

New Age Judaism: Ancient Wisdom for the Modern World

Melinda Ribner

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Many people will be surprised to find that Judaism is fundamentally aligned with what we think of as the New Age. Many of the things we associated with the New Age are not new but are part of Kabbalah, the Jewish mystical tradition. New Age Judaism is not about Judaism modified to meet the needs of the moment, but rather it makes age-old Judaism, traditional and kabbalistic teachings accessible to the modern person in a new way.

New Age Judaism is a very practical guidebook to Jewish spirituality drawn from the insights and personal observations of the author, a well-known meditation teacher and psychotherapist. Melinda Ribner has taught Jewish meditation and meditative kabbalah for over 16 years and incorporates many of these exercises into her book. In 1989 she formed The Jewish Meditation Circle which meets weekly in Manhattan. Her work draws on the teachings and practices of the Musar, Chassidic, and Kabbalistic schools within Judaism.

"Jewish meditation is not just a way to be centered of balanced. It is so much deeper. Mindy (Melinda) is one of the special human beings who never forgets there is one God. She has the privilege of bringing the deep teachings of the holy rebbes. So much holiness. Her meditations go straight to the heart of every person. It is a privilege to learn with her."

-Rabbi Shlomo Carlebach of Blessed Memory



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