

The Deep Roots of Jewish Meditation

For those who are seeking spirituality and peace, Pleasantville Community Synagogue {PCS} at 219 Bedford Road



Rabbi Mark Sameth

in Pleasantville, offers sessions in meditation, the Eastern tradition that made its way into the West along centuries of practice by religious as well as non-religious people.

Many are surprised to learn just how deep the roots of Jewish meditation are. Although one may think of meditation as an "Eastern" practice, as the great teacher of Jewish meditation, Aryeh Kaplan reminded, "Judaism is an Eastern religion that migrated to the West."

One needn't have a background in Judaism or in meditation to derive benefit from these sessions - simply a desire to begin to achieve an inner peacefulness through the quieting of the mind, and the exploration of various simple mindfulness techniques.

Monthly sessions are free, open to synagogue members, as well as to non-members; to Jews, as well as to interested non-Jews.

"A synagogue like no other," is just one of the comments that some members have made upon joining Pleasantville Community Synagogue. And in fact, 20 new member families and individuals have joined the synagogue just this year, which reveals, there is something special about PCS.

View www.shalomPCS.com for a list of Meditation sessions or call 769-2672.