



Real Davvening: Jewish Prayer as a Spiritual Practice and a Form of Meditation for Beginning and Experienced Davveners

Yitzhak Buxbaum

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Real Davvening is about the spiritual side of Jewish prayer-- the traditional teachings about how to pray so that you have a spiritual experience; something happens. This book is for beginners as well as people who have been davvening their whole life. The key insight is to realize that davvening is a form of meditation that is not silent but verbal using textual and personal prayers to focus on the Eternal. Buxbaum explains how to enter a sacred private space and also how to connect deeply with fellow worshippers. Simple Jewish meditation techniques for davvening can lift your praying immeasurably higher until you experience the nearness of God. This book will open the gates before you to one of the most important Jewish spiritual practices: prayer.

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