



“Jewish sources teach of the simultaneous important of knowledge, understanding, and wisdom, and Hilda Chasia Smith is the living embodiment of all three.”

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“Hilda Chasia’s artistic talent and her knowledge both of Judaism and other ancient paths of spirituality and faith make her a powerful resource in matters of the soul.”— **CANTOR RUSSELL G. JAYNE**

“For those of us who are interested in a heartfelt journey and experiencing expanded consciousness, Hilda Chasia Smith has artistically created a vehicle that is a must ride.”— **DR. DENNIS LAMOTHE**

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# CHASIA'S ENCHANTMENT

Meditations • Poems • Inspirations

By Hilda Chasia Smith



Drawing upon wisdom and teachings of the Torah, Pranayama yoga, and her own virtuosity for living a peaceful life, Hilda Chasia Smith's guided meditations and inspirational words take us on journeys of calmness and joy. From Pranayama come essences of breath, mindfulness, and inner peace. From teachings of the Torah and Kabbala come kindness, compassion, humility, and self-respect. These motifs work together with love to immerse us into the enchanted world of Hilda Chasia Smith. Included in the book are links to audio experiences of the guided meditations.

## ABOUT HILDA CHASIA SMITH



Hilda Chasia Szternfeld was born in Winnipeg, Canada to survivors of the Holocaust. She was a self-realized child; filled with wonder and curiosity, which led her to express a true love of the arts, music, and education. She has taught Hebrew, Yiddish, French, and English languages, charm school, music, art, meditation, and yoga. She holds degrees from The University of Calgary, The University of Manitoba, Chopra Center University, California, and Pranayama Centers International, founded by Swami Vignanananda. She was part of the Women's Writing Project at the University of Calgary and has contributed to the Literary International Reading Association (LIRA) writings on Poetry in the Classroom. Her poetry has been published in the *Winnipeg Jewish Post* and the *Calgary Jewish Star* and her paintings have been represented by galleries in Calgary, Alberta, and Winnipeg, Manitoba.

