



Meditation and Kabbalah

Aryeh Kaplan

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A lucid presentation of the meditative methods, mantras, mandalas and other devices used, as well as a penetrating interpretation of their significance in the light of contemporary meditative research. Meditative methods of the East might have been derived from the mystical techniques of the prophets, and this intriguing possibility, mentioned in the Zohar, is also discussed.

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