



Taste of Mussar – Lesson 4

Read a Mussar Source

Read a Mussar source on your chosen inner trait, and based on your reading, articulate your understanding of the definition of that trait. Write your definition in your journal.

Journaling Prompt 1 – Your *Middah*

Write about your *middah* in your journal.

Journaling Prompt 2 – Your *Kabbalah*

Write out your *kabbalah* in your journal.

When you write in your journal daily, report how you are doing with your *kabbalah*.
Toward the end of the week, write your closing intention in your journal.

Mussar Chanting

Mussar chanting involves the repetition of a phrase over and over with melody and emotion as well as meaning.

Please listen to the audio below. And, if you are not too uncomfortable doing so, you can practice this chant yourself for 5 or 10 minutes either as a morning practice or whenever you feel the need.

The words of the chant are: *Elohai neshama sh'netata bi, tahora hee.*

A translation is “My God, the soul you have given me is pure.”

The Hebrew reads: אלוהי נשמה שנתת בי טהורה היא

Listen to the chant and feel free to chant along. Write about your experience in your journal.