

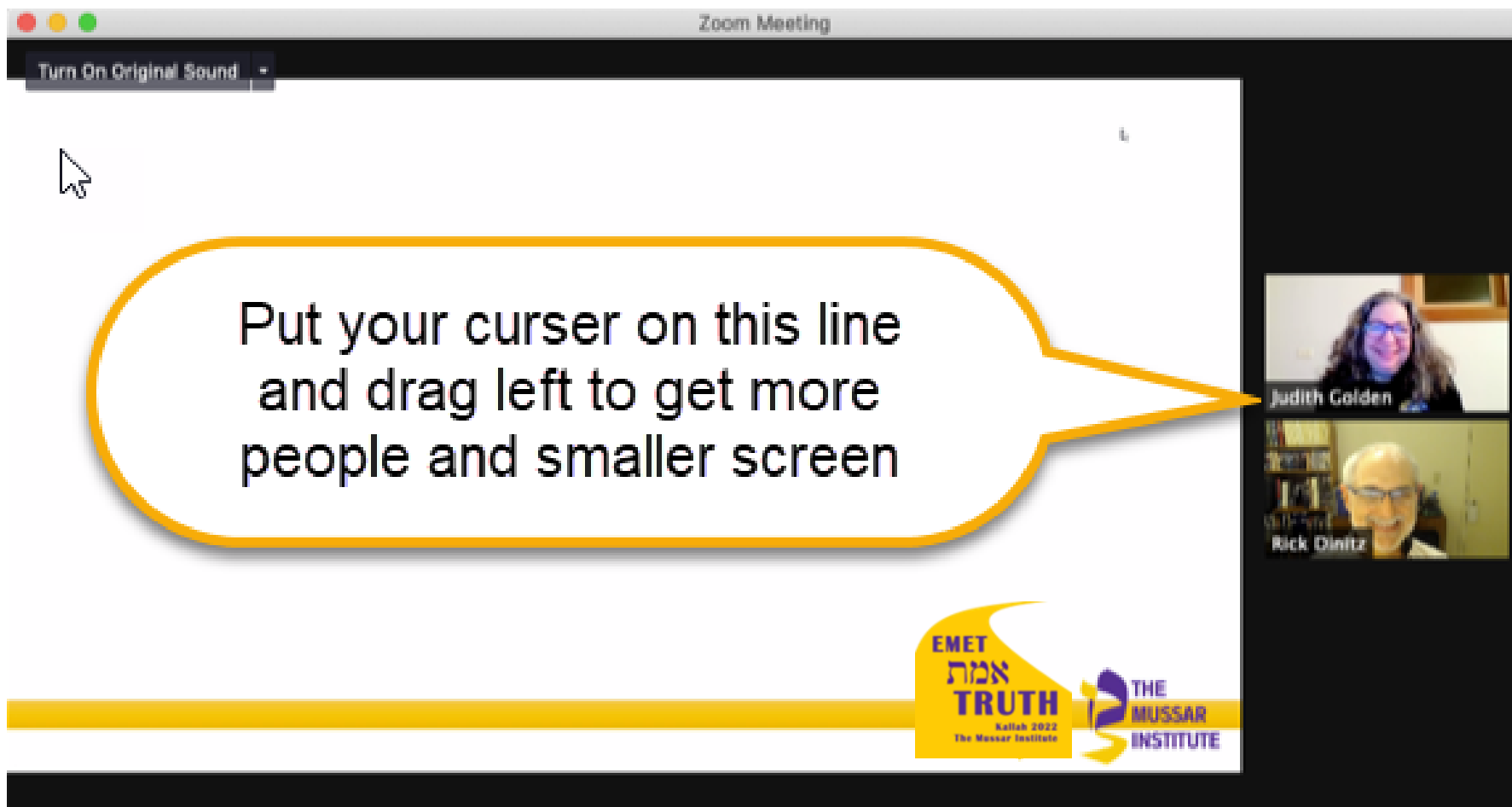
Using Chanting in Your Mussar Practice

January 30, 2022

Rick Dinitz and Judith Golden

(You might want to have your journal and pen available.)





Please sing along on Mute

Using Chanting in Your Mussar Practice

- Opening Chant
- Opening Conversation
- Benefits of a Chanting Practice
- Chant
- Journal
- Chevrutah
- Closing Conversation



וְטַהֵר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת



V'taheir libeinu l'ovd'cha be-emet

Purify our hearts to serve You in truth

Purify our hearts for Your service with truth

Shabbat Amida



Components of Hitpaalut:

(Rabbi Micha Berger)

- **Intense sustained focus** on a single pasuk with **emotional** affect
- Prepare the way to receive a **chiddush**, new understanding
- Take **ownership** of new understanding, what does it mean in my life? Commit to it.
- Integrate it and **use** it – what **elevation** does it demand that I make?



