

Ben Yehuda Press

Jewish books of merit since 5766

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TORAH JOURNEYS: THE INNER PATH TO THE PROMISED LAND BY RABBI SHEFA GOLD

“Even old places and familiar texts we thought we knew come alive again in this book of substance and deep spiritual refreshment. Here experience takes precedence over tired and literal dogmatic pronouncements and life comes alive again. ”

Doctor **Matthew Fox**

Author of *A New Reformation: Creation Spirituality and the Transformation of Christianity*

“A remarkable book of profound depth. It has taught me much, drawing as the author does from the wells of different faith traditions in her life. Rabbi Shefa Gold is adept at teaching us how to grow spiritually using the Torah as the inexhaustible source. Please read this book if you too want to grow.”

Archbishop Emeritus **Desmond Tutu**

“What Rabbi Gold has done is bring Torah into the heart.

If you dare be addressed by God -- read it. If you dare be transformed by God -- practice it.”

Rabbi **Rami Shapiro**

Author of *The Divine Feminine*

In her first book, noted Jewish Renewal figure Rabbi Shefa Gold presents her bold approach for using the Torah as a path for spiritual growth.

Torah Journeys presents the Torah -- the Five Books of Moses -- as a spiritual path. Rabbi Shefa Gold teaches us how to read the Torah as a map of our internal, personal spiritual journey. Following the traditional Jewish division of the Torah into weekly portions, Rabbi Gold shows how each portion offers us both a blessing and a challenge. She then presents transformative practices to help us manifest the blessings and challenges in our lives.

Torah Journeys promises to turn your year into a year-long active retreat.

Designed to be meaningful for those at any spiritual level, Torah Journeys is a book that invites one to return to it again and again, offering a journey spiraling upward to an ever closer relationship to God and the world around us.

About Ben Yehuda Press

Ben Yehuda Press, founded in 2005, publishes books rooted in Jewish traditions appealing to a wide variety of Jews and other spiritual seekers. Ben Yehuda Press authors represent all varieties of the Jewish experience, from Reform, Renewal, Conservative and Orthodox to secular, socialist and agnostic.

About the Author

Rabbi Shefa Gold is a leader in *ALEPH: Alliance for Jewish Renewal*. She received her ordination both from the Reconstructionist Rabbinical College and from Rabbi Zalman Schachter-Shalomi. Shefa composes and performs spiritual music, has produced nine albums, and her liturgies have been published in several new prayerbooks. She teaches workshops and retreats on the theory and art of chanting, spiritual community building and meditation. Shefa combines her grounding in Judaism with a background in Buddhist, Christian, Islamic, and Native American spiritual traditions to make her uniquely qualified as a spiritual bridge celebrating the shared path of devotion. She lives in Jemez Springs, New Mexico. This is her first book.

About the Book

TORAH JOURNEYS:

The Inner Path to the Promised Land

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Rabbi Gold will be appearing in ten states this fall, promoting *Torah Journeys* and leading workshops based on it.