

Online Courses

NEW

Awaken: Essential Jewish Mindfulness / Begins Sep 4

Are you curious about how to practice mindfulness from a Jewish perspective? Are you wrestling with stress, anxiety, or how to remain open-hearted in challenging times? Is there someone in your life who might be? This new 4-week online course is for you! Practice cultivating habits of heart, mind, body, and spirit that foster well-being, and will bring you into greater alignment with your deepest self and community. No prior experience required. Taught by Rabbi Sam FeinSmith, Michal Fox Smart, and Rebecca Schisler.

Text Study / Begins Oct 14

Torah Study for the Soul: The Hasidic Classic, Degel Machaneh Efrayim (Banner of Ephraim's Camp), with Rabbi Sam FeinSmith

Written for experienced students of Torah, this weekly text study explores an Hasidic classic by Rabbi Moshe Chayim Efrayim of Sudilkov (1748-1800) — in which he posits that divine revelation is available for each of us if we pay attention to and cultivate our inner lives. Our thoughts and feelings are echoes of Sinai, our bodies are vehicles for encountering the divine, and our consciousness is a wellspring of living Torah that can be tapped if we turn inward, bear witness, and listen deeply. (This text study first appeared in 2017-18/5777)

The Silent Center of Things, with Yael Shy

This weekly text study, designed for all learners, will explore some of Torah's everyday wisdom, exploring how each week's parsha touches themes of struggle, awakening, loneliness, connection, community, joy, and love. Drawing from practitioners and scholars including Dr. Avivah Zornberg, Rabbi Sheila Peltz Weinberg, Zoketsu Norman Fischer, Martin Buber, and others, as well as wisdom from mindfulness, poetry, psychology, and popular culture, you will delve deeply into the text, finding direct application to everyday life. Suggested mindfulness and meditation practices will support your daily practice. (This text study first appeared in 2014-15/5775)

Awareness in Action: Cultivating Character through Mindfulness and Middot / Begins Oct 23

Why is it so often difficult to be the person to whom we aspire? When we are “triggered,” how can we respond as our wiser, better self, instead of reacting unwisely, out of unwholesome habits? Participants in this program will cultivate the practice of *tikkun middot* (“mending our qualities”) melding mindfulness with close attention to eight core *middot*, innate, spiritual/ethical character traits. This nine-week online course will be led by Rabbi Marc Margolius with each weekly live practice session co-led by one of three special guest teachers offering diverse understanding of these *middot* and the practice: Rabbi Tamara Cohen, Kohenet Keshira halev Fife, and Rabbi Aaron Weininger.

Awareness in Action II: Continuing Practice in Mindfulness and Middot* / Begins Oct 23

For those who previously participated in Awareness in Action, this eight-week program offers an opportunity to continue and deepen their *tikkun middot* practice by focusing each week on a single *middah* drawn from that week's Torah portion. While it will revisit some of the *middot* covered in Awareness in Action, participants will be able to apply the now-familiar three step mindfulness process in cultivating a new set of *middot*. The program features weekly written teachings on the *middah* and Torah portion, traditional and contemporary resources for bringing the quality into daily life, and a weekly live 90-minute practice session hosted by Rabbi Marc Margolius.

**Prerequisite: Awareness in Action: Cultivating Character through Mindfulness and Middot.*

NEW

Shema: The Practice of Sacred Listening / Begins Nov 13

Would you like to be less reactive and more engaged when you listen to others? *Shema*, meaning “hear” in Hebrew, is a new five-week online program taught by Rabbi Myriam Klotz and Rebecca Schisler that will help you cultivate your capacity to listen with deep and sacred awareness to yourself and others, as you explore the four worlds of experience — physical, emotional, intellectual, and spiritual.

NEW

Yesod: Foundations for Deepening Jewish Mindfulness Meditation / January – October 2023

A brand-new program from the Institute for Jewish Spirituality and Or HaLev Jewish Spirituality & Meditation. Do you have an established meditation practice that you are ready to explore more deeply? In this 10-month online program, you will work closely with Rabbis Sam FeinSmith, James Jacobson-Maisels, and Dorothy Richman, along with a cohort of other committed students, to gain an in-depth understanding and practice of Jewish mindfulness meditation. *Yesod*, or “foundation”, is the first year of a three-year program, *Gates of Awareness: Jewish Mindfulness Meditation: Deepening Practice & Teacher Training*, designed to support participants in deepening personal practice and developing their capacities and skills as teachers of Jewish mindfulness meditation.

Registration opens: September 9

FREE OFFERING

Daily Online Meditation Intensives

Monday – Friday, 12:30 – 1:15 PM ET and
on-demand anytime on the IJS YouTube channel

Hearing the Call: The Practice of Sacred Listening

Sept 19–23 / Rabbi Myriam Klotz

This week will focus on mindfulness practice as an embodiment of sacred listening: cultivating a quality of presence that listens for, and with, awareness of the sacred dimensions within us and around us in the present moment.

At Home with a Roof of Stars: Meditating on the Wisdom of Sukkot

Oct 12–13 / Dr. Mira Neshama Weil

In this mini-series during the intermediate days of Sukkot, we will contemplate our bodies as a Sukkah and the Sukkah as our own bodies, exploring the beauty of our interconnection with nature, the wisdom of trusting and surrendering to things greater than us, and the rejoicing that can come from bringing awareness to our own vulnerability.

Cultivating Gratitude: Practice to Sustain the Heart

Nov 7–11 / Rabbi Sam Feinsmith

As Jews, we are heirs to a spiritual lineage that provides us with contemplative practices for cultivating gratitude daily, in each moment. Within this tradition, mindfulness practice can spontaneously awaken our hearts to gratitude, supporting our well-being and deepening our capacity to live with an open, generous, and fearless heart. This week, we will explore the ways in which paying closer attention to what's arising in the present moment can support us in cultivating a grateful heart.

Flight, Fight, and Freeze: Responding to Difficult Emotions

Dec 12–16 / Rabbi Ari Lev Fornari

The Torah portions describing the journeys of Jacob can be understood as a journey inward in which we explore different responses to conflict and discomfort. This week's intensive will explore meditation as a way to increase our awareness so we can respond with greater grace to the conflicts in our own lives.

FREE OFFERING

Public Conversations Online

Rabbi Danya Ruttenberg, author of *On Repentance And Repair: Making Amends in an Unapologetic World*
September 20

Abby Pogrebin Interviews Rabbi Josh Feigelson, IJS President & CEO, about his new book, *Eternal Questions: Reflections, Conversations, and Jewish Mindfulness Practices for the Weekly Torah Portion*
October 26

Yossi Klein HaLevi: A personal spiritual journey
November 30

FREE OFFERING

Other Resources

Daily Online Meditation

Mondays – Fridays / 12:30 – 1:00 PM ET

Join one of our expert teachers as they lead a live daily guided meditation, sharing 30 minutes of Jewish mindfulness with people from around the world. Open to all, no experience needed.

Online Jewish Yoga Studio

Mondays 11:00 – 11:45 AM ET

Mindful body practices help us find shelter right where we are, in our bodies in this very moment. Yoga teacher and IJS faculty member Cantor Lizzie Shammash guides you in an all-levels yoga and movement session informed by Jewish spiritual teachings and designed to relieve stress as we increase awareness of breath and grounding through our bodies. Open to all, no experience needed.