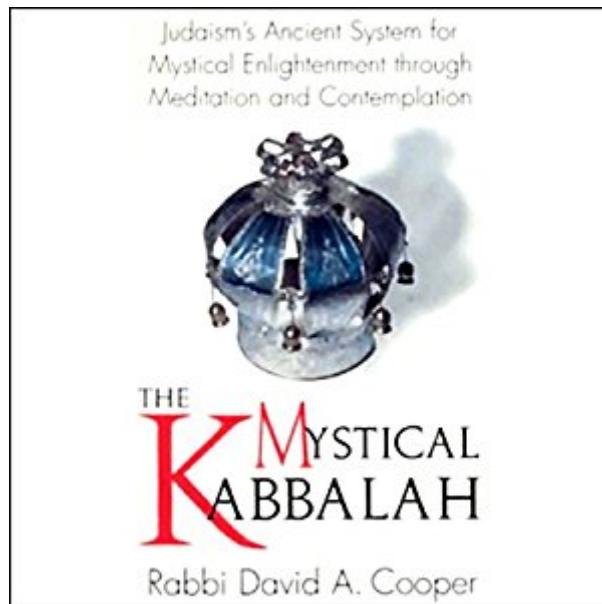


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# The Mystical Kabbalah



## **Synopsis**

Kabbalah, it is said, was brought down from heaven by angels. The great mystics of Judaism originally passed its teachings by word of mouth only, believing that the secrets of the kabbalah transcend the written word. In this great oral tradition, The Mystical Kabbalah will immerse you in this time-honored school of sacred wisdom for reaching peace through union with God. More than 2,000 years ago, Jewish mystics devised an intricate system of numerations known as the sefirot-the mystical structures that underpin all of reality-in order to contact higher planes of consciousness, becoming vessels for "the light of God." On this complete six-CD study course, Rabbi Cooper synthesizes this ancient wisdom with meditations he developed in the Old City of Jerusalem. Practical, uplifting, and fascinating to learn, The Mystical Kabbalah is the perfect introduction to this traditional system for spiritual growth and self-discovery. --This text refers to the Audio CD edition.

## **Book Information**

Audible Audio Edition

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Version: Abridged

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## **Customer Reviews**

The Mystical Kabbalah provides a wonderful insightful learning into the Kabbalah. For years I wondered what the Kabbalah was about. I finally borrowed The Mystical Kabbalah from the local library. After listening to Rabbi David Cooper's teachings, parables, meditations & his humor, I realized that I wanted to listen to this many times, as I was not able to absorb the information from the multiple days, for which I had been listening. Therefore, I just had to have my copy, so that I could replay it as many times as I required. This has been a key life learning for me, as the information provided, surprisingly has alignments with other teachings that I have

studied.Cheers

This is the most comprehensive and understandable exposition of Kabbalistic thought and conception of reality. Highly recommend it to seekers of higher truths.

If you have read any of Cooper's other books or have any of his other CDs, then this is duplication of earlier published works.

I had this set in cassette tapes it was so long ago. It was indeed a pleasure to find them on CD's, and their wisdom and Rabbi Cooper's inner knowledge at their best. Excellent.

Reb. Cooper is a learned and personable teacher with decades of study and experience. This 6 CD set is a gift to yourself, with many layers of learning through stories (midrash), guided meditations, and intentional music (nigun). Reb. Cooper's teachings can bless and change your life if you let them.

I found it useful and inspiring. It helped me out with several issues in my life. I think it's a great audio book and I highly recommend it. I'm going to be joining The Kabbalah Center very soon.

I thoroughly enjoyed this CD set. Rabbi Cooper has a very likable, gentle persona and has so much good to share about the most significant matters. I've also listened to Rabbi David Aaron's Kabbalah Works: Secrets for Purposeful Living which I also enjoyed. Between the two, Cooper's is the more in depth, in part because it is 6 disks instead of 4, but also because Cooper takes on more complicated aspects of Kabbalah, gives more of a history, explains and uses more Hebrew words, and is generally the more scholarly. Aaron's seems meant for a broader audience in part because Aaron keeps things simpler and his manner is more familiar and folksy, with touches like personal anecdotes and acceptable attempts at humor followed by "just kidding" (he also includes a reference to Woody Allen). I enjoyed both and in fact Aaron's could be a nice introduction and Cooper's for those ready to take on the next level of intellectual, spiritual awareness of Kabbalah (in conjunction with books, discussions, meditation, etc.). Cooper's also strategically intersperses guided meditations to explore the ideas he is talking about, in part because Kabbalah and mysticism generally are primarily modes of experience and the knowledge of direct perception. I couldn't always use these tracks at the time since I was driving (and right now, even when driving, I just do

breathing meditation). But for those that are listening somewhere where they can do Cooper's meditations, it would almost certainly be beneficial (meditation is just relaxing and pleasurable anyway). And necessary in that you need the experiential part to really understand Kabbalah. Cooper also includes a few important Jewish, Hassidic folktales ("midrash" apparently) which is quite a nice touch. They are fun to listen to and then Cooper discusses the stories and uses them to illustrate Kabbalah ideas, which will then lead into a guided meditation using those ideas. There is also some nice a capella singing between sections I liked. Another CD set that included more singing and stories might be nice -- in fact, maybe one pitched at children (Kabbalah for Kidz).

Rabbi David Cooper has the gift of transmitting through his word/voice and meditation, deep spiritual wisdom and knowledge, I sincerely thank him for making his life's work available on audio. I've incorporated the discs into my daily meditation and study, from which I'm receiving clarity and understanding to many of Life's unanswered questions. "The Mystical Kabbalah" is the first audio book I've had the good fortune to experience, Rabbi Cooper speaks from an open heart, as I listen and go into deep meditation, I'm blessed. Years ago in prayer, I'd asked spirit for 'My Best and Highest Good' a teacher whom I could trust, prayers are answered for me in the form of The Mystical Kabbalah. I live on the other side of the ocean but it's not necessary to visit the Rabbi personally as the transmission of wisdom and spiritual understanding through the spoken word couldn't be more personal. I highly recommend these discs to any open minded seeker of Truth. Blessings and Rainbows to all. doubleagle ^^

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