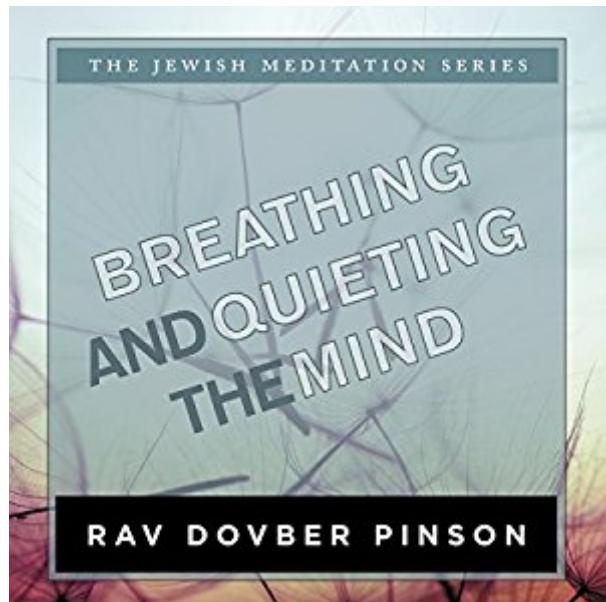


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# Breathing And Quieting The Mind



## **Synopsis**

Achieving a sense of self-mastery and inner freedom demands that we gain a measure of hegemony over our thoughts. We learn to choose our thoughts so we are not at the mercy of whatever burps up to the mind, thus transforming a cluttered mind into a peaceful inner state of awareness. Through quieting the mind and conscious breathing, we can slow the onrush of anxious, scattered thinking and come to a deeper awareness of the interconnectedness of all of life. Once mastered, these techniques will carry over into every aspect and facet of our lives, improving our physical, mental, emotional, and spiritual well-being.

## **Book Information**

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## **Customer Reviews**

This masterpiece of traditional Chassidic meditative techniques is just the medicine needed in a world of seemingly random and hectic occurrences. The methods prescribed herein as originally set down by Bal Shem Tov and other Jewish masters have long been hidden or largely ignored over the centuries except among certain circles of Kabbalists and Mystics. Thanks to the scholarship of the Rav Dovber Pinson these life changing methods are now available to all of us. We can change our lives and the world, one breath at a time.

Rabbi Pinson gifts us with tools of the sages to help return our focus to center by releasing the allure of distraction and strengthening the power of intention. These time-tested meditations are easily accessible to one and all and their positive effects are available at all times in all situations. As this book helps teach us to become more present in this moment, we may be pleasantly

surprised by how many new and wonderful opportunities await us!

In a world where Twitter, Facebook and everyday life seemingly compete for more and more of our time, Rabbi Pinson teaches us how to slow down, bringing some of the most esoteric principles of Kabbalistic meditation down to earth in an easy to understand, and accessible way. Rabbi Pinson opens each section in *Breathing and Quieting the Mind* with a foundational introduction that provides a rich understanding even before the how-to part of the book. This is a page-turner. One gets the sense that Rabbi Pinson isn't afraid of revealing everything to help the reader achieve what he describes as *Deviekus*, or the spiritual sensation of being one with G-d. Lifelong spiritual seekers be forewarned: this is one of those books where you'll want to get a copy for yourself, and for everyone else in your life you know who could benefit from scholarly, but deeply spiritual insight and wisdom. The title is somewhat of a misnomer: You'll definitely learn about breathing and quieting the mind, but pick up a lot more. I'm not surprised that Rabbi Pinson has written another keeper.

Rabbi Pinson is a true master of Jewish Zen. I read this book over and over and use many parts of the book to guide me throughout the different challenges I face daily in both my professional and personal life, I have given this book as a gift to colleagues aplenty and the reviews are unanimous, when does Rabbi Pinson write a follow up. If you read one book only on related topics this is it!!

Everything you need to know about how you can quiet the mind. In today's modern age of total mindlessness, this book is much needed. We all need to learn how to transform a "cluttered" mind into a more peaceful mind. Thank you Rav Pinson

Rav DovBer Pinson is one of the primary religiously orthodox Jewish thinkers and writers who openly writes and discusses such topics as non-duality and mediation. In *Breathing and Quieting the Mind* Rav Pinson takes on some basic meditation techniques, and illustrates how they fit with Jewish life, Kabalistically understood. The reader will encounter one of the basic problems of Jewish mysticism. As Rav Pinson understands it, God is everywhere; there is no meaningful separation of God with anything else. The duality we see in the world is not exactly an illusion, but not exactly real either. But definitely the world we think we see is not the world that we see. The Kabbalah as understood by Rav Pinson and others takes this unity as a premise, and then paradoxically further divides the world into sephirot and their interactions. This is part of the Jewish mystical tradition, and should be respected. But its net result is the piling on of further paradoxes and the atomizing of

reality. As difficult as this can become, and as a stumbling block one must be wary, this is part of reality, mysticism, non-duality, and not a fault with Rav Pinsonâ™s book. Living with paradox is part of the game.

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