

FOCUS

MUSSAR—A SPIRITUAL PRACTICE TO ELEVATE CHARACTER



We strive to be better persons, to respond to everyday incidents in ways we won't regret. Yet we often miss the mark.

A Jewish spiritual and ethical path called Mussar can help us in our quest to become the people we wish to be. Mussar teaches us to hold up a mirror to see ourselves more clearly and then to balance our “character traits” (such as patience and humility) as part of our “soul curriculum.” As a growing number of Reform Jews have now discovered, this practice can be a path to wholeness and holiness. ➤

