



A New Kabbalah for Women

Perle Besserman

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The red bracelet: it graces the wrists of numerous celebrities - from Madonna to Britney Spears - who have converted to the spiritual practice of Kabbalah. But what is Kabbalah and how can women apply it to their own lives?

In *A New Kabbalah for Women*, bestselling author and teacher of Jewish mysticism and meditation, Perle Besserman, shares a feminine approach to spirituality. Since the time of Moses, Jewish mysticism has been barred to women, and Shekhinah, the feminine side of God, has been forced underground. Now, many women are adapting traditional mystical practices in radical new ways. Besserman is at the forefront of this revolution. In this book she traces the history of female-centered worship and tells the story of searching for her own path to truth. Combining practices from the Kabbalah with meditation, Besserman walks readers through step-by-step rituals to find their own personal connection with the divine.

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