

Hineni -- Here I Am

An Exploration of Kabbalah

with Rabbi Benjamin Shalva

Sunday, January 21, 10:15 a.m.



According to Kabbalah -- Jewish mystical tradition -- we have within us four discrete yet interconnected worlds: the world of the body, the world of the heart, the world of the mind, and the world of the soul. The ancient Kabbalists taught that we must explore these four dynamic landscapes in order to live a healthy and mindful life.

Through text study, guided meditation techniques and group discussion, we will deepen our appreciation of our own inner landscape and learn how to more honestly declare: "Hineni - Here I am."



Free of Charge.

Open to the Community.

Please respond by Wednesday, January 17.

Questions? Contact Jodi Gross, Dir. of Adult Learning

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