



Where Consciousness  
and *Kedushah* Meet

# INNER TORAH

MIRIAM MILLHAUSER

The outer world constantly bombards us with events and encounters we can't control. It challenges us in ways we can't predict. And our ability to affect it is limited. But our inner world... There is the place where we can go to cultivate the stability and serenity that so often eludes us. There we have a genuine opportunity to know silence and calm. There we can find Torah, our own inner Torah, our unique connection to the One Above.

But how? How does a woman connect with the spark of divinity within her? How does she discover her essence and unearth the secrets of her own life? Even more important: How does she take this inner core of energy and truth and use it to enrich her every moment? How does she – how can we – reach this place of inner knowledge and understanding and bring its spiritual clarity into the haziness of the physical realm?

In her work in Israel and America, Miriam Millhauser has gently but firmly helped women to discover and “learn” their inner Torah. Now, in this beautifully written, groundbreaking work, she shares her unique, Torah-based approach to self-awareness and self-development. *Inner Torah* combines the author's own spiritual odyssey, innovative exercises, and powerful true stories of women whose determined searching and profound inner work helped them overcome their blocks and actualize their dreams.

*Inner Torah* helps us uncover the holiness within and harness its unequalled transformative power to change our lives.

"Miriam Millhauser has written a fascinating, personal, thoughtful book about the pursuit of holiness in human life through Torah. In a time where bogus 'spirituality' abounds, it is refreshing to read such a measured, inspired work about the human soul and worthy life. This is an important book for those who seek to find inner truth and life's fulfillment."

Rabbi Berel Wein

"...*Inner Torah* is a remarkable book.... It teaches [the reader] how to embark on a journey which will enable her to get in touch with the mosaic of her personality and the holiness that resides at the core of her being. Ultimately the goal of the book is to teach the reader to become a happier, better, and deeper Jew who will devote herself totally to the service of Hashem. The book is well-written, deep, and practical."

Rebbetzin Lea Feldman

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Miriam Millhauser is a healer, educator, conflict resolution specialist, and lawyer. Powerful early childhood experiences catapulted her into a direct relationship with dimensions beyond the physical world. At the same time, as the daughter of German Jewish Holocaust survivors she also learned early on to be practical and disciplined and to pay close attention to the people and the world around her. These two very different orientations informed each other throughout her life.

She is the founder of CONFLICT Consulting, a conflict resolution organization that has helped numerous individuals, companies, and government agencies to handle conflict in more creative and constructive ways. In Jerusalem she founded Miriam's Well, an energy healing clinic for women. She has lectured widely and presented workshops in both Israel and the United States.

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