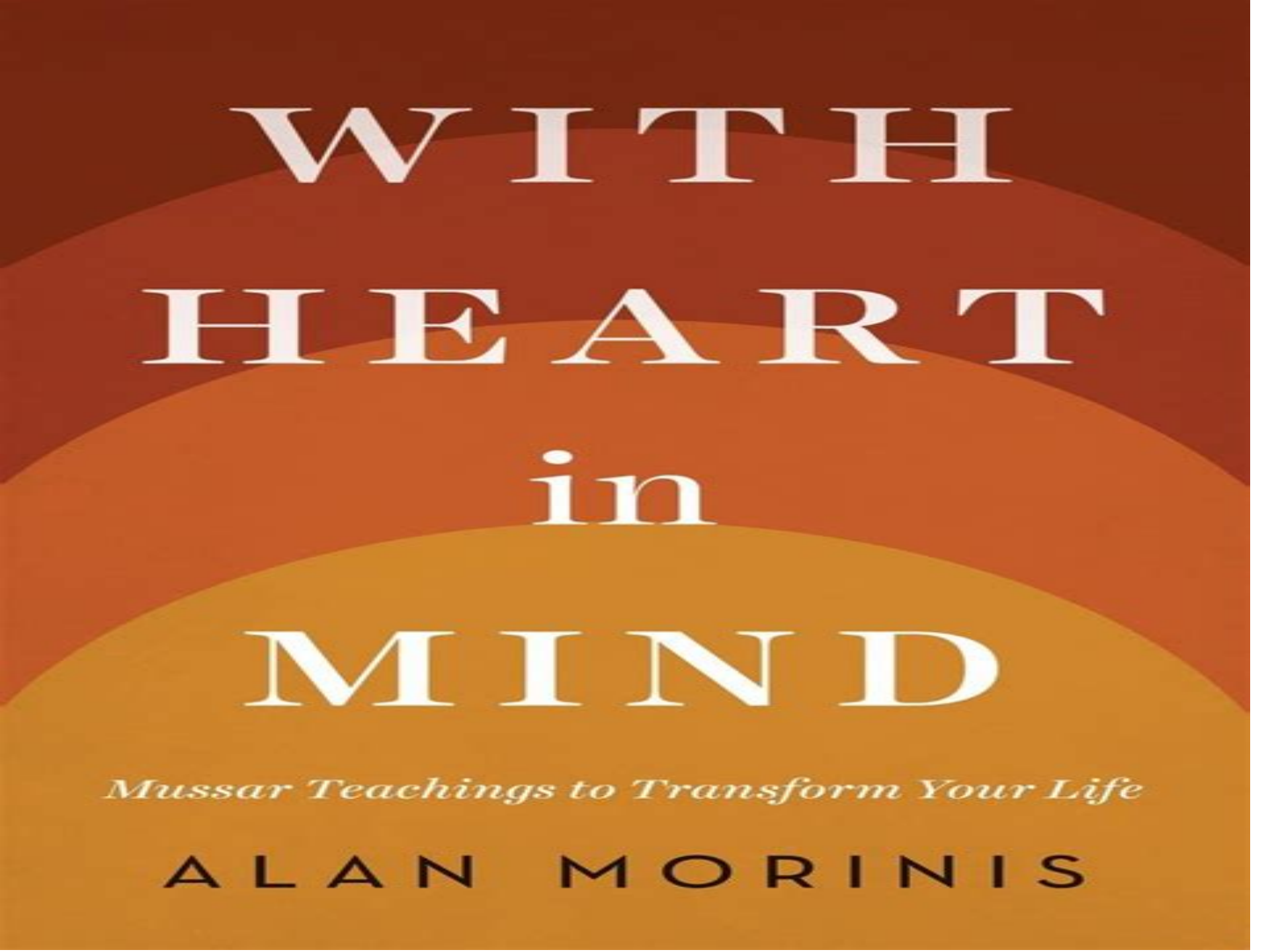




WITH HEART in MIND

Mussar Teachings to Transform Your Life

ALAN MORINIS

With Heart In Mind Mussar Teachings To Transform Your Life

Alan Morinis



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Modern Musar Geoffrey D. Claussen, Louis E. Newman, 2022-04 How do modern Jews understand virtues such as courage humility justice solidarity or love In truth they have fiercely debated how to interpret them This groundbreaking anthology of musar Jewish traditions regarding virtue and character explores the diverse ways seventy eight modern Jewish thinkers understand ten virtues honesty and love of truth curiosity and inquisitiveness humility courage and valor temperance and self restraint gratitude forgiveness love kindness and compassion solidarity and social responsibility and justice and righteousness These thinkers from the Musar movement to Hasidism to contemporary Orthodox Reform Conservative Reconstructionist Renewal Humanist and secular Jews often agree on the importance of these virtues but fundamentally disagree in their conclusions The juxtaposition of their views complemented by Geoffrey Claussen's pointed analysis allows us to see tensions with particular clarity and sometimes to recognize multiple compelling ways of viewing the same virtue By expanding the category of musar literature to include not only classic texts and traditional works influenced by them but also the writings of diverse rabbis scholars and activists men and women who continue to shape Jewish tradition

Modern Musar challenges the fields of modern Jewish thought and ethics to rethink their boundaries and invites us to weigh and refine our own moral ideals **Pirkei Avot** Rabbi Dr. Shmuly Yanklowitz,2018-05-30 Pirkei Avot is the urtext of Jewish practical wisdom In many ways the words of Pirkei Avot were the first recorded manifesto of social justice in Western civilization This commentary explores text through a lens of contemporary social justice and moral philosophy engaging both classical commentators and modern thinkers **Talking Book Topics** ,2015 Духовная практика добрых дел. Обретение баланса душевных качеств в традиции Мусар Грег Маркус,2021-04-28 Mussar Yoga Edith R. Brotman, PhD, RYT-500,2014-05-12 An accessible introduction to an embodied spiritual practice for anyone seeking profound and lasting self transformation Mussar practice aims to help us become more whole in our lives It is focused on helping us move from partialness or even brokenness toward wholeness Yoga embodies a similar concept By marrying Mussar