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Seventh Heaven: Celebrating Shabbat with Rebbe Nachman of Breslov

Moshe Mykoff

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**Deepen your understanding of Shabbat, awaken to the possibilities,
and experience the day with an extra measure of holiness.**

Seventh Heaven delves into the art of consciously observing Shabbat?exploring many of the day's traditional religious practices within the context of life's spiritual dynamics. With the help and wisdom of Rebbe Nachman of Breslov?one of the most important of the early Hasidic masters?this guidebook offers insight into the deeper meaning and purpose of a broad range of Shabbat observances and seeks to show how each custom or law fits within the whole.

In accessible, easy-to-understand language, *7th Heaven* is a spiritual guide for all levels of Shabbat observance:

- If Shabbat is new to you, or you've experienced it only in its popular form, but would like to deepen your understanding and connection.
- If Shabbat is something you grew up with, but you were never taught the inner meaning of all the customs and laws you were told to obey.
- If Shabbat has never been a part of your spiritual practice, but you would like to learn more about the Jewish pathway to wholeness and higher consciousness.

Based on the teachings of Rebbe Nachman of Breslov (1772–1810) and those of his closest disciple, Reb Noson, the deep insights into Torah and spirituality revealed by these great Hasidic luminaries are as relevant in today's world as they were some two centuries ago, when they were first taught.

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