

1. Record Nr.	UNINA9910787514103321
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Titolo	Jewish customs of Kabbalistic origin : their history and practice / / Morris M. Faierstein
Pubbl/distr/stampa	Brighton, Massachussetts : , : Academic Studies Press, , 2013 ©2013
ISBN	1-61811-253-8
Descrizione fisica	1 online resource (190 p.)
Collana	Emunot: Jewish Philosophy and Kabbalah
Disciplina	296.44
Soggetti	Judaism - Customs and practices - History Fasts and feasts - Judaism Cabala - Influence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- TABLE OF CONTENTS -- PREFACE -- ACKNOWLEDGMENTS -- INTRODUCTION -- THE SYNAGOGUE -- TALIT AND TEFILLIN -- PRAYERS AND BLESSINGS -- SABBATH CUSTOMS -- SUKKOT -- MINOR OBSERVANCES -- TIKKUNIM -- APPENDIX -- GLOSSARY -- BIBLIOGRAPHY -- INDEX OF CITATIONS
Sommario/riassunto	Jewish religious practice has been transformed by the Kabbalists of Safed in the sixteenth century. They brought new meaning and importance to many Biblical and rabbinic commandments and created new rituals that have become central practices for Jews of all denominations. This volume describes the origins of these traditions and explains the mystical meaning of these specific practices and rituals. Some of these innovations include: Kabbalat Shabbat, inviting the Ushpizin to the Sukkah, Tikkun Leyl Shavuot, and visitation to the grave of Rabbi Simeon bar Yohai on Lag Be-Omer. This volume is written in a style accessible to the non-specialist in Kabbalah and the Jewishly knowledgeable general reader.