

## Hasidic Mussar Phrases

*In mussar practices, phrases from the Torah or from our sages are repeated over and over again and contemplated in a way that “strikes the heart.” This is not mantra practice. One should repeat the phrases internally or out loud, varying the tone with which one says the words, aiming to take the meaning of the phrase deep into the heart and mind. Visualizations can be used; also one can direct one’s attention to one’s life or issues one is having until the phrase provokes insight into how one needs to change. The phrase can also be used to promote a shift in consciousness in the present, especially when it comes to qualities like teshuva or sh’tika (see below).*

*In the Hasidic opinion phrases for Mussar mediation of this kind should generally be positive and pleasant, but that doesn’t mean they should not be confrontational. Mussar practice is not just about good feelings but about change. I’ve tried to reflect this by choosing phrases below which have a generally positive, but occasionally more provocative or confrontational tone. Please choose one that appeals to you intuitively as something you need to focus on right now in your life and stick with that one for this session.*

### **Teshuva/Directing the Attention Towards God**

There is no place from which one cannot return to God.

You fill all worlds and surround all worlds.

Where is G-d? Wherever He/She/They is/are allowed in.

### **Ahava/Love**

You shall love your neighbor as yourself.

When I was young, I admired clever people. Now that I am old, I admire kind people.

From every human being there rises a light.

### **Joy/Simcha**

If you are happy, the whole world benefits.

It is a great mitzvah to be joyous always.

### **Strength- Ometz Lev**

You must search for the good in yourself.

The whole world is a very narrow bridge, and the thing is not to be afraid.

### **Humility – *Anavah***

Through humility, you can become one with the Infinite.

### **Gratitude – *Hakarat Ha'Tov***

Just to be is a blessing. Just to live is holy.

### **Equanimity – *Menuchat Ha'Nefesh***

This too shall pass.

### **Silence – *Sh'tikah***

Silence is the most beautiful of all sounds.

Silence is good for the soul, indeed, it is good for everything.

### **Faith and Trust – Emunah u' *Bitachon***

Trust is when you cleave to the heavens so unshakably that you pull them down to earth.

### **Patience- *Savlanut***

Something that can be acquired in a single hour can be lost in half an hour.

Every single thing that a person sees or hears, is an instruction to him in his conduct in the service of G-d.

### **Awe – *Yirah***

The whole world is full of his/her/its glory.

### ***Truth- Emet***

Be distant from falsehood.

If you need to hide something—something is wrong.

### **Perishut- Self-discipline (saying no to what is unhealthy for us.)**

Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.

### **Achrayut/Responsibility**

Few are guilty, but all are responsible.

The heavens will always remain heavens. But the earth we can elevate and make heavenly.