Everyday Joyful Living
American Mussar Workshop

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Week 1: Humility

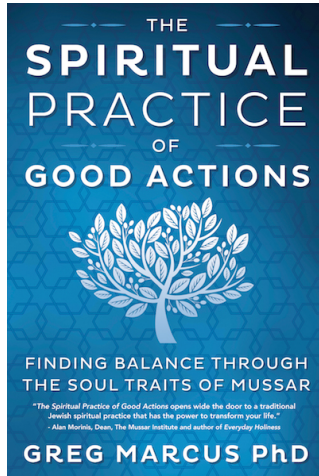May 9, 2018

AM AMERICAN MUSSAR

Introduction

- American Mussar is a path of personal transformation uses Jewish wisdom to take you where you are today towards a more thriving life.

- Rabbi Elya Lopian (1876-1970), described Mussar as "teaching the heart what the mind already understands."

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American Mussar Overview

- American Mussar is a practice that uses Jewish wisdom to take you towards a more thriving life.

- Rabbi Elya Lopian (1876-1970), described Mussar as **"teaching the heart what the mind already understands."**


Four Assumptions For American Mussar Practice

- There is a divine spark in everyone, which is occluded by our baggage

- We all have free will, but it is not always accessible

- We are driven by the conflict between the Evil Inclination and the Good Inclination

- We all share the same soul traits, but have a unique measure of each

Spiritual Inventory: Create a Soul Trait Profile

Figure 3: *Abe's Soul Trait Profile*

Create your own at
http://americanmussar.com/balance-look-like/
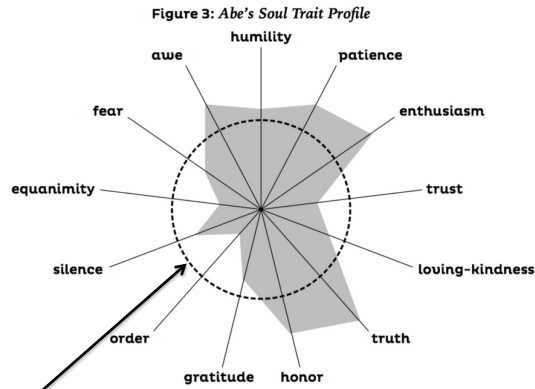
The Divine Spark In All Of Us

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Soul Trait Spectrum For
Humility

No More Than My Space, No Less Than My Place
– Alan Morinis, Everyday Holiness

Spectrum of Humility

Humility

arrogant ← too little | too much → self-debasing

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Wisdom On Humility

- "Wisdom is what brings a person to conceit and haughtiness more than anything else, because it derives from a noble quality that is inherent in the person himself—the intellect."
  - Rabbi Chaim Luzatto, *Path of the Just*
- If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?
  - Rabbi Hillel *Ethics of the Fathers, 1:14*

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Wisdom from Rabbi Simcha Bunim
(1765-1827)

THE WHOLE ENTIRE WORLD WAS MADE FOR ME

I AM ONLY DUST AND ASHES

Still from *The Making of a Mensch* by Tiffany Shlain

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Humility Actions

1. Speak less among people junior to you
2. Speak more if you tend to be quiet
3. Change where you sit or how you dress
4. Engage in self-care
5. Park considerately
6. Sing
   – *Spiritual Practice of Good Actions* p. 64-66

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Calmness Of The Soul
Coaching Program

- 1:1 Coaching help to overcome those things holding you back from being your best self.
  – Overcome Reactivity (anger and frustration)
  – Manage Overwhelm
  – Remember Your Self-Worth
  – Overcome Fear
- Free Spiritual Assessment and Strategy call
  – http://bit.ly/GregStrategyCall

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