

Nina Amir

Human Potential, Personal Growth and Practical Spiritual Tools from a Jewish Perspective

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Nina Amir: Biography

Nina Amir, is a seasoned journalist, author, *maggid* (Jewish inspirational speaker), and a conscious creation coach. Additionally, she serves as the director of public relations and outreach for www.CyberJudaism.org, writes a column as the San Jose Jewish Examiner.com, and appears once a month as the holiday and spirituality expert on *Conversations with Mrs. Claus*, a weekly podcast heard in more than 90 countries and downloaded by 110,000 listeners per month. She holds a BA in magazine journalism from Syracuse University's S.I Newhouse School of Public Communication with a concentration in psychology, is a certified rebirther, and is trained as a Voice Dialogue facilitator. Through her writing and speaking, Amir offers human potential, personal growth and practical spiritual tools from a Jewish perspective, although her work spans religious lines and is pertinent to people of all faiths and spiritual traditions.

Amir has appeared on *Law of Attraction Talk Radio, Live with Lisa Wexler!*, WICC 600 Bridgeport, CT, USA Radio Network News and has had her articles on Jewish, spiritual, mystical, holiday, ritual, and human potential or personal growth topics published in *J. The Jewish News Weekly of Northern California, Bay Area Parent, Family Time*, InterfaithFamily.com, and JewishMag.com and in a variety of on-line newsletters, blogs and e-zines. She also speaks both locally and nationally to Jewish and secular audiences.

Additionally, Amir has written and self-published several booklets and workbooks, including:

- *The Priestess Practice: 4 Steps to Creating Sacred Space and Inviting the Divine to Dwell Within It*
- *The Kabbalah of Conscious Creation: 4 Mystical Steps to Manifesting Your Physical and Spiritual Desires*
- *From Empty Practice to Meaning-Full and Spirit-Full Prayers and Rituals...in Seven Simple Steps*
- *Navigating the Narrow Bridge, 7 Steps for Moving Forward Courageously Even When Life Seems Most Precarious*

She is the co-author of *Planting Seeds of Change...and Watching Them Grow* as well.

Currently she is writing three books:

- *The Kabbalah of Conscious Creation, 4 Steps to Tapping Into the Divine Flow of Giving and Receiving*
- *Setting a Place for God, A Woman's Guide to Creating Sacred Space and Inviting the Divine to Dwell Within It*
- *Navigating Life's Narrow Bridge, How to Move Forward Courageously Even When the Path Looks Precarious*

She also has compiled a Jewish celebrity cookbook, which is awaiting a publisher, and is working on a book about mentoring boys who want to be professional dancers.

Amir has edited or written for more than 45 local, national and international magazines, newspapers, e-zines, and newsletters, and her essays have been published in six anthologies. When she isn't writing her own books, she edits non-fiction books for other authors, some of which have been picked up by major publishing houses, such as Simon & Schuster, William Morrow and One Books.

Amir has spent much of her life searching for "something more" in her religious and spiritual practice, as well as in her life. Using the knowledge she gained, she concentrates personally and professionally on infusing traditional religious rituals with meaning and Divine connection, developing positive spiritual approaches to life and learning how to manifest goals and dreams through conscious use of thoughts, words, feelings, and actions. She sees herself as an "Everywoman" whose struggles and successes are not unlike anyone else's. Therefore, she writes, speaks and teaches from a place of knowing that what has worked for her will at least provide others with a starting place from which to find what works best for them. As a *maggid*, a Jewish inspirational speaker and writer whose goal it is to bring people closer to God and to their religion, Amir's personal goal lies in helping others do what she, herself hopes to do: learn to live life fully and to feel the Divine Presence in her life every day.

She lives in Los Gatos, CA, with her husband and two children.

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Nina Amir: Interview Topics

The Kabbalah of Conscious Creation: How to Tap Into the Divine Flow of Giving and Receiving

The only author to approach the subject of desire fulfillment (Law of Attraction) from a Jewish perspective while also appealing to the market created by the trend towards non-Jews embracing Jewish spiritual tools through the practice of Kabbalah, Amir integrates secular teachings on how to manifest wants and needs with traditional Jewish teachings about giving and receiving and offers steps based on the Kabbalistic creation story. Amir talks about how to move beyond our natural desire to receive for ourselves alone and manifest a higher consciousness that receives for the sake of giving unconditionally to others.

