



Three Gates to Meditation Practice: A Personal Journey into Sufism, Buddhism, and Judaism

David A. Cooper

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A spiritual memoir by the author of *God Is a Verb*.

"This book is a treasure map, but not like any you have seen before. Most people believe that the object of a treasure hunt is to find a chest of gold. The mystical approach, however, is that the search itself is the treasure.... Here is an invitation to begin an exploration of the treasure fields of your own mind...the most exciting and rewarding adventure you will ever take."

—from the Introduction

Here is an insider's look at a spectrum of mystical traditions—by someone who is remarkably fluent in the language of each. *Three Gates to Meditation Practice* chronicles more than fifteen years in the spiritual journey of "post-denominational" Rabbi David A. Cooper and his wife Shoshana—years that led the Coopers everywhere from a secluded mountain hut in New Mexico to the Sinai desert, from chanting Sufi dhikr and meditation with Buddhist masters to studying Kabbalah and esoteric Judaism in the Old City of Jerusalem. The Coopers' story is an intimate account of what intensive spiritual practice is like, with an ultimate message that is supremely inspiring: The spiritual path is completely within our reach, whoever we are, whatever we do, as long as we are willing to try.

David A. Cooper has studied mysticism for more than thirty years. His main practice has been spiritual retreats and meditation in a number of traditions, including Sufi, Vipassana, Kabbalah, Dzogchen, and Zen. Cooper is the award-winning author of many books, including *The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life*; *Silence, Simplicity and Solitude: A Complete Guide to Spiritual Retreat at Home*; and *Three Gates to Meditation Practice: A Personal Journey in Sufism, Buddhism, and Judaism*.

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