



# Honey from the Rock: An Easy Introduction to Jewish Mysticism

*Lawrence Kushner*

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## **Honey from the Rock: An Easy Introduction to Jewish Mysticism** Lawrence Kushner

Quite simply, the easiest introduction to Jewish mysticism you can read.

An insightful and absorbing introduction to the ten gates of Jewish mysticism and how they apply to daily life.

"There is a place that is as far from here as breathing out is from breathing in. For the word is very near to you. Where life forever holds gentle sway over death, where people are human with the same grace that a willow is a willow, where the struggle and the yearning between male and female is at last resolved.... It is to begin with, all inside us."

—from the Introduction

"In the past decade I've read Honey from the Rock at least half a dozen times. Every time I read it I wonder if I have ever read it before. Either it keeps changing, or I do. Maybe it's both.... As someone told me: 'Lawrence Kushner is a mystic. He gives you flashes of insight.'"

—from the Publisher's Preface to the Anniversary Edition

Rabbi Lawrence Kushner, one of the most widely read authors on Jewish spiritual life, is the Emanu-El Scholar at San Francisco's Congregation Emanu-El and visiting professor of Jewish spirituality at the Graduate Theological Union. He is the bestselling author of such books for adults as *Filling Words with Light: Hasidic and Mystical Reflections on Jewish Prayer*; *Honey from the Rock: An Introduction to Jewish Mysticism*; *The Book of Letters: A Mystical Hebrew Alphabet*; and *The Way Into Jewish Mystical Tradition* (all Jewish Lights), among many others. His children's books include *Because Nothing Looks Like God* (with Karen Kushner) and *In God's Hands* (with Gary Schmidt) (both Jewish Lights), among many others.

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