



# Seeking and Soaring: Jewish Approaches to Spiritual Direction

*Goldie Milgram*

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## **Seeking and Soaring: Jewish Approaches to Spiritual Direction** Goldie Milgram

Seeking and Soaring provides a fascinating opportunity to individually meet and appreciate many of the leading Jewish spiritual directors, teachers and scholars of our time. Advances in the field of Hashpa'ah, Jewish spiritual direction, are carefully presented with special attention to session structure, boundaries, supervision, grieving, fear, impulse, addictions, middot and mussar - cultivation of personal ethical qualities, and serving as a doula to the dying. Teachings also present traditional and contemporary Jewish practices regarding intercession, angels, guides, and sacred stories. Unique populations addressed include Holocaust survivors, B'nai Mitzvah students, couples, and those seeking to renew their Jewish spiritual connection. User-friendly scholarly translations occur throughout, as well as guides to working with rare pieces of Jewish spiritual literature.

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