



# **Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness**

*Aharon Rubin*

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## **Eye to The Infinite: A Practical Guide to Jewish Meditation - How to increase Divine Awareness**

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Have you ever wondered about Jewish Meditation? Is there an authentic Jewish system? Is it still practised today? How different is the Jewish system from the Eastern practices?

These questions and more are explored in a unique meditation handbook called 'Eye to The Infinite'.

In over eighteen chapters, the author takes us on a guided tour through the how, why, when of Jewish meditation, and then gives treats us with a delightful presentation of thirteen life-changing meditation exercises adapted from the ancient and classical texts of Kabbalah and Jewish theology.

At last, genuine Jewish meditations easily accessible, with clear, step-by-step instructions, enabling student, layman and scholar alike to derive immediate benefit from a hands-on spiritual manual.

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