

Introduction to Mussar for Mensches

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Torah leads to Watchfulness;

Watchfulness leads to Zeal;

Zeal leads to Cleanliness;

Cleanliness leads to Separation;

Separation leads to Purity;

Purity leads to Saintliness;

Saintliness leads to Humility;

Humility leads to Fear of Sin;

Fear of Sin leads to Holiness;

Holiness leads to the Holy Spirit,

and the Holy Spirit leads to the Revival of the Dead.

Baraita, Rabbi Pinchas Ben Yair, steps of spiritual growth, late 2nd century, Shelachim 9b

I have not written this book to teach the reader anything new,,lead us to reckon with those truths which we naturally forget, and to take seriously the performance of those duties which we usually try to avoid.

Moses Hayyim Luzzatto, The Path of the Upright, 1740

Staying Awake and Sharing the Burden (behaviors and regulations) through Halakhah. When we hear our neighbor's cry and recognize in it the cry of God, we are commanded to support it Ira F.Stone, A Responsible Life. The Spiritual Path of Mussar 2006

Mussar refers to a spiritual perspective and also a discipline of Transformative practices Alan Morinis, Everyday Holiness 2007

The Torah articulates stunning ideals for what a human being can be. In the 5 books of Moses, the word kindness(chesed) appears 248 times, Generosity, compassion, grace, patience, and love are all held up as qualities we are meant to embody in our lives. And Mussar gives us the tools to help internalize those qualities, and so to become more whole and holy.

Alan Morinis, With Heart in Mind. 2014

Mussar is a practice that gives concrete instructions and guidelines to help you live a meaningful and ethical life.

Greg Marcus, The Spiritual Practice of Good Actions 2016

The logo for Menschwork features the word "MENSCH" in white, bold, sans-serif capital letters on a dark blue background, followed by "WORK" in dark blue, bold, sans-serif capital letters on a light blue background. A small white star is positioned above the letter "S" in "MENSCH".

MENSCHWORK

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We express how significant we think someone is by the Kavod we give them. Kavod, or dignity and respect, is how we express value.

David Jaffe, Changing The World From The Inside Out, 2016

Mussar is a discipline for the individual and for the community, deriving from the tradition of Jewish wisdom literature. Mussar inculcates the zeal and energy to move forward on this chosen path.

Cultivating The Soul, Nancy Axelrod, Rachel Bovitz,,Herbert Levine,, Beulah Trey, etal. Center for Contemporary Mussar 2017

In the Mussar tradition, the work of articulating the shape and contour of one's soul revolves around the development and refinement of our character traits. We must also reinforce our better traits by consciously picking one trait at a time and taking action that enhances our ability to embody it. There are three parts to a daily practice: morning mantra that is read out loud or chanted to frame the day, a mindful action as one goes through the day and then nightly journaling. The effect can be profound.

Ralph Benmergui, I Thought He was Dead 2021

The logo for Menschwork features the word "MENSCHWORK" in a bold, white, sans-serif font. The letter "M" is significantly larger than the other letters and has a small white star above its top left corner. The text is set against a dark blue background that has a slightly distressed, torn-paper edge effect. The background behind the text is a lighter, medium blue color.

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