practice and yoga practice this book opens a new pathway to developing greater wholeness The wholeness that comes of our efforts in turn affects both body and soul and we experience the fruit of our efforts in the form of inner peace from the Foreword In this clear and easy to use introduction to Mussar Yoga a blending of Jewish and Eastern spiritual practices you will learn how to explore the physical dimension of ethical behaviors and attitudes such as humility generosity enthusiasm and gratitude through yoga poses and the yogic practice of breath work Intended for the novice as well as the yoga expert and for people of all faiths each exercise is accompanied by step by step instructions helpful photographs mantras and journaling exercises With practice Mussar Yoga can help free you from bad habits and self destructive behavior increase your capacity for compassion and acts of goodness and help you develop a more fulfilling meaningful life **The Mussar Torah Commentary** Rabbi Barry Block,2019-11-01 This mussar based commentary is a vital resource for Torah study offering a thoughtful analysis of each of the 54 weekly parashot Each essay in this anthology brings a parashah into juxtaposition with one of the mussar middot character traits as described within the Jewish school of ethics called mussar thereby providing an applied lens of mussar teachings that helps us to delve deeper into our tradition with increased mindfulness and intention

Increasing Wholeness Rabbi Elie Kaplan Spitz,2015-03-02 Combines Jewish tradition contemporary sciences and world spiritual writings with practical contemplative exercises Will help you balance and integrate mind body heart and spirit reach out to the Divine and be more fully present and effective in your life *Your Natural Medicine Cabinet* Burke Lennihan,2012-07-31 CNS New York Times bestselling author of The Fat Flush Plan Your Natural Medicine Cabinet features the most important and up to date information for healing nearly 200 common ailments using the most effective fastest acting and affordable natural remedies available today Its concise user friendly format is ideal for overworked moms stressed out dads and anyone interested in simple natural drug free alternatives for themselves and their children This hip easy to understand A to Z guide provides best practices for the speedy and effective treatment of key health problems You will learn how to save money on health care safely treat yourself and your family and enhance your overall health and energy with

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