



# **Kabbalah: The Way of the Jewish Mystic (Shambhala Classics)**

*Perle Epstein*

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This

pioneering, popular introduction to Jewish mysticism was the first survey written for a general audience, and it's now available in Shambhala Classics.

Epstein presents the methods, schools, and legendary practitioners of Kabbalah, unraveling the web of ancient traditions hidden in such texts as the

*Sefer*

*Yetzirah*

and the

*Zohar*.

The words of the great Kabbalists appear throughout the book, giving instructions on practices such as contemplation of the Bible's secret teachings, ecstatic prayer, and intensive meditation.

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