

Friendship Hour with Janet Berenson, CW 68 & Rabbi Lenny Levin, PhD, C '68: Introducing KABBALAH (May 2023) [Watch the Recording.](#)

Janet is the author of **Kabbalah Decoder** and has been studying and teaching Jewish mysticism and meditation for over 30 years.

Reading suggestions from Lenny Levin & Janet Berenson

From Janet

- Aryeh Kaplan, **Meditation and Kabbalah** (1982)
- Warren Kenton (Ze'ev ben Shimon HaLevi) **The Way of Kabbalah** (1991) and many others, including:
- **The Path of a Kabbalist: An Autobiography**, Kabbalah Society: Tree of Life Publishing (UK), 2009
- **A Kabbalistic View of History**, Kabbalah Society: Tree of Life Publishing (UK), 2013
- Arthur Green, **A Guide to the Zohar** (2003)
- Barry Holtz, **Back to the Sources** (1984)

From Lenny:

- On the four who entered Pardes: Milton Steinberg, *As A Driven Leaf*

On Kabbalah:

- Gershom Scholem *Major Trends in Jewish Mysticism*
- Daniel Matt *The Essential Kabbalah*
- Aryeh Kaplan *Sefer Yetzirah: The Book of Creation*
- Moses Cordovero *The Palm Tree of Deborah*

On the "Four Worlds" approach to kabbalah:

- Adin Steinsaltz *The Thirteen Petalled Rose*

On Mussar:

- Ira Stone *A Responsible Life*
- Alan Morinis *Everyday Holiness*