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Minyan: Ten Principles for Living a Life of Integrity

Rami Shapiro

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Minyan: Ten Principles for Living a Life of Integrity Rami Shapiro
This book starts with a clear-headed look at the Ten Commandments and rephrases them in terms that go straight to the heart, such as "Do not murder": "Aware of the suffering caused by the needless and wanton destruction of life, I vow to cultivate compassion and justice, and learn ways to protect the well-being of people, animals, plants, and minerals. I recognize that murder refers not only to the literal taking of life but to the killing of dignity", etc.

It then examines the hasidic tradition founded by the Baal Shem Tov in 18th-century Europe shows how this view of the world epitomizes Jewish spirituality. Drawing on the wisdom of those sages who followed in the Baal Shem Tov's footsteps, Shapiro offers his tenfold path for making Jewish spiritual practice central to our lives: meditation, repetition of a sacred phrase, inspirational reading, attention to the present moment, generosity, kindness performed with no thought of reward, dreamwork, ecokashrut or ethical consumption, self-perfection, and celebration of the sabbath (this is what hooked me). Shapiro offers a Judaism so immediate and vital to living with integrity and enjoyment that I foresee groups springing up in communities everywhere to put his teaching into practice. I started one the day I finished the manuscript. This is magnificent stuff. I urge you all to try it!

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