Jewish Culture: Jewish Mindfulness and Meditation

Easy at-home Jewish learning from the ISJL

THE BIG IDEA: Mindfulness and Meditation are Important Jewish Practices

We can see many instances of biblical introspection and deep meditative connection. While usually seen as a practice of other religions and cultures, you can find out how mindfulness is rooted in Jewish life. With intention and interpretation, you, too, can add these tools to your practice using the following link:
https://www.bimbam.com/mindfulness/

LISTEN: One Man's Experience

In these turbulent times, it is easy to get wrapped up in anxiety. Jewish texts have a lot to say about mindfulness and meditation. David Gottlieb explores his journey toward Jewish mindfulness and what it means to find mindfulness amidst chaos at the following link:
https://www.youtube.com/watch?v=mdZvLV3u3hc

EXPLORE: Your Own Guided Meditation Journey

Have you ever just stopped and embraced stillness? Dr. Dzung Vo and Jewish Teens Thrive put together a mindful breathing meditation that is specifically geared towards adolescents, and it can offer you a moment to be calm. In this time of uncertainty, we hope that an instructional meditation will help you relax. Use the following link:
https://www.jewishteensthrive.com/meditation-recordings

READ: A Passion for Mindfulness and Meditation

You don't have to be an expert on mindfulness and meditation in order to grow in your practice! ISJL Education Fellow Carrie Bohn is passionate about mindfulness and meditation. She wrote a blog post on the subject, and hopefully you will find insight in some of the content found at the following link:
https://www.myjewishlearning.com/southern-and-jewish/breathe-in-breathe-out/

After reading, come up with your own plan for how you will incorporate meditation into your daily life.