

welcome *home.*  
welcome to *joyful* judaism.



**Temple Adath Or  
gratefully welcomes**

**Rabbi Shefa Gold**

**Friday, March 15:** Rabbi Shefa will join Rabbi Marc in leading a *special Meditation Service*

**Wednesdays, March 20 & April 3:**  
Rabbi Shefa will lead Wisdom Class

## ***The Magic of Hebrew Chant***

**Healing the Spirit, Transforming the Mind, Deepening Love**

It turns out that the magic words of Creation, Transformation, Healing and the expression of our Infinite Depths have been hidden in plain sight in the words of our inheritance – words that lie sleeping on the page, just waiting for our love to arouse them.

Chant is a meditative practice that fully engages body, heart and mind, and facilitates healing and the expansion of consciousness.

- In this two part workshop the theory and foundations of Chant – its relation to beauty, pleasure, intention, prophesy, ecstasy, and the deep wisdom buried in our sacred text.
- We will learn practical instruction about how to develop the sacred phrase, create an intention, enter the silence, and use the power of chant to set you on the Path of Self-awareness and Love.



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- We will practice together the music that can help us unlock the power of sacred text and make prayer and meditation into the delight of your life.

Rabbi Shefa Gold , beloved teacher of mysticism, prayer, and spirituality, has pioneered the practice of Hebrew Chant for today's Jewish world. She is the director of C-DEEP, The Center for Devotional, Energy and Ecstatic Practice in Jemez Springs, New Mexico. She is also the author of Torah Journeys: The Inner Path to the Promised Land and In the Fever of Love: An Illumination of the Song of Songs, and has produced a dozen albums of Spiritual music.

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.