

PRACTICAL INNER TORAH

A Guide to Going Within

MIRIAM MILLHAUSER CASTLE

First, there was Inner Torah.

Miriam Millhauser Castle's landmark work, *Inner Torah*, touched a chord among people all over the world. Based on the premise that our lives are holy text through which G-d communicates with each of us individually, *Inner Torah* explored the dynamics of learning to interpret the messages hidden in our life experiences. It opened doors to self-awareness, growth, holiness, and true spirituality.

Now, we learn how to discover our own Inner Torah.

Having gained a new understanding of themselves and their life choices, many readers asked for more. How can I enter my own inner world? they asked. How can I heal old wounds, change habitual reactions, get to know myself better, and, in doing so, grow closer to Hashem? How do I bring Inner Torah into my own life?

In *Practical Inner Torah*, a beautifully written companion work to *Inner Torah*, Miriam Millhauser Castle describes the fifteen steps of the Inner Torah process, steps that give us the skills to know ourselves, to value ourselves, and to change ourselves. With real-life examples from her healing work, *Practical Inner Torah* gives us the necessary tools to unlock the greatness that lies within every one of us.

MIRIAM MILLHAUSER CASTLE is a healer, educator, conflict resolution specialist, and lawyer.

As a practicing attorney, she became a partner in a large law firm. Seeing greater possibilities than those afforded by the traditional legal system, she went on to found CONFLICT Consulting, a pioneer in the field of conflict resolution, helping individuals, corporations, courts, government agencies, and other organizations handle conflict in constructive and creative ways. As a well-known expert in dispute resolution, she published numerous articles and lectured across the United States. In Israel, her teaching included Torah perspectives on conflict.

Her approach always emphasized the need for self-knowledge in order to effect genuine change. Eventually, she made this her area of focus and, incorporating her aptitude for working with energy, opened Miriam's Well, an energy-healing clinic for women. There she worked with women interested in going on the remarkable inner journey that is the subject of her first book, *Inner Torah: Where Consciousness and Kedushah Meet*, the companion volume to *Practical Inner Torah*. Since the publication of *Inner Torah*, she has taught classes and worked with people around the world, in person and by telephone, helping them to heal, grow, and come closer to Hashem through the inner Torah process.

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Take a journey within...

In *Practical Inner Torah* author, speaker and healer Miriam Millhauser Castle shares a dynamic and effective program to help people develop the skill

- to enter deeply into their own inner world
- to get to know all facets of themselves
- to heal old wounds and change habitual reactions
- to come closer to Hashem

A companion volume to the much-heralded *Inner Torah*, *Practical Inner Torah* is a vital work for people seeking to know themselves, better their relations with others, and truly reach the enormous potential locked within them.

Praise for *Inner Torah*:

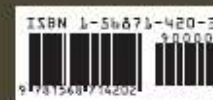
"*Inner Torah*...teaches how to embark on a journey which will enable [the reader] to get in touch with the mosaic of her personality and the holiness that resides at the core of her being... The goal of the book is to teach the reader to become a happier, better, and deeper Jew..."

Rebbetzin Lea Feldman

"Miriam Millhauser has written a fascinating, personal, thoughtful book about the pursuit of holiness in human life through Torah... This is an important book for those who seek to find inner truth and life's fulfillment."

Rabbi Berel Wein

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