

Notes from the Cantor – September, 2006

Jewish Meditation – Are You Interested?

**By
Cantor Florence F. Merel**

In Alan Lew's book, "Be Still and Get Going," he states that meditation has many different meanings depending on whom you ask, "but that is also always one thing. Meditation is always becoming. Meditation is always transformation. Meditation always moves us from one place to another; from unconsciousness to awareness, from tension to relaxation, from being scattered to being centered, from a shallow relationship with our environment and ourselves to a deeper one, from sleep to wakefulness, from a sense of God's presence to the sense that God was in this place all along and I didn't know it."

David Malchman, teacher of meditation, says "Jewish meditation is a spiritual tool that enables a person to experience Judaism in a personal, deeper, and more powerful way. In a group setting, it provides a context for Jewish learning, while enabling the participants to develop and maintain a spiritual community, and extend that learning to others."

From my own experience as a novice meditator, meditation has helped me become more centered, more awake, and more relaxed. During meditation, I feel that my mind becomes less cluttered, that layers of "stuckness" are removed, and that I can see more clearly and am more open to experience life. Meditation is transformation and it not only affects me, but also affects all those that I come into contact with.

We at Temple Sinai are fortunate that David Malchman, who has taught Jewish meditation at the MetroWest Jewish Health and Healing Center since 2001, will be leading a series of 7 Jewish meditation sessions at our synagogue on the following Sunday evenings from 7:00-8:00 pm: September 17, October 8, October 15, October 29, November 5, November 12, and November 19.

These meditation classes will be held in our chapel and are open to both members and non-temple members and no prior meditation experience is necessary. There is a nominal fee of \$90.00, payable to Temple Sinai, which includes all the sessions. Class participants should wear comfortable clothing and may also choose to bring a pillow or cushion for supporting their back or for sitting on. If you are interested in participating, please RSVP by September 10 to office@templesinainj.org or call 908-273-4921. For more information, contact cantor@templesinainj.org.

We are beginning the Jewish New Year 5767. Think about transforming yourself and your relationships with your family, friends, coworkers, and world by making meditation part of your life.

May you be blessed with a New Year filled with good health, growing wisdom, abundant joy, and inner peace! L'shanah Tovah!