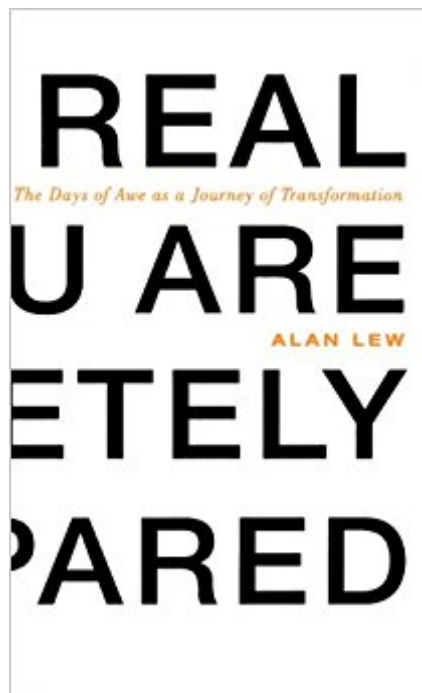




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This Is Real And You Are Completely Unprepared: The Days Of Awe As A Journey Of Transformation



Synopsis

There are moments in life when one is caught utterly unprepared. Drawing on both his rabbinical training and his scholarship in Buddhism, Lew leads readers on a journey from confusion to clarity, from doubt to belief, as he opens a path to self-discovery that is accessible to readers of all faiths.

Book Information

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Customer Reviews

Lew's exploration of the Days of Awe begins not with Rosh Hashanah-which is not featured until chapter six-but with Tisha B'Av and the month of Elul. These observances, Lew feels, set a tone of rigorous introspection in the Jewish calendar. He follows the story through Yom Kippur and Sukkot, drawing on Jewish tradition, his own experiences and a few Buddhist stories (Lew is a self-described "Zen rabbi") to take the reader on a journey of spiritual transformation-"from birth to death and back to renewal again." Lew is far more concerned with inner motivations and awareness than with external rituals, a refreshing and sometimes startling perspective. He is a perceptive thinker and a highly skilled writer, making this book a hard-hitting yet compassionate cry for spiritual renewal during the High Holy Days as well as the rest of the year. Copyright 2003 Reed Business Information, Inc.

The Days of Awe, the Jewish rituals observed each year between roughly mid-August and mid-October, include Rosh Hashanah, Yom Kippur, and the 10 days between the two High Holy days. Citing the Hebrew Bible, Talmud, Kabbalah, and other sources, Lew offers advice on how we can live our lives in a meaningful and joyful way through prayer and meditation. Author of *One God Clapping: The Spiritual Path of a Zen Rabbi* (1999), he writes of the importance of introspection and

self-evaluation in this period of repentance and contemplation. His insights into how we can make the most of our time are astute and profound and should be of interest to readers of all faiths.

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This is a wonderful book, the kind I have been looking for. It is an easy read and yet has a lot of deep concepts that makes one think. This combination is rare. This book takes the reader on journey through the High Holy Days in ways that anyone can relate to and helps the reader get prepared for the Holidays themselves. I have not been able to get through any one chapter in one reading. As I read each section I get lost in contemplation and in thinking about the content. This is a must have for every Jewish library including both the novice and yeshivah educated and all in between.

An excellent book to read in preparation for the Jewish High Holidays, although others might find the ideas presented to be for people of all faiths. Written in a very readable manner. The content helps a person to think about themselves and their actions.

I am reading the book for the second time this year. Rabbi Lew was a spiritual treasure lost at far too young an age. His book is packed with amazingly heartfelt insights. It is all about looking within. He brings together thousands of years of Jewish wisdom with a folksy appreciation for the struggles of living in the modern world. I can't recommend this book enough.

His points are interesting and worthwhile, but the writing is terrible

This is an inspiring, educational, and comforting book. I will recommend it to everyone I know who is trying to deepen their understanding of spirituality, tradition, Judaism and Jewish history. I will also recommend it to people who are trying to understand forgiveness. The process of reading the book in the last week has been like sitting with a kind teacher and storyteller, and listening to the stories and practices connected to the High Holidays. A deeply enriching experience.

This is a must read for High Holiday preparations. No one writes as movingly on the topic as Alan Lew. I did a lot of research looking into several alternatives and all were bland compared to Lew's book.

Very powerful images for those who are open to mindfulness disciplines or are already convinced. He goes on a bit too long about the role of blind fear in the core of the High Holidays but in the end it is an important conclusion even if it is generally and widely known.

Fabulous book on the subject of the inner examination of the self that should take place on the High Holy Days. He was a deft, poetic and masterful writer.

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