



# Cultivating Moral Imagination with Jewish Spiritual Practices

with

Rabbi David Jaffe and Abby Levine, Michelle  
Weiser and Yehudah Webster

# Welcome to Cultivating Moral Imagination with Jewish Spiritual Practices !

- Please mute yourself when you're not speaking
- Change your name on Zoom by clicking the three dots at the top of your video and then clicking "rename"
- For all of our digital security, do not take or share screenshots of this session



Deep Reality of Universe is  
connection



כ:אכזר - Achzar:K-Zar Like a  
Stranger

## Exercise:

How do you experience the brokenness and the unity/wholeness?

Draw images or write in a journal





# Journal Exercise:

What resonated for you in the three presentations?

Any questions for the presenters?



The Gap:  
How do we  
live our  
values?

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Deep Reality of Universe is  
connection



אכזר - כ:אכזר Achzar:K-Zar Like a  
Stranger

Mussar – Ethics,  
Instruction

סור מרע

Sur M'Rah – Turn from  
evil

Turn in the direction of  
goodness

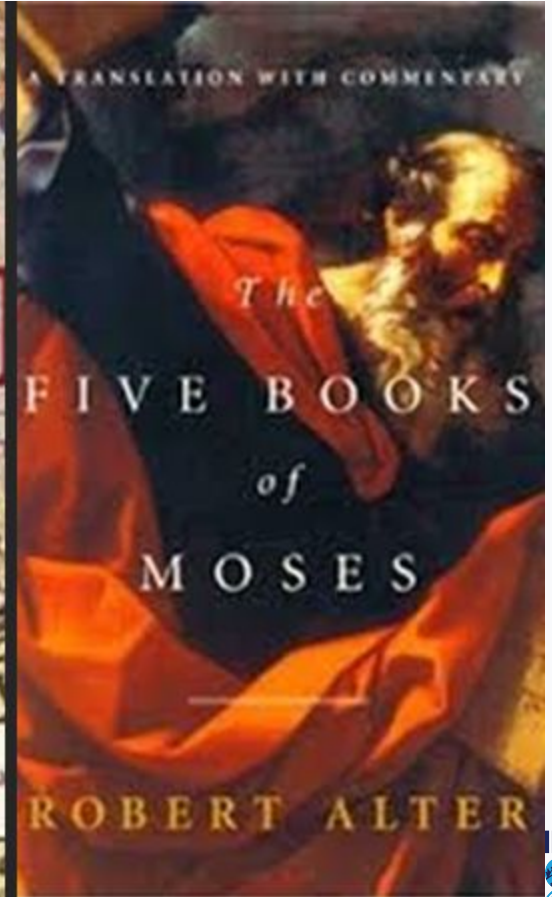
## How do we live these values?

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Love Your Neighbor as Yourself

Who is wise? One who learns from all people?

Honor seeking drives a person from the world.







## 1000 Years of Mussar Literature



Every corner  
of the Jewish  
world

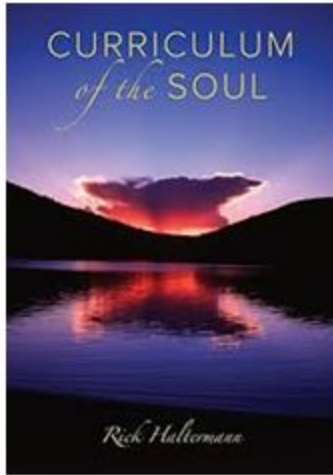
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## Rabbi Salanter and the Modern Mussar Movement

MAKING YOSHER AS IMPORTANT AS KOSHER  
BY CONNECTING THE HEAD AND THE HEART





*We each have a personalized soul curriculum and are made in the Divine image*

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# The Middot – Soul Traits

# Savlanut – Patience – Creative Discomfort

- ל.ב.ו.– S.V.L. – To Bear

Rage–Cool Anger/Savlanut –Despair

“Bear the burden with the other”

– Pirkei Avot (c. 2nd century, Israel)

“I will keep my goodness flowing to you”

– Date Palm of Devorah (c. 16th century, Israel)



# Exercise: In Pairs

## **Exercise 1: “I will keep my goodness flowing to you” (5 minutes)**

Think of a person or situation you are needing to bear in your organization or wider community. As you imagine them in your mind, say the phrase, “I will keep my goodness flowing to you.” for one minute, with a deep breath between each time. After you finish, sit quietly for one minute, letting the energy generated ground in your body. Switch and the second person says the phrase.

## **Exercise 2: Journal/Draw (5 minutes)**

Journal/draw an organization/community/society where people keep their goodness flowing and bear the burden with each other. What images arise for you?

## In the Chat:

What are images from the organizations, communities and societies you imagined?

What is an insight you got from the practice?

# An Invitation

**On-Line Small Groups (Va'ads)**

**Leadership Cohort**

**Facilitators Cohort**

**[insideoutwisdomandaction.org](https://insideoutwisdomandaction.org)**



[https://docs.google.com/forms/d/e/1FAIpQLSdlQ\\_eSCoJXEuQZnQRw5n21vnWGom55rW3W7StVg3zNWMoGWg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdlQ_eSCoJXEuQZnQRw5n21vnWGom55rW3W7StVg3zNWMoGWg/viewform)

