness of His Books and Teachings

R. Nahman of Bratslav, Likutei Moharan, I:32

R. Nahman of Bratslav, Likutei Moharan II:24

Secondary Sources:

Berman, Feigue. *Hasidic Dance: An Historical and Theological Analysis*. PhD Thesis, NYU 1999. Selections.

Fishbane, Michael. "The Mystery of Dance According to Rabbi Nahman of Bratzlav." *The Exegetical Imagination*. Cambridge, MA: Harvard U. Press, 1998.

13. Visualization and Guided Imagery

a. Visualizing God

Primary Sources

Ezekiel 1:1-28

Isaiah 6:1-3

Sanhedrin 22a

Tur, Orekh Hayyim, 98

Rashi, Yoma 53b, la-semol didakh

Rabbeinu Hananel b. Hushiel, Otzar ha-Geonim, vol. 1, Berakhot, appendix, p. 3

Chapter on the Kavvanah by the Early Kabbalists

R. Judah Albotini, Sulam Ha-Aliyah, 73, Jer. 5749

R. Eleazar Azikri, Milei de-Shamaya, Pachter ed., p. 103, §12-13

Hayyim Vital, Shaare Kedushah, pt. 3, chpt. 5, pp. 89-90

R. Kalonymus Kalmish Shapira, Bnei Mahshavah Tovah, sec. 7, pp. 19-20

Bnei Mahshavha Tovan, sec. 13, p. 32 Bnei Mahshavha Tovan, sec. 13, p. 33

Bnei Mahshavha Tova, sec. 13, p. 32

Secondary Sources:

Idel, Moshe. "Kabbalistic Prayer and Colors." *Approaches to Judaism in Medieval Times*. D. Blumenthal, ed. Chicago: Scholar's Press, 1985 (17-27).

Landes, Daniel. "The Paradoxical Power of Tahanun." *My People's Prayer Book Vol 6: Tachanun and Concluding Prayers*. Jewish Lights Publishing, 2002 (19-23).

Wolfson, Elliot. "Sacred Space and Mental Iconography: "imago templi" and Contemplation in Rhineland Jewish Pietism." *Ki Baruch Hu : Ancient Near Eastern, Biblical, and Judaic Studies in Honor of Baruch A. Levine*. Eds. Robert Chazan, William W. Hallo, and Lawrence H. Schiffman. Winona Lake, Ind.: Eisenbrauns, 1999. 593-634.

Wolfson, Elliot. *Through a Speculum that Shines: Vision and Imagination in Medieval Jewish Mysticism*. Princeton NJ: Princeton University Press, 1994. Selections.

b. Visualizing Torah, Mitzvot and the Heavens

Primary Sources

R. Elimelekh of Lizensk, Noam Elimelekh, Lekh Lekha, ve-hine davar hashem elav

R. Kalonymus Kalmish Shapira, Hakhsharat Avrekhim, p. 33 (79)

R. Kalonymus Kalmish Shapira, Hakhsharat Avrekhim, p. 85

R. Kalonymus Kalmish Shapira, Hakhsharat Avrekhim, p. 85

R. Kalonymus Kalmish Shapira, Hakhsharat Avrekhim, p. 37

Bnei Mahshavah Tovah, pp. 27-30

R. Kalonymus Kalmish Shapira, Hovat ha-Talmidim, Essay 2: Torah Prayer and Singing to God, sec. 3, p. 101-102 (Warsaw, 5692)