



Jewish Spiritual Direction: An Innovative Guide from Traditional & Contemporary Sources

Rabbi Howard Avruhm Addison, Barbara

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The first comprehensive resource for spiritual direction in the Jewish tradition—a vital resource for people involved in spiritual leadership.

The essential reference for people who are called to help others listen for God's voice—not only through prayer and sacred texts, but also through dance, art and interactions with other people—this groundbreaking volume draws on both Jewish tradition and the classical foundations of spiritual direction to provide invaluable guidance.

Offering insight into all aspects of spiritual direction, including theology, practice, companionship, group work and embodied spirituality, the contributors to this guide are innovators in their fields and represent all four contemporary Jewish movements. Topics explored include:

Jewish Theologies and Jewish Spiritual Direction • The Vocabulary of Jewish Spiritual Direction • Spiritual Direction as a Contemplative Practice • Contemplation and Social Action • Cultivating a Hearing Heart • Spiritual Types • Community for Spiritual Direction • Spiritual Direction and the Cycle of Holy Time • Spiritual Companionship and the Passages of Life • Jewish Spiritual Direction and the Sacred Body • Integrating Spiritual Direction and Visual Creativity • and many more ...

An exciting and practical addition to an emerging field, this is the definitive guide for all who accompany Jewish seekers on their spiritual journeys.

Rabbi Howard A. Addison has trained with leading Enneagram practitioner Helen Palmer, and also served as the last student assistant to Abraham Joshua Heschel. He offers seminars on the Kabbalah and the Enneagram to teachers of both disciplines. Educated at both The Jewish Theological Seminary and the United Church of Christ's Chicago Theological Seminary, Addison serves as Senior Rabbi of Temple Sinai in Dresher, Pennsylvania.

Barbara Eve Breitman, MSW, LCSW, is a psychotherapist, teacher and writer. She has been at the forefront of the contemporary field of Jewish spiritual direction. The first Jewish member of the Coordinating Council of Spiritual Directors International, she trains spiritual directors and teaches pastoral counseling at the Reconstructionist Rabbinical College. With Addison, she is cofounder of Lev Shomea, the first institute to train spiritual directors in the Jewish tradition.

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