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## Spiritual Boredom: Rediscovering the Wonder of Judaism (Paperback)

By Dr Erica Brown

Jewish Lights Publishing, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Break the Surface of Spiritual Boredom to Find the Reservoir of Meaning Within We need to be bored. When we get bored and take responsibility for our boredom, we arrive at a new level of interest, introspection, or action that has been stirred by the very creativity used to keep boredom away. The relationship between boredom and creativity is far from accidental. Creative minds are often stimulated by boredom, regarding it as a brain rest until the next great idea looms on the horizon of the otherwise unoccupied mind. from Chapter 10 Boredom is a crisis of our age. In religious terms, boredom is sapping spirituality of its mystical and wholesome benefits, slowly corroding our ability to recognize blessing and beauty in our lives, to experience wonder and awe. What happens when our need for constant newness minimizes our interest in prayer, learning, and the mysteries of nature? This intriguing look at spiritual boredom helps you understand just what this condition is, particularly as it relates to Judaism, and what the absence of inspiration means to the present and future of the Jewish...



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