

|                         |  |
|-------------------------|--|
| 1. Record Nr.           | UNINA9910484039703321  |
| Autore                  | Schilling Christopher L. <1983->   |
| Titolo                  | Zen Judaism : the case against a contemporary American phenomenon /<br>/ Christopher L. Schilling  |
| Pubbl/distr/stampa      | Cham, Switzerland : , : Palgrave Macmillan, , [2021]<br>©2021  |
| ISBN                    | 3-030-71506-X  |
| Descrizione fisica      | 1 online resource (135 pages)  |
| Collana                 | Palgrave pivot   |
| Disciplina              | 296.39   |
| Soggetti                | Zen Buddhism - Relations - Judaism   |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Note generali           | Includes index.  |
| Nota di contenuto       | Intro -- Preface -- Acknowledgments -- Contents -- Chapter 1: The<br>Case Against Jewish Mindfulness Meditation -- Introduction --<br>Mindfulness Practice in American Jewish Life -- "Jewish Mindfulness" <sup>51</sup><br>-- Can Mindfulness Enhance Jewish Life? -- A "Cult of Death" <sup>101</sup> -- An<br>Outbreak of Peace? <sup>117</sup> -- Positive Studies on Mindfulness -- Studies<br>Demonstrating Negative Consequences of Practicing Mindfulness --<br>Psychotherapeutic Problems with Mindfulness -- Mindfulness<br>in a Culture of Narcissism -- Mindfulness in a "Do You" Culture --<br>Mindfulness in an Epidemic of Loneliness -- Are Mindfulness<br>Communities Any Better? -- A Social Critique on Mindfulness -- About<br>Everything -- Chapter 2: The Case Against Psychedelic Judaism --<br>Introduction -- Psychedelic Experiences -- Psychedelics as Therapy --<br>Psychedelics and Religion -- Psychedelics Seen as a Tool to Practice<br>Judaism -- Psychedelics Seen as a Danger to Judaism -- Psychedelics<br>Seen as the Root of Judaism -- The Use of Psychedelics Among Modern<br>Jews -- Conclusion -- Index. |