

## The Rebbe's Unfinished Mission: Kosher Meditation for a Stressed World

Beginning in 1962, the Rebbe urged Jewish mental health professionals to develop a kosher method of therapeutic meditation—one that could relieve stress and anxiety while remaining fully aligned with halacha. Tragically, 63 years later, that call has not yet been answered. Today, with a dramatic rise in antisemitism and widespread trauma following the October 7 war, the need for kosher therapeutic tools is more urgent than ever.

### Kosher Calm: A Practical Response

Drawing from decades of experience—as a former Transcendental Meditation teacher, behavioral science researcher, and committed Jew—I have developed Kosher Calm: a halachically aligned, easily learned, and effective method for stress relief and building emotional resilience. Kosher Calm includes:

- - A published book titled *"Kosher Calm: Meditation and Self-Help Tools for Health and Healing Inspired by the teachings of Rabbi Menachem M. Schneerson, the Lubavitcher Rebbe."*
- - Two animated "how to do kosher meditation videos (English & Hebrew).
- - KosherCalm.org: a resource hub with guided meditations, breathing exercises, and kosher stretching.

### Real-World Use: ZAKA & PTSD Support

We are working with the Head of Resilience Training at ZAKA, to teach meditation and offer kosher self-help tools to ZAKA first responders and their families.

The owner of Unplug.com has agreed to create and donate a trauma-centered playlist to ZAKA. The content must be screened for relevance to ZAKA volunteers and compliance with halachic standards. Approved content will be readily accessible to English speakers but must be adapted for Hebrew speakers.

### The Rebbe's Original Directives

In a confidential memorandum sent in 1978 to fifty mental health professionals, the Rebbe outlined three key steps:


1. Create kosher meditation techniques.
2. Integrate them into standard medical care.
3. Publicize them to reduce reliance on non-kosher alternatives.

**From the 1978 cover letter to the memorandum: "Even if one feels doubtful whether he can advance this cause... the vital importance and urgency of**

**saving so many souls from Avodah Zarah not only warrants but dictates every possible effort.”**

**From the memorandum: “Needless to say, on my part I will do all I can to mobilize all possible cooperation in behalf of this cause which, I strongly believe, should be pursued with utmost vigor, without fear of duplication, or overdoing it.”**

### **Roadmap: Immediate and Long-Term Projects**

 Short-Term (0–12 months):

- - Publicize Kosher Calm via Jewish media, podcasts, and social media platforms.
- - Teach trauma-focused meditations to ZAKA first responders and family members.
- - Translate the *Kosher Calm* book into Hebrew.
- - Create a Hebrew version of the *Kosher Calm* website.
- - Consider the feasibility of creating a Kosher Calm app with guided meditations and emergency self-help trauma tools, as requested by ZAKA.
- - Expand the video library with more kosher self-help content.
- - Offer tools to Jewish schools and institutions.
- - Launch a pilot meditation facilitator training program.

 Long-Term (1–3 years):

- - Create school/youth-friendly curriculum.
- - Host live and virtual workshops.
- - Partner with mental health professionals and clinics.


### **How You Can Help**


This urgent and scalable project can help provide this long-overdue self-help solution to Jews worldwide, offering spiritually safe stress relief during these turbulent times. Your support is critical.

Every contribution brings the Rebbe’s vision closer to reality and offers a kosher path to healing for Jews worldwide.

With heartfelt thanks,

**Rabbi Aryeh Siegel**

 310-466-9308

 <https://koshercalm.org/>

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