



# Foundations of Sephardic Spirituality: The Inner Life of Jews of the Ottoman Empire

*Rabbi Marc D. Angel PhD*

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**Who were the Sephardic Jews of the Ottoman Empire? What lasting lessons does their spiritual life provide for future generations?**

"How did the Judeo-Spanish-speaking Jews of the Ottoman Empire manage to achieve spiritual triumph? To answer this question, we need to have a firm understanding of their historical experience.... We need to be aware of the dark, unpleasant elements in their environments; but we also need to see the spiritual, cultural light in their dwellings that imbued their lives with meaning and honor."

?from Chapter 1, "The Inner Life of the Sephardim"

In this groundbreaking work, Rabbi Marc Angel explores the teachings, values, attitudes and cultural patterns that characterized Judeo-Spanish life over the generations and how the Sephardim maintained a strong sense of pride and dignity, even when they lived in difficult political, economic and social conditions. Along with presenting the historical framework and folklore of Jewish life in the Ottoman Empire, Rabbi Angel focuses on what you can learn from the Sephardic sages and from their folk wisdom that can help you live a stronger, deeper spiritual life.

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