Talking Points:

1. Does Judaism encompass the Law of Attraction?
2. A lot of people seem really interested in Kabbalah these days. Are your teachings pertinent to Jews and non-Jews alike?
3. How does Judaism's view on the Law of Attraction differ from secular views?
4. You say that we need to move beyond our mundane desires and manifest a new consciousness. Can you explain what you mean by this?
5. Should we only focus on giving to others unconditionally and forget about our desire to receive anything for ourselves?
6. You talk about several steps that aren't talked about often by all LOA teachers and writers - Soul's Purpose, Being and Doing and Giving. What is their importance to the process of actually manifesting or attracting what we want?
7. You stress a spiritual side to the process saying that in the process of giving and receiving people can learn about God and draw closer to God. Can you explain how this happens?
8. Explain what you mean when you say that by using all seven steps in your process, we are more likely to manifesting what we want, that we tap into the Divine Flow of abundance. Please explain?
9. By approaching conscious creation from a Kabbalistic perspective, you say people can draw closer to God; how is that possible?
10. What about when you don't get what you want? What does Kabbalah say about that?

Navigating the Narrow Bridge: How to Move Forward Courageously Even When Life Seems Most Precarious

We all walk on a “narrow bridge” called “life” every day, never knowing if the slats will drop out from beneath our feet when we take the next step. Yet, most of us aren’t afraid of life itself but of aspects of life. Anyone who feels any degree of fear becomes imprisoned by that fear and insecurity. They then need help breaking out of jail and moving feely, confidently and joyously through life and towards their fullest potential. To help them accomplish this, Amir talks about learning to: live in the moment; turn fear of death into awe for life; find and communicate with God; use thoughts creatively; cultivate an attitude of gratitude; use meditation and visualization to feel safe; and make affirmations of action. She draws on Jewish wisdom—in particular the teachings of Rebbe Nachman of Breslov, metaphysical and quantum physics principles, spiritual ideas, and human potential techniques.

Talking points:

1. Why do you feel it’s so important to talk about fear?
2. What do you mean when you say “life is a narrow bridge” and where does the idea originate?
3. How do we live on this narrow bridge without constantly fearing falling to the depths below?
4. There seem to be many reasons these days for people to feel afraid. What suggestions do you have for people who want to move through their fear?
5. Are you ever afraid, and, if so, of what?
6. With your own fears, how do you get through the day? How do you get through your life, deal with your own fear, move forward courageously?

How to Create Sacred Space & Invite the Divine to Dwell Within It

In most religious traditions, while the men have historically been the ones to preside over religious and spiritual rituals, the women have actually created the space in which these happen. Nowhere is this seen more clearly than in the Jewish tradition of “making *Shabbos*,” or celebrating *Shabbat* weekly. Amir discusses the fact, much like a priestess, women—Jewish or not—can create sacred space in the home and invite the Divine Feminine, to join them and their families in the *mishkan*, the sanctuary, they create.

Talking points:

1. Discuss five ways to create sacred space in the home.
2. What are the benefits of creating sacred space in the home?
3. What are some ways to create sacred space when you have little time?
4. Are there ways to create sacred space with your children?
5. Why don't people typically think of creating sacred space outside of the typical places, such as church and synagogue?

Shabbat Candle Lighting as a Weekly Spiritual Practice

Every Friday night all over the world, Jewish women take on the role of *kohenet*—priestess—when they light *Shabbat* candles, but they don't always know that they are fulfilling this role and rarely do they feel like *kohanot* (priestesses). Focusing on Shabbat candle lighting as a spiritual practice and Jewish women as strong spiritual leaders in their homes, Amir talks about the connection between what women do when they light Shabbat candles and the duties of the *kohanim* (priests) in the Temple.

Talking points:

1. Why does Sabbath candle lighting offer a good entry into Jewish spiritual or religious practice?
2. Why do you say women who light candles on Friday nights to welcome the Sabbath should see themselves as priestesses?
3. How does lighting candles create sacred space?
4. What does lighting candles have to do with inviting in a Divine Presence?
5. How does this particular ritual encourage women to delve into the Shabbat candle lighting practice on a deeper level?
6. Why do you say Shabbat candle lighting should be used as a weekly spiritual practice?

Additional Interview Topics:

Inviting God to the Office: How to Create Sacred Space in the Workplace

How to Transform Empty Holidays, Prayers and Rituals into Meaning-Full and Spirit-Full Practices and Observances

Feeling the Divine Presence Every Day

Transforming Commercial Holidays into Spiritual Observances

Making any Holiday and Meaning-Full and Spirit-Full Observance

Living Life Fully

Ready, Aim, Shoot: Hit the Target This Year

Abracadabra! How to Harness the Power of Words

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Nina Amir: Testimonials

“Nina’s presentation was both inspiring and down to earth. She presented her ideas in a logical way that made me see life through a different spectrum. Her retelling of Biblical stories had me rethink their relevance and helped me to see their importance in dealing with the stress of today’s world. Her words were both entertaining and enlightening, and her ease on stage was admirable. Even as a Christian, Nina’s speech offered me new thoughts to help me through difficult situations.”

