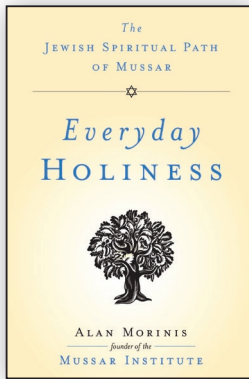




*The World of Mussar is open before you,
and you are invited to enter.*

YOU SHALL BE HOLY

A
COMMUNITY
MUSSAR
PROGRAM



The Mussar Institute is now offering *You Shall be Holy*, A Community Mussar Program that provides a practical and accessible introduction to the transformative teachings and practices of Mussar, based on the book *Everyday Holiness* by Alan Morinis.

This program goes beyond self-help, and provides an authentic Jewish pathway toward fulfilling the potential of your higher nature, the soul. Through contemplative practices, small group and study partner discussions, chants and reading you will be shown a path to transform your inner world so you can find more balance and wholeness in all areas of life. Mussar is suitable for all, regardless of level of Jewish knowledge and no Hebrew is required.

Here's what you will get in the program:

1. A copy of the book *Everyday Holiness*.
2. Every other week small group meetings with materials for individual practice and study as guidance for the week in between.

Everyday Holiness — Local group (*va'ad*) meeting over 19 weeks, beginning with an orientation session and then every other week meeting focused on the traits of:

- Humility
- Patience
- Order
- Equanimity
- Honor
- Truth
- Moderation
- Responsibility
- Trust

