**Jewish Mindfulness Meditation, Thursdays Noon-1:15 pm starting July 10**

Many Jews are unaware that Judaism, similar to other religious and spiritual traditions, has a long history of meditative and spiritual practices.  These practices include visualizing Hebrew letters  and other Jewish symbols (the Tree of Life, Merkaba/Chariot, etc), Hitbodedut (talking to G\*d), contemplating the attributes of Divinity, blessing practices and much more.

Jewish Mindfulness Meditation shares the basic mindfulness/heartfulness skills used in most meditation practice, such as, skills that calm and stabilize the mind, develop compassion for self and others, patience, and non-judgment.  These skills help to increase our capacities to meet life with greater acceptance, strength, faith, wisdom, joy and love.  It can be a practice for increasing  both inner peace and inner power.

Hebrew and English chanting and the singing of niggunim (wordless melodies) are also powerful spiritual practices that offer paths to deepen the experience of connecting to ones soul, spirit, and the Divine Presence.

Beginning on Thursday, July 10th, Ruth Rosenblum, LCSW and Hazzan Cindy Freedman will lead a 4 week “Introduction to Jewish Mindfulness Meditation and Chanting Practice” class in person at the UU.  We will meet from 12:00 noon -1:15.  No previous meditation or chanting experience is necessary.  All are welcome - come with your curiosity, questions and yearnings.   Please email Ruth at rsrosenblumlcsw@gmail.com if interested in participating.

*Ruth Rosenblum is a licensed psychotherapist, Focusing instructor and Certified Jewish Mindfulness Meditation Teacher.  She has led meditation groups for the last 15 years.* *Cantor Cindy Freedman is the Hazzan at HaMakom.*