



Empowering Your Life with Kabbalah

Jonathan Sharp

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A new guide to the ancient wisdom of Kabbalah—and how it applies to modern life.

In this invaluable introduction to the ancient mystical tradition of Kabbalah, spiritual expert Jonathan Sharp takes readers through the ten Kabbalistic stages of spiritual development, and offers practical activities, meditations, and techniques to incorporate this wisdom into their daily lives.

- Kabbalah is the hottest topic in spirituality/New Age/self-help
- Madonna and Britney Spears, among other celebrities, are vocal Kabbalah advocates
- Explains esoteric ideas in simple language
- Includes activities, meditations, techniques, rituals, signs, and symbols



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