Mary McGee, Weston, CT

“Nina really talked to us about living in the moment and not always rushing to or thinking about the next thing. It was also great to be reminded that risks are a good thing and the more risks that are taken the easier subsequent risks become. She presented a relevant and meaningful program for our chapter of Hadassah. I would recommend Nina as a speaker for other Jewish programs.”

Joyce Backman, co-president of Westport Hadassah, Westport, CT

“It was so wonderful to meet and get to know Nina Amir and to attend her lecture, ‘Navigating the Narrow Bridge.’ It was an amazing lesson in facing fears and understanding that doing so is the only way to grow. In the precarious times we live in today, Nina’s teachings are a timely gift to the world. I would encourage any organization of any denomination to bring Nina in to their community to benefit from her healing wisdom.”

Monica Chusid, co-chair of programming, Westport Hadassah, Westport, CT

“Nina’s discussion elevates the mundane. It gives presence to the spirituality that lies obscured within us.”

Margaret McGuan, Redwood Estates, CA

“The Priestess Practice” is an empowering experience that no Jewish woman should miss. Nina helped me to take new steps along the priestess path. I truly feel that I’ve become a *kohenet* through her classes.

Aletha Milam, Houston, TX

“I am happy to endorse Nina Amir as a teacher and speaker. During her years as part of our community, Nina led services and taught study sessions with a high energy level and a clear focus on her objectives and goals. She knows her material and prepares fully for her presentations. She relates well with the people in her programs, drawing them into active participation. I am completely confident that Nina would be a wonderful presenter at any synagogue or Jewish adult education event.”

Rabbi Steven Bob, Congregation Etz Chaim, Lombard, IL

“It was truly a delight meeting Nina and working with her. Based on the name of Nina's class, ‘Conscious Creation,’ I knew I was in for a treat. There are many things that I want in my life but have been unable to manifest them up until now. Her course taught me the steps I need to take to make things happen.

“I learned all of the steps from the first inkling of a desire all the way through taking action on the plans that were developed. This is the most comprehensive training of this sort that I have taken and it is having a profound impact in my life.”

Rick Kadis, Tucson, AZ

“I attended Nina’s inspiring workshop on developing a meaningful practice. Her personal example of lighting candles on Shabbat taught me how life-changing a simple, consistent, beautiful act can be. It stuck!

Harriet Kronman, Tucson, AZ

“Nina's presentation on creating sacred space was a reawakening for me. Her talk gave me a nudge and reconnected me with the spiritual side of Shabbat, bringing it to the forefront of my mind. And so began another journey of awareness that ebbed and flowed landing me in a space where my soul yearns for the connection again with Shabbat. I walk with God consciously, but I was grateful for the reminder, the wake-up call, if you will, of bringing the two together.”

Bonnie Wohl, Los Gatos, CA

“Nina’s synthesis of all religious faiths, both eastern and western is a refreshing and creative method of helping one to understand one’s own spirituality and to build self value. Taking time to be in the moment to rediscover our individual selves regardless of what we look like made ‘Setting A Place for God, How To Create Sacred Space and Invite the Divine to Dwell Within It,’ a truly worthwhile seminar.”

Sivia Van Gundy, president, Congregation Shir Hadash Sisterhood, Women of Reform Judaism, Los Gatos, CA

“In Nina Amir's workshop, ‘The Kabbalah of Conscious Creation,’ we were able to take a desire and follow step-by-step a process to manifest it. I especially appreciated the Kabbalistic perspective of the four worlds as a format. The thought-provoking questions in each step help to sort out what’s working and what one needs to shift. It was time well spent.”

Gayla Althoff, Gavilan Hills Church New Thought Community, San Martin, CA

“Nina brings a grounded spirituality to her work and a deeply centered sense of how the pieces of the universe connect in the spirit and service of the Divine. Her meditations inspire, fulfill, surprise, and ultimately satisfy us by showing our place within a world that is constantly recreated anew.”

Jeff Schulman, rabbinic student, Monterey, CA

“Nina Amir brings the spirit of ancient Jewish mystic teachings to the doorstep of current New Thought audiences with intelligence, humor, and grace. She reveres the Sacred Center within many traditions while treasuring and uplifting her own heritage. Thoughtful and warm. A blessing to hear and appreciate.”

Bill Jones, *Gavilan Hills New Thought Church, San Martin, CA*

“I have participated in several events led by Nina Amir. Nina leads guided meditations that are deeply moving. She is very articulate and uses vivid imagery that really inspires my imagination. She always has a very calm and soothing manner when she speaks. I highly recommend her for any activity that involves public speaking or leadership.”

Karen Shira Belford, *Coordinating Council Chair, Chadeish Yameinu, Santa Cruz, CA*

“Nina Amir creates a sacred space of safety in her classes, facilitating connection to one's intuitive wisdom and cultivating fertile ground for the blossoming of one's soul. Her clear presence, delightful sense of humor and no-nonsense style helps participants easily identify/find precious new seeds/dreams that they would like to nurture in their life and plant them.”

