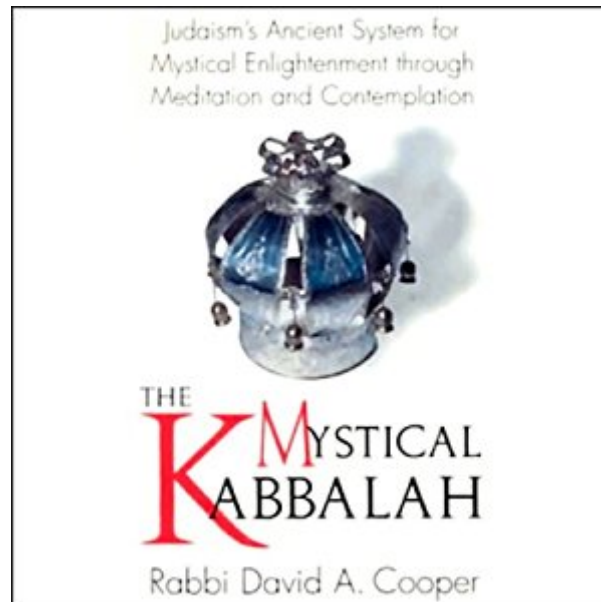


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# The Mystical Kabbalah



## Synopsis

Kabbalah, it is said, was brought down from heaven by angels. The great mystics of Judaism originally passed its teachings by word of mouth only, believing that the secrets of the kabbalah transcend the written word. In this great oral tradition, *The Mystical Kabbalah* will immerse you in this time-honored school of sacred wisdom for reaching peace through union with God. More than 2,000 years ago, Jewish mystics devised an intricate system of numerations known as the sefirot-the mystical structures that underpin all of reality-in order to contact higher planes of consciousness, becoming vessels for "the light of God." On this complete six-CD study course, Rabbi Cooper synthesizes this ancient wisdom with meditations he developed in the Old City of Jerusalem. Practical, uplifting, and fascinating to learn, *The Mystical Kabbalah* is the perfect introduction to this traditional system for spiritual growth and self-discovery. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 58 minutes

Program Type: Audiobook

Version: Abridged

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## Customer Reviews

I thoroughly enjoyed this CD set. Rabbi Cooper has a very likable, gentle persona and has so much good to share about the most significant matters. I've also listened to Rabbi David Aaron's *Kabbalah Works: Secrets for Purposeful Living* which I also enjoyed. Between the two, Cooper's is the more in depth, in part because it is 6 disks instead of 4, but also because Cooper takes on more complicated aspects of Kabbalah, gives more of a history, explains and uses more Hebrew words, and is generally the more scholarly. Aaron's seems meant for a broader audience in part because Aaron keeps things simpler and his manner is more familiar and folksy, with touches like personal

anecdotes and acceptable attempts at humor followed by "just kidding" (he also includes a reference to Woody Allen). I enjoyed both and in fact Aaron's could be a nice introduction and Cooper's for those ready to take on the next level of intellectual, spiritual awareness of Kabbalah (in conjunction with books, discussions, meditation, etc.). Cooper's also strategically intersperses guided meditations to explore the ideas he is talking about, in part because Kabbalah and mysticism generally are primarily modes of experience and the knowledge of direct perception. I couldn't always use these tracks at the time since I was driving (and right now, even when driving, I just do breathing meditation). But for those that are listening somewhere where they can do Cooper's meditations, it would almost certainly be beneficial (meditation is just relaxing and pleasurable anyway). And necessary in that you need the experiential part to really understand Kabbalah. Cooper also includes a few important Jewish, Hassidic folktales ("midrash" apparently) which is quite a nice touch.

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