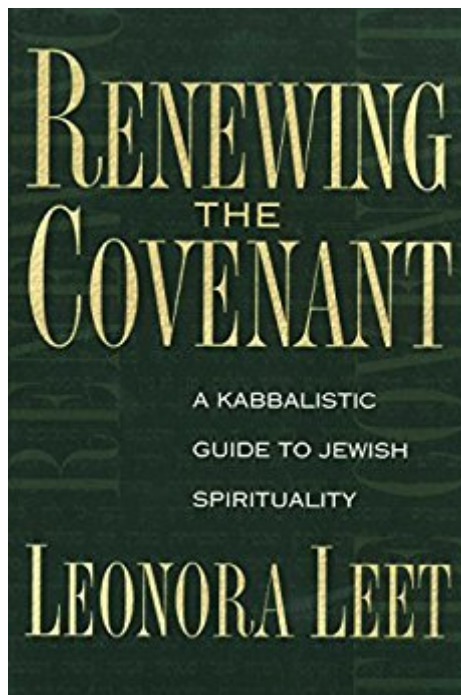




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# Renewing The Covenant: A Kabbalistic Guide To Jewish Spirituality



## Synopsis

A guide to how meditations and principles from the Kabbalah can be used to profoundly renew spiritual practice. - Reveals transformational meditations and visualization exercises based on the profoundest truths concealed in the Kabbalah. The covenant that bound God to the Patriarchs in a special relationship of obligation and empowerment was renewed by God with Israel at Sinai and Moab. Each of these three Jewish covenants can be associated with a particular spiritual practice: the Patriarchal Covenant with Father Isaac's practice of meditation; The Sinai Covenant of Holiness with the observance of the Sabbath required in its Ten Commandments, and the Moab Covenant of Love, comprising the entire Mosaic Torah, with the practice of prayer instituted there. In *Renewing the Covenant*, Leonora Leet shows how this ladder of increasingly demanding and potent covenantal practices can enable one to ascend to ever higher levels of mystical Judaism. At this threshold of a new millennium, increasing numbers of people are seeking a more direct connection with the Divine. To aid such a process, *Renewing the Covenant* provides new paths for entering the treasurehouse of Jewish spirituality and achieving higher consciousness, paths that can deepen the devotions of both nonobservant and traditionally observant Jews. This process of covenant renewal begins with effective kabbalistic techniques of meditation combining mantra with visualization, proceeds through the return to a reconstructed Sinai Sabbath, and arrives at the culminating practice of ritual prayer whose performance can fulfill the kabbalistic purpose of creation. When undertaken in the steps laid out by Dr. Leet, this process can help many to discover forms of spiritual practice precisely tailored for the modern world, as well as a new appreciation for the rich spiritual heritage of Judaism.

## Book Information

File Size: 1623 KB

Print Length: 272 pages

Publisher: Inner Traditions; Original ed. edition (March 1, 1999)

Publication Date: March 1, 1999

Sold by: Amazon.com, Inc. or its affiliates

Language: English

ASIN: B008FQLPH8

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,673,067 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #96

in Kindle Store > Religion & Spirituality > Judaism > Law #532 in Kindle Store > Kindle eBooks > Religion & Spirituality > Judaism > Sacred Writings > Kabbalah #736 in Kindle Store > Kindle eBooks > Religion & Spirituality > Atheism

## Customer Reviews

First off let me say that this is a very very well written book and the author obviously labored long and hard to make it so. But, it is certainly a book which is geared towards the practitioner of Judaism with an open mind, if you are not this you will become bored and annoyed with the book quickly, as I did. For the tedium in which the author places upon scripture and explanation is very high. But if Judaism, especially mystical Judaism is a tradition you are truly looking at converting to or practicing in your life. This may serve as a good and comprehensive book.

I have found Ms. Leet's ability to gather the teaching only formerly reserved for men in the strictest sense of the traditions of Judaism past most profound. Her never ending ability to lead one along some of the most amazing threads of thought is unprecedented and more concise than any previous (save for her mentor: R. Aryeh Kaplan). I am not a Jew and I am not a convert to Judaism or for that matter one who considers myself to be connected to any modern day religious order or sect, however I have a love for the study of the Torah and insights of the ancient (and modern) sages of Hebrew literature and teachings. Ms. Leet is among the modern Sages. I hope to have all of the volumes of her set soon in my library, right next to R. Aryeh Kaplan and all the others I have been able to gather (which includes Daniel Matt's wonderful first three volumes of the Zohar...) Who knows, she may yet have more in her heart to pour forth. You better be up on Calculus and Physics for sure!!!

In this, the first of three powerful books on Kabbalah, Leet takes the reader on a deep journey into the mysticism of Judaism. As one who is not Jewish, but deeply interested in the mystic foundations of all paths, I found this book to be a very solid foundation for both Kabbalah and even for Christianity. However, if you are firmly planted in the notion that things should not change, this isn't the book for you. Leet shares her iconoclastic vision of how Judaism can stay relevant into the next

century and beyond. Excellent reading.

This is a book for Jews. I found a great deal of it incomprehensible, as the author assumes a knowledge in the reader that I doubt many non-Jews would have. Having said that, even though I did not understand much of the book, and gave up two thirds of the way through, I could see that this is a work of deep scholarship. Leonora Leet wrote this book, and the other three in the series, as a labour of love. The culmination of a lifetime's work. The quality of the writing is incredible and serious students of Judaism and Kabbalah are bound to gain from its perusal. I myself learned a great deal about Judaism from it, but the majority of it remained a mystery to me. For someone who is from a Jewish background I am sure that there will be many insights to be gained from this book. I think it is destined to become a classic.

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