Maia Zohara, *Past Participant in “Consciously Creating Your Life,” life coach, Aptos, CA*

“Nina is serious in her devotion to Jewish learning and Jewish life. She is knowledgeable in several aspects of Jewish Mysticism and Kabbalah. She led a Kabbalah study group at Etz Chaim for several years and taught a Jewish meditation series, for which she wrote the guided meditations. She has taught sessions at our congregation's family retreat with confidence and enthusiasm. She has been the keynote speaker for our congregation's Sisterhood Shabbat, and has taught in our religious school. Her programming ideas have been innovative and thought provoking.”

Cindy Michelassi, *Rabbinic Aid, Jewish teacher and song leader, Congregation Etz Chaim, Lombard, IL*

“Nina Amir's talk about sacred space and candle lighting was very thought provoking and inspiring. It allowed me to see things from a different perspective.”

Margarita, *Sunnyvale, CA*

“Nina Amir is a grounded, yet heartfelt, workshop and service leader. Her original guided meditations use fresh, compelling imagery. She can bring a group to a level of spacious contemplation.”

Rabbi Lori Klein, *Santa Cruz, CA*

Nina Amir: Resumé

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EDUCATION

Syracuse University, S.I. Newhouse School of Public Communications, BS Magazine Journalism • May 1982

EXPERIENCE

Writer/Editor/ *Pure Spirit Creations, Batavia, IL/Los Gatos, CA • September 1997 to Present*

Author/Speaker: Through CopyWright Communications, a division of Pure Spirit Creations, produced articles for local, regional and national publications; edited non-fiction books, articles, query letters, and book proposals for clients; coached writing clients; provided book query and proposal consulting services for clients; wrote and edited news and press releases for clients for use both on the Internet and in traditional press; conducted writing classes; gave talks on writing for publication and building a writer's platform; edited books and provided other editorial services for clients of Author One Stop. Through Pure Spirit Creations, wrote non-fiction books and booklets and conducted lectures, talks, teleseminars, and workshops on related topics; wrote articles and essays on related subjects.

Writer/Editor/ *CopyWright Communications, Atlanta, GA • October 1986 to August 1997*

Designer: Created a writing, editing and desktop publishing firm; edited five nonfiction books, one of which was purchased by Simon & Schuster and another of which won the 1998 *Writer's Digest* Self-Published Book Award (Inspirational category) and received a contract from William Morrow; wrote articles for a variety of local and national publications; designed, published and distributed a line of humorous greeting cards; wrote and edited on a freelance basis *Same-Day Surgery* and *Clinical Laser Monthly*, national newsletters published by American Health Consultants, Atlanta, GA; wrote advertising and marketing copy and corporate communication materials for clients. Taught human potential and relationship classes and workshops; lead a women's spiritual support group.

Managing Editor: *Joe Williams Communications, Bartlesville, OK • August 1985 to June 1986*

Responsible for managing all publication stages from article ideas to final production for three international monthly newsletters, *Communication Illustrated*, *The Community Relations Report* and *The Employee Involvement Report*. (*The Community Relations Report* won *The Newsletter on Newsletters* 1986 Gold Award for subscription newsletters.) Created editorial content schedules; wrote and researched articles; designed and created camera-ready pages and art for all three publications; worked with freelance writers and artists; edited freelance articles; worked with printers; created copy and camera-ready computer art for special projects and marketing materials; wrote and designed ads; wrote press releases.

Associate Editor: The Equitable Life Assurance Society, New York, NY • April 1984 to August 1985

Responsible for editing, researching and writing articles for the corporate bi-weekly employee newspaper. Also responsible for design and paste-up of the newspaper and for managing the assistant editor through all production stages. Managed the corporate retiree newsletter; acted as communication consultant to corporate retiree unit and other corporate areas; redesigned the employee newspaper; designed the editorial and graphic concepts for the first Equitable employee annual report; traveled to satellite locations to research articles; acted as company and publication photographer.

Script Writer: CBS Broadcasting, New York, NY • 1984 and 1985

Wrote descriptions of parade floats to be read by national television hosts during the 1985 and 1986 Tournament of Roses Parade broadcasts.

Associate Editor: Radius Magazines, Inc., Mamaroneck, NY • October 1982 to February 1984

Responsible for regional material published in *County Life*, a regional magazine, through all editorial stages. Worked on features running in both *County Life* and its sister magazine, *Long Island Life*, as well as on some of *Long Island Life*'s regional copy. Wrote articles; edited; proofread; dealt with writers, photographers and public relations representatives.

Editor: Spotlight Magazine, Rye, NY • June 1982 to August 1982

Managed publication's flow from article ideas to final production stages. Edited copy; wrote copy; proofread; worked with writers and photographers.