



# **Kinesthetic Kabbalah: Spiritual Practices from Martial Arts and Jewish Mysticism**

*Daniel Kohn*

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BASED ON DANIEL KOHN'S experiences as a rabbi and martial artist, Kinesthetic Kabbalah examines the parallels between the ancient Jewish mystical teachings of Kabbalah and Eastern philosophy as manifested in the Japanese defensive martial art of aikido. Kinesthetic Kabbalah is a practical guide that draws on both spiritual systems to present a manual of principles and practices to change ourselves and improve the world around us. Kohn presents stories, anecdotes, and insights, as well as teachings and suggestions for developing a more peaceful, spiritually centered way of relating to others and managing situations of tension and hostility in an increasingly threatening world. For mystics and realists alike, Kinesthetic Kabbalah offers an in-depth spiritual analysis of martial arts and mysticism and presents its lessons in an approachable, non-sectarian way. This book is a manual that draws on two vastly different traditions, yet uncovers surprising parallels and immediately presents practices for self-improvement. "[Rabbi Daniel Kohn] has a very accessible, fluid, and patient writing style which is in itself, calming to read. It remind[s] me of the feeling I get when reading the work of Thich Nhat Hahn. [M]any people will gain insight, knowledge, and enjoyment from [this book], regardless of their spiritual background." --Mary Winifred Hood, Charleston Tibetan Society (Past President) If you would like to contact this author by email, please use the following address: DanielBKohn@alum.wustl.edu

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