



A Wild Faith: Jewish Ways into Wilderness, Wilderness Ways into Judaism

Mike Comins

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Explore the connections between God, wilderness and Judaism. This comprehensive how-to guide to the theory and practice of Jewish wilderness spirituality unravels the mystery of Judaism's connection to the natural world and offers ways for you to enliven and deepen your spiritual life through wilderness experience. Over forty practical exercises provide detailed instruction on spiritual practice in the natural world, including: Mindfulness exercises for the trail • Meditative walking • Four-Winds wisdom from Jewish tradition • Wilderness blessings • Soul-O Site solitude practice in wilderness • Wilderness retreat For wilderness lovers and nature novices alike, this inspiring and insightful book will lead you through experiences of awe and wonder in the natural world. It will show you the depth and relevance of Judaism to your spiritual awareness in wilderness and teach you new ways to energize your relationship with God and prayer.

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