



Filling Words with Light: Hasidic and Mystical Reflections on Jewish Prayer

Nehemia Polen Lawrence Kushner

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Breathe New Life into Your Prayer with the Wisdom of Kabbalah and the Hasidic Masters

Jewish mystics teach that every word a person utters in prayer should radiate light. Even the letters of the words of prayer carry sparks of the Divine that yearn to join together in holiness.

In this inspiring spiritual companion, Reform rabbi Lawrence Kushner and Orthodox rabbi Nehemia Polen join together to provide a window into the liturgy for people of all backgrounds by offering fresh insights and meditations that bring the traditional prayerbook to life. Drawing from the Torah, Zohar, and ancient and contemporary Hasidic masters, Kushner and Polen reflect on the joy, gratitude, compassion, mystery, and awe embedded in traditional prayers and blessings, and show how you can imbue these familiar sacred words with your own sense of holiness.

Insightful, fresh, and wise, *Filling Words with Light* will enrich your understanding of the prayer book and guide you on how to put more of yourself into the holy words of the Jewish tradition.

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