

Brian Yosef Schachter-Brooks

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Summary

Through his *Integral Jewish Meditation* workshops, Brian Yosef Schachter-Brooks offers a unique approach to Presence (a.k.a. Mindfulness) through music and awareness practice. Participants experience greater peace, wellness, and inner freedom from fear, anger, judgment and other forms of negativity.

Integral Jewish Meditation is a new synthesis of teachings from Kabbalah (Jewish mysticism), brought together in a simple form that's easy to learn yet radically transformational for all who participate. It is not a denominational or "religious" practice, and is appropriate to people of all beliefs and backgrounds. It includes chanting, focused intention, contemplation, body movement, visualization, and silence.

See teaching videos, interviews, testimonials, and more:

<https://www.torahofawakening.com/for-organizations.html>

Experience

Founder, Meditation Teacher, Author

Torah of Awakening, Oakland, CA & Tucson, AZ

2007-Present

Created *Torah of Awakening – The Jewish Path of Presence* and *Integral Jewish Meditation (IJM)* programming, rooted in the Jewish mystical teachings and practices of Kabbalah. Online courses with hundreds of students worldwide, meditation workshops in Arizona, California and other locations at over twenty organizations, and musical Shabbat services (*Shabliss!*) in Arizona and California. Author of *Integral Jewish Meditation: Three Portals of Presence for Spiritual Awakening*.

Read *Integral Jewish Meditation* e-book or listen to audiobook:

www.torahofawakening.com/audio-book-integral-jewish-meditation.html

Partial List of Organizations Featuring Brian's Workshops:

Chochmat HaLev, Berkeley, California
Beth Chaim Congregation, Danville, California
Congregation B'nai Shalom, Walnut Creek
Kehillah Community Synagogue, Oakland, California
Temple Sinai, Oakland, California
Kol Shofar, Tiburon, California
Peninsula Temple Beth El, San Mateo, California
Zazen SF, San Francisco, California
Jewish Community of Sedona, Sedona, Arizona
Ruach Hamidbar, Scottsdale, Arizona
ALEPH Kallahs, 2018, 2014

Temple Emanu-El, Miami Beach, Florida
Temple Israel of Greater Miami, Miami, Florida
Congregation Beth Israel, Chico, California
Havurah Shir Hadash, Ashland, Oregon
Unity of Portland, Portland, Oregon
Unity of Sacramento, Sacramento, California
Agape Bay Area – Center for Awakened Living, Oakland, California
Congregation Beth Shalom, Tucson, Arizona
Congregation Or Chadash, Tucson, Arizona
Temple Emanu-El, Tucson, Arizona
Beit Ahavah, Northampton, Massachusetts

Music Director, Meditation and Spiritual Leader, Teacher
Chochmat HaLev, Berkeley, CA

2000-2015

Music Director and Service leading for Shabbat and High Holidays. Directed B'nai mitzvah program for pre-teens. Taught adult classes in meditation and Jewish spirituality. Composed new music for services. Wedding officiant and B'nai mitzvah ceremony leader.

Education

2013 – Received *s'mikha* (ordination) as *Minister of Sacred Music* from Reb Zalman Schachter Shalomi z"l and *Spiritual Teacher* from Shaykh Ibrahim Baba Farajaje

2002 – Certified *Moreh L'Hitbodedut* (Meditation Teacher) from Chochmat HaLev's Jewish Meditation Teacher Training Program, Berkeley, CA

1991 – Bachelor of Music, Eastman School of Music, University of Rochester.
Major: Composition. Studies with Dr. Samuel Adler, Dr. David Liptack, Joseph Schwantner, Warren Benson, Arthur Cunningham (Pulitzer Prize nominee) and Barry Harris (formerly with Charlie Parker, Coleman Hawkins)
Additional: Sitar studies with Roop Verma

References

Rabbi David Zaslav, Havurah Shir Hadash, Ashland, Oregon; author of Reimagining Exodus, Roots and Branches
shalomrav@aol.com

Estelle Frankel, author of Sacred Therapy and The Wisdom of Not Knowing – Discovering a Life of Wonder by Embracing Uncertainty
estelle.a.frankel@gmail.com

Rabbi Burt Jacobson, founder of Kehilla Community Synagogue, Oakland, California; author of This Precious Moment: The Wisdom of the Ba'al Shem Tov
RabBurt@earthlink.net

Rabbi Hazzan Avraham Alpert, Congregation Bet Shalom, Tucson, Arizona
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