



# Taste of Mussar – Lesson 1

## **You Shall be Holy Reflection**

The Torah's directive "you shall be holy" (*kedoshim ti'yhu*) can be understood as a commandment, or a prediction, or an aspirational goal. Think about which of these aspects of "you shall be holy" strikes you most deeply in a personal way, and write a paragraph in your journal explaining what it means to you and why that aspect of the teaching is the one that you relate to most strongly.

## **Three Dimensions of the Soul**

- Give an example or two of aspects (i.e., *middot*) of the *nefesh* [soul] that you see showing up in your own life.
  - When you consider that your deepest essence is a spiritual reality (*neshama*), what implications might that have for your current life?
  - The dynamic inner spirit (*ruach*) is known by the same term as the wind (also *ruach*). What lesson(s) can you draw from this terminological parallel?

## **in what ways have you changed in the last 5 years?**

Pause to reflect to yourself, mentally or in writing, in what ways you have changed in the last 5 years? If this seems too overwhelming, try taking smaller bites – how have you changed since a year ago, 6 months, 3 months – even a day ago? It can help seem less daunting and bring in a bit of focus and even gratitude for the small steps which is where the change really happens.

## **Journaling**

Set aside time each day to reflect in a journal (via an app or on paper). Write about your experiences, challenges, and insights related to your Mussar practice. Be honest and specific, growth comes from awareness.