



# **IVRI: The Essence of Hebrew Spirituality; 21st Century Perspectives on an Ancient Tradition**

*Steven J. Gold*

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This book addresses the ancient tradition of Hebrew Spirituality that is the foundation for Judaism and other religions and its relevance for today. Universal underlying themes of monotheism, monism, East-West connections, meditation, mysticism, Kabala, Yoga and Vedanta, are explored by the author/editor and guest contributors covering perspectives from Yoga, Judaism, Sufism, and Mystical Christianity. Specific topics include an overview of Kabala, Ibrahim and non-dualism in Sufism, Bibliyoga, a system for synthesizing yoga postures with biblical teachings, Victor Frankl and Logotherapy, spiritual activism and green yoga, and atheism, agnosticism and Jewish Secular Humanism.

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