

Title: STEPPING INTO THE FLOW

Subtitle: A “Moment in Time” Guide to Netilat Yadayim, Ritual Hand-Washing

Author: SHARON MARSON

An educator as SAR in Riverdale, NY for over two decades, Sharon is a published poet, author of numerous educational articles, and contributor to a well-circulated curriculum guide. Currently on speaking tour with her latest book, published by Barnes and Noble, entitled “The Wisdom of a Starry Night,” a book combining thirty-five art masterpieces and original questions from her years of developing this technique, along with sample responses from individuals ages 5 to 81.

Description:

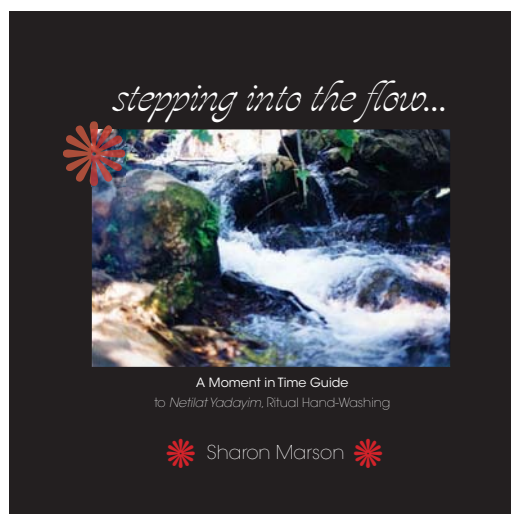
Exploration of the deeper and more mystical significance of the Jewish ritual of washing the hands upon awakening in the morning. A short sophisticated introduction is followed by a simple spiritual journey described through a few words of text facing a beautiful corresponding photograph. The book ends with a practical description and instructions of how and when to wash one’s hands in the morning according to Jewish law, with its accompanying blessing in English, Hebrew and transliteration.

Approach:

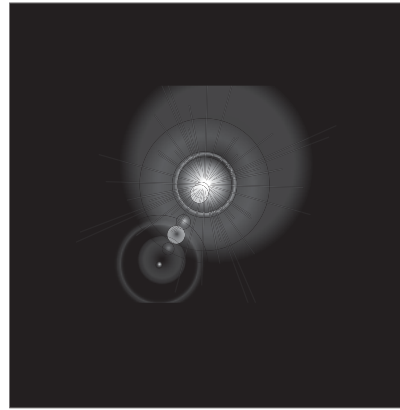
The book is meant for those who are familiar with ritual hand-washing as well as those who are not. More than simply a “how-to” guide, the approach of the book is to give a fresh presentation to an ancient Jewish practice to Jews from any background. From the author’s introduction: “In this ‘Moment in Time’ Guide, we explore how to consecrate the moments of our lives with holy acts. Paradoxically, in taking time to engage in holiness, we stop time. In those singular moments when time stands still, we can reach beyond earthly constraints accessing the place that is timeless. This journey is available to everyone. The here and now can through your acts be infused with what is eternal, bringing heaven to earth.”

Target readership:

The book is primarily targeted for children age 5 and above. However, it has a depth and beauty of message that will attract any adult interested in Jewish spirituality.



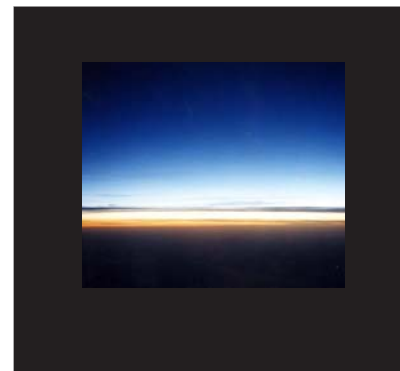
In the beginning...



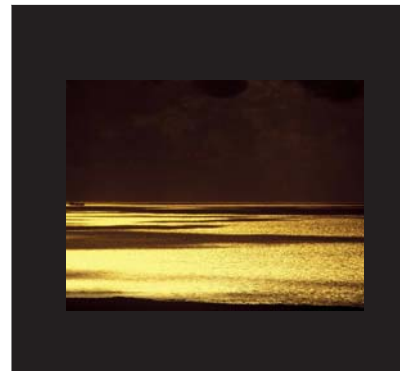
when the world was created



and the waters in heaven



were separated from
the waters below



and gathered into
crashing oceans

