

Why Mussar?

Mussar offers time-tested ways to

- foster effective life skills that can be applied in every day interactions,
- pursue wisdom to build inner strength,
- open a distinctively Jewish doorway to a spiritual life,
- develop moral depth and ethical leadership.

Mussar has received growing attention from people seeking spiritual growth since Alan Morinis published his book, *Climbing Jacob's Ladder*, in 2002. Demand for local Mussar learning has spawned the need for trained group leaders – and the Pathlighters/Me'irei Netiva program.

Everyone who aspires to a fulfilling life can find value in the wisdom of Mussar.

Who Should Apply?

To be a candidate for this program you should be mature, flexible, patient, comfortable working in an open, exploratory way, and ready to adhere to the highest moral and ethical standards.

Are you...

- seeking a way to share your Mussar learning with others, either professionally or informally?
- committed to engage deeply in your own spiritual work?
- desiring to guide others in overcoming obstacles that keep them from inner wholeness?

You may be in the helping professions and would like to add Mussar to your current pastoral or counseling work. You may be interested in offering courses in spiritual practices. Or, you may want to study for your own personal growth.

The Mussar Institute

The Mussar Institute is a teaching and learning community that engages with ideas, texts and tools that help guide individuals to develop and improve the qualities of their inner lives, in order to fulfill their soul's potential. The Institute offers courses, spreads Mussar learning, and conducts research and speaking engagements. It is a not-for-profit organization incorporated in both Canada and the United States.

Faculty

Alan Morinis is an active interpreter of the teachings and practices of the Mussar tradition. He regularly gives lectures and workshops. Born and raised in a culturally Jewish but non-observant home, he earned a doctorate in anthropology at Oxford University on a Rhodes Scholarship. Alan is a filmmaker, writer, and student of spiritual traditions.

Shirah Alice Bell is a certified Spiritual Director and personal communications specialist. Her approach is grounded in compassionate listening, Mussar and language action. She earned a doctorate in organizational communication at Stanford Graduate School of Business. Raised as a cultural Jew, 20 years ago Shirah began to reclaim her religious heritage and has been studying Mussar, Hebrew, and Torah intently.



For further information on the Mussar Institute go to www.mussarinstitute.org or call 1-866-522-7709.

A training program for Mussar group leaders led by Alan Morinis, D. Phil. and Shirah Alice Bell, Ph. D.

מאירי נתיבה
Pathlighters
Me'irei Netiva

Mussar is a venerable Jewish discipline that helps people liberate the true nature of their souls.

Join us and become a link in a thousand year old chain of learning and practice.

May this program inspire you to be a guiding light for the soul's journey.

Invitation

We invite you to enroll in a six-month training program that provides tools and methods to prepare you to guide others' Mussar study and practice. The training includes home-study, telephone classes, two retreats, and a supervised practicum. Upon completion, you will be prepared to lead a 9 – week course in Mussar and to offer specialty Mussar groups to address particular needs (such as 12 – Step and professional groups).

“How exalted should this mitzvah be ...to give one's heart and soul to guide others to study Mussar.” Rav Yisrael Salanter

Benefits to you

As a successful graduate you will receive

- a deeper understanding of Mussar and your process of character refinement.
- certification as a Mussar Group Leader, including competency in leading meditation, chanting, visualization, journaling, and text analysis.
- a copyrighted edition of a 9 – week Mussar course curriculum which you can utilize to lead groups.

Prerequisites

- Completion of The Course in Mussar Level I, or demonstrated equivalent Mussar training.
- Group leadership experience.
- Solid foundation in Judaism, including committed participation in a spiritual community.

Tuition

\$1,100 includes both retreats and all online and telephone classes. Long distance telephone charges and room, board, and transportation for the retreats are additional. Limited scholarship assistance may be available, likely in the form of work/study.

Curriculum

You will train in Mussar group leadership and group dynamics and be supervised as you train to lead a Mussar group in your home community.

The program includes:

- studying and learning modern ways of interpreting Mussar texts
- balancing soul traits (middot)
- chanting (hitpa'alut), meditation (hitbonenut), and journaling (cheshbon ha'nefesh)
- partner (chevruta) and group (va'ad) learning formats
- training in interpersonal dynamics, group facilitation, and handling difficult situations
- home-based practicum and self-reflection papers
- monthly telephone classes and faculty mentor reviews.

Retreat Locations and Dates

Attendance at two retreats is an integral and required part of the curriculum.

Launch Retreat: Vancouver, British Columbia
November 5-7, 2006
Sunday 3 pm – Tuesday 5 pm

Completion Retreat: Miami, FL
Shabbaton Friday evening and Saturday
Date to be determined, late April or early May 2007
(followed by optional annual Mussar Kallah for an additional fee)

We will help you find accommodations where you can maintain your desired level of kashrut and attendance at religious services.

How to Apply

To apply for the session that begins on November 5, 2006, please email an application and mail a \$50 non-refundable processing fee, to:

Pathlighters - Me'irei Netiva
The Mussar Institute
4537 Marguerite Street
Vancouver, British Columbia
Canada V6J 4G7
Pathlighters@MussarInstitute.org

Your application should include:

1. A one-page biographical sketch with your contact information.
2. An essay, in your own words, not to exceed 1000 words, which addresses three topics: Your interest in this program and how, specifically, you think it will be useful to you. A short reflection on your recent spiritual practice and growth, and comments on any spiritual thresholds that might lie before you. A description of your experience with Mussar and guiding others in self-development, of any sort.
3. Two letters of recommendation, one from someone who knows you in a spiritual context and one from work (or other group) context. In some cases, a phone interview may be requested.

Upon acceptance, the fee of \$1,100 is due.