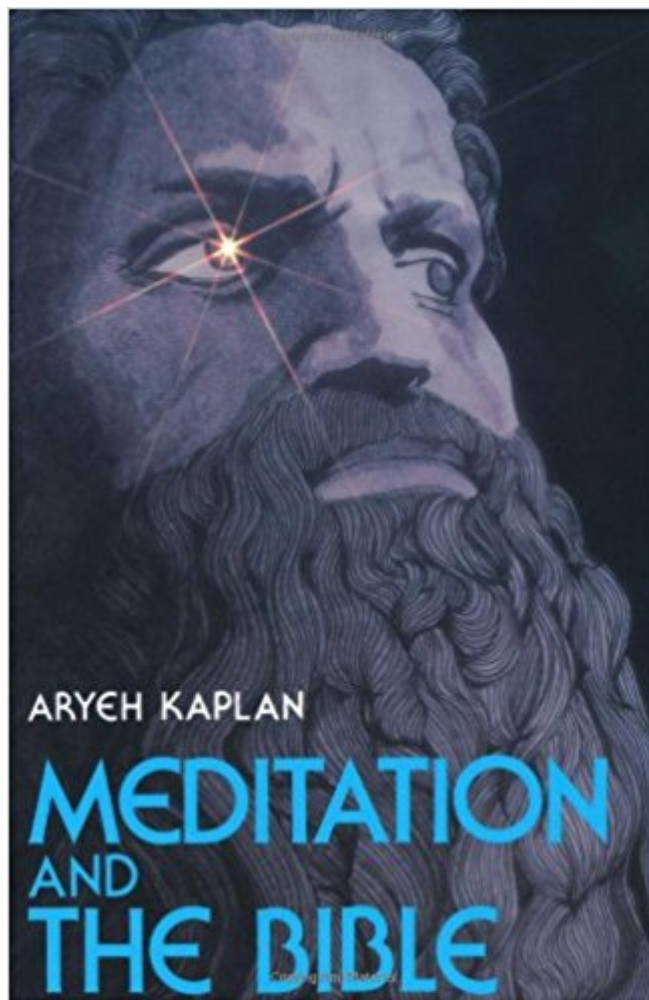


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# Meditation And The Bible



## Synopsis

A highly radical interpretation of the Bible demonstrating the methods of meditation used by the Prophets to attain their unique states of consciousness. First English translation from ancient unpublished manuscripts, with commentary.

## Book Information

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## Customer Reviews

Rabbi Aryeh Kaplan was a multifaceted, uniquely creative and talented author. In the course of his career, Rabbi Kaplan became known for such books as *Jewish Meditation: A Practical Guide* and *The Light Beyond: Adventures in Hasidic Thought*.

This is the second of three books I have read by Rabbi Aryeh Kaplan on the topic of meditation. The one I read prior to reading this was *Jewish Meditation*. The one I read after was *Meditation and the Kabbalah* (please see my reviews of both books). This book speaks about the possible meditative experiences or practices by figures in the Hebrew Bible, such as Ezekiel, for example. This book was harder to grasp and less practical than the book *Jewish Meditation*, but easier to grasp and more practical than *Meditation and the Kabbalah*. I suggest, read *Jewish Meditation* by Rabbi Aryeh Kaplan first, then move on to this if you want. I give this four out of five stars, for a very well-researched and thought provoking book, which is also a bit too hard to grasp without some background knowledge.

I read this book to learn more about meditation from a Jewish perspective and the Bible. While this

book may be a radical view on the subject, it definitely gives the reader a lot to think about. The vision that Ezekiel saw is one great example, Kaplan's interpretation is different than any other I have read. Chapter 7 is one that I will mention here too. I have learned from books that I have read recently that Psalms are a lot more than just songs of praise. Mr. Kaplan discussed the use of particular Psalms in meditation. Aryeh Kaplan provides the best explanation of "Ruach" that I have found. His use of a glassblower as an analogy makes it easy to understand Ruach. Another aspect I appreciate from Jewish authors is their comprehension and teaching what the Hebrew words can mean. There are meanings that got lost in English translations of Scripture. Word plays and alternate meanings in Hebrew can be eye openers. Aryeh Kaplan shows that as well as any other authors I have read. This is an interesting book and it's very well written. I learned some things that I hadn't thought about before. Glad that I read it.

