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Tanya the Masterpiece of Hasidic Wisdom: Selections Annotated & Explained (SkyLight Illuminations)

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The wisdom of Jewish spirituality and mysticism can be a companion for your own spiritual journey.

Tanya, "It Was Taught," is one of the most powerful and potentially transformative books of Jewish wisdom. Written in 1797 by Rabbi Schneur Zalman of Liadi, the founder of Chabad Hasidism, *Tanya* sets forth the fundamentals of Jewish spirituality and mysticism. While a focus of daily study by tens of thousands of Hasidic Jews, *Tanya* is little known outside the world of Jewish mysticism. Until now, its kabbalistic terms and esoteric language have made this essential text of Jewish spirituality inaccessible to most readers.

In this engaging volume, Rabbi Rami Shapiro offers a contemporary English translation of key selections of *Tanya* coupled with commentary designed to clarify and amplify the wisdom it contains. He also outlines the philosophical and spiritual framework on which *Tanya* is based?God's nonduality; the ?ve dimensions of reality and their corresponding intelligences (body, heart, mind, soul, and spirit); the purpose of mitzvot, the practices of Jewish life, as catalysts to God realization and the hallowing of all life through godliness?to help you understand the selected *Tanya* translations in a way that enhances your own spiritual development.

Now you can benefit from the wisdom of *Tanya* even if you have no previous knowledge of Judaism or Hebrew terminology. This SkyLight Illuminations edition presents the core teachings of *Tanya*, with insightful yet unobtrusive commentary that will deepen your understanding of the soul and how it relates to and manifests the Divine Source from which all life comes, in which all life lives and to which all life returns.

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