

The Essence of Kabbalah

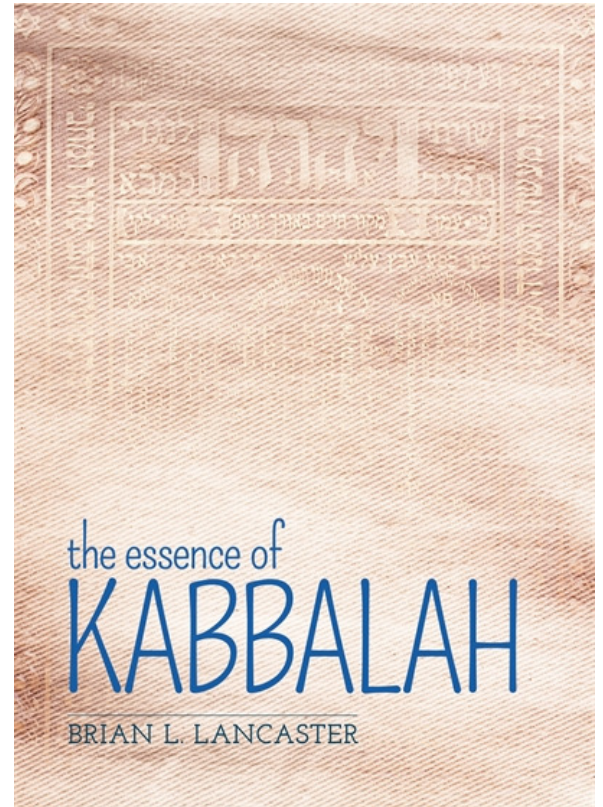
By Brian L. Lancaster

Description

The Essence of Kabbalah explains the mysticism of the Torah and the other books in the Hebrew Bible, and presents an overview of the historical trends that have shaped Kabbalah as it is known today. It examines the interpretative methods that are viewed as unlocking the secrets of the Torah - those teachings that point to the inner fabric of creation.

Acclaimed author Brian Lancaster explores key extracts from the seminal works of Kabbalah - the Sefer Yetsirah, the Bahir and the Zohar, and presents the major teachings of influential kabbalists. He places Kabbalah in the context of Judaism as a whole, and illustrates the ways in which Judaism's teachings, prayers and rituals express a concealed inner tradition.

Further, he shows how contemporary scholarship and science are enabling a creative dialogue with the ancient teachings preserved within Kabbalah, leading to a twenty-first century renaissance in the importance of mysticism for providing a much-needed and profound sense of connectedness and purpose in our world.



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