Revised review- Nov. 28 2009\*Introduction\*\*Overview\*\*\*Things needed\*\*\*\*Conclusion\*This book, *Meditation And The Bible*, is still one of the most important books I own. After so many years, I still refer to this book when wanting to have an academic view of a verse or a word, refresh my memory on the importance of meditation or just wanting to revisit his conversation on the behavior and spiritual habits of the prophets.\*\*The book is broken down into many sub-topics of meditation:1. The Tradition-- the behavioral habits of the prophets2. The Prophets-- A look at historicity, philology and the Divine Names3. Verbal Archeology-- The expanded use of and the interconnection of the Psalms, prophetic passages, and psychological preparation.If there is one thing you'd find consistent throughout this book, it's this: this book is essentially the study of and the use of words: the Divine words, in particular. Rabbi Kaplan uses an extensive bibliography to support his thesis of the meaning of words as it pertains to passages ("parsha").\*\*\* This is an academic book. It can be read as a stand-alone book or as a reference for a bible study. I suggest that a separate notebook be kept just for this book as it is very in-depth and there are exhaustive conversations regarding root words, and passages.\*\*\*\* I can't over-emphasize this book. Rabbi Aryeh Kaplan, of Blessed Memory, produced one of the most important scholarly works to the Bible, since the discovery of the Dead Sea Scrolls. Meditation is a largely misunderstood subject and often dismissed as a relic of Oriental mysticism, or worse, as an introduction to the occult as stated by the conservative Christian wing. What it is, however, is an invaluable tool for spiritual growth.As with all things that help us to grow, wisdom and self-discipline are the keys. *Meditation and the Bible*, provides the foundation and Rabbi Kaplan's book, *Jewish Meditation: A Practical Guide* provides the exercises.

Very thorough analysis of the root words of the original languages related to meditation. It'd be beneficial to hear an external source evaluate the coverage of rabbi's and commentators referenced and to share any basis for alternative conclusions reached. To my current knowledge, this is worth the read, however high caution and prayer recommended when considering repeating its practices ...

The lore is that Rabbi Kaplan, the author, died at the tender age of forty-six because G-d felt Kaplan had exposed enough of His secrets and decided it was time to recall this particular soldier. This book does nothing to undermine that hypothesis. Rabbi Kaplan, arguably the most prolific, cogent, and accessible of writers on Jewish esoterica and mysticism, explores how the Torah's Prophets used meditation as a tool to foster their prescience. The book also serves as an incisive gloss on aspects of the Torah, explicating the esoteric meaning underlying various elements of it. The section on Psalm 119 alone is worth the price of the book. Kaplan's objective in all of his works is to get at the heart of Judaism, to use the form to understand the substance. *Meditation and The Bible* is an important part of his oeuvre. Irrespective of one's religion, this book instils the sense that the reader is being let in on secrets of The Bible previously unknown to all except true Initiates, whoever they might be. Add it to your Kaplan collection. If you don't have a collection of his other books, this should inspire you to start one.

This book is one of a trio, with *Jewish Meditation* and *Meditation & Kabbalah*, of books written by Aryeh Kaplan on this very important subject. All three blend into each other. JM is a primer of sorts with the other two providing more detailed information. Gold mine of information. Very important work which it seems to me has been neglected by the general public, Jewish or otherwise. Highly recommended. I would also suggest getting two other works by Mark Verman, both offered on .

Item is exactly what I wanted and as described. I would buy again from this vendor.

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