



Basic Meditation Course

With R. Ariel B. Tzadok

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A 4-hour audio (MP3) course, with a 22-page PDF.
To provide for you meditation practices and prayers
to get you started today further along your spiritual path.

Course Outline:

Lesson 1 – The Holy Name Y-H-W-H

- * *The Power of the Name*
- * *Nefesh HaHaim, Gate 1, Chapter 4, Rabi Haim of Volozin*
- * *G-d's Holy Name (Havaya) & it's Correlates*
- * *Sha'arei Kedusha - Pt. 4. Gate 2a - R. Haim Wital*
- * *Moda'ah v'Galvei Da'at*
- * *A Prayer for the Purification of Thought*
- * *Havaya-Personal Name Meditation*

Lesson 2 – Breathing Exercise and Other Ways to Use the Holy Name Y-H-W-H

- * *Sefer Yikra B'Shmi, Second Edition Section 3, Chapter 11*
- * *Sefer Yikra B'Shmi, Second Edition Section 3, Chapter 13*

Lesson 3 – For the Sake of the Unity of the Holy One, Blessed be He and His Shekhina

- * *The Shiviti*

Lesson 4 – Special Prayers & Guided Meditations

- * *Segulah of the RaMBaN*
- * *The Tefilah of Rabbi Yishmael, the Kohen Gadol*

Course Details

The cost of the course is \$65.00. (Numerical value of the Name, Adonai)

To purchase this course, click here: www.paypal.me/koshertorahschool

Make a \$65.00 donation/payment in the amount of the course.

Please type a note saying that your payment is for the BMC course.

Upon receipt of your payment, I will send you an email which will include the access codes to the online course materials.

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