Hitpaalut:

(Novarodok style from Rabbi Chaim Safren)

- Hitpaalut means to “**actively work on yourself**”
- Go beyond rote or intellectual understanding to **internalize**.
- **Urgent yearning** to change yourself.
- **Engage** passionately and emotionally

Mussar chanting is:

(Rick Dinitz)

- **Repeating** a distilled nugget of Mussar wisdom (a pasuk, or a phrase).
- **aloud** with **intensity** (“lips aflame” -R’ Salanter)
- to **engrave it into my heart**
- so it will be **available** when I need it.



The moment of chiddush or epiphany or amazement doesn't last. But it leaves ***rishimot ne'elamot*** [hidden engravings] in the heart, which build up through a cumulative effect.

(Rabbi Avi Fertig)

You might not see or feel the results immediately. But the ***engravings on the heart*** are still accumulating below the surface. When you are sitting in the living room, and there are workers in the basement, you might not see them, but the work is still getting done.

(paraphrase of teaching from Alan Morinis)



וְהֶאֱמַת וְהַשְׁלֹם אֶהְבּוּ :

Ha-emet v'ha-shalom ehavu

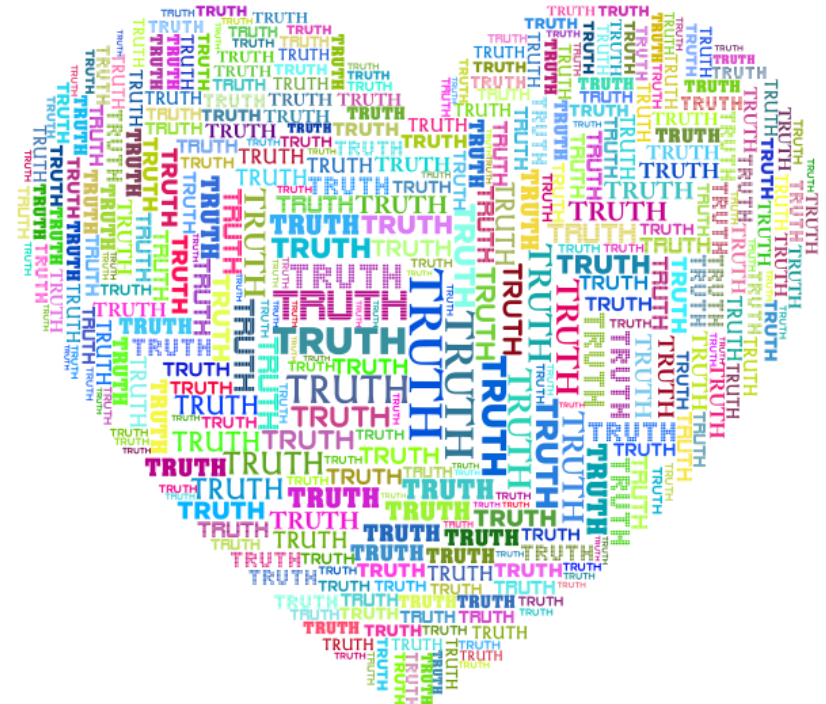
You must love honesty and integrity

You must love truth and peace

Truth and peace you will love

Love truth and peace!

Zechariah 8:19



Chant for 5 minutes



וְהֶאֱמַת וְהַשְׁלֹם אֶהְבֹּי :

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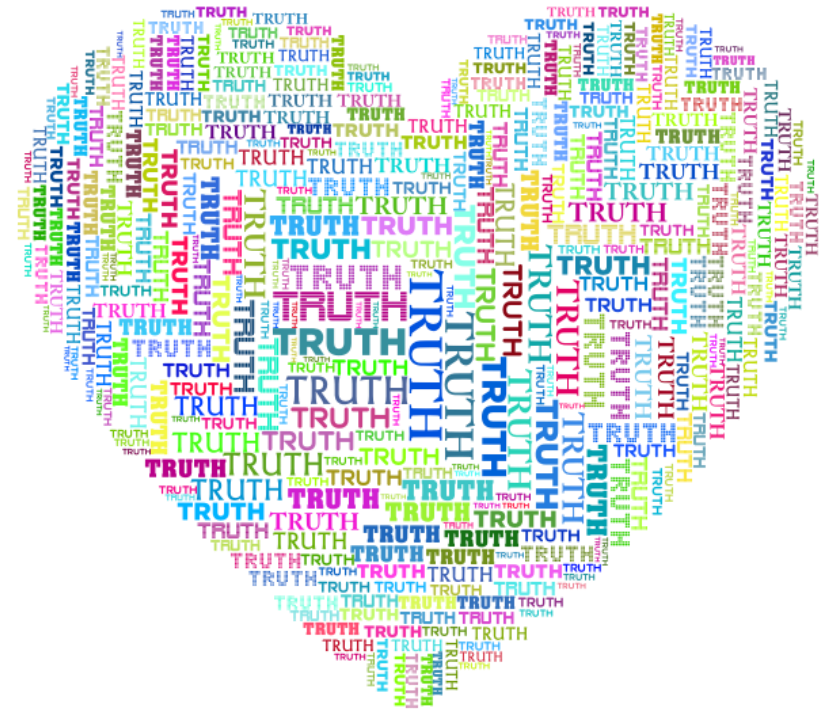
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Silence for 3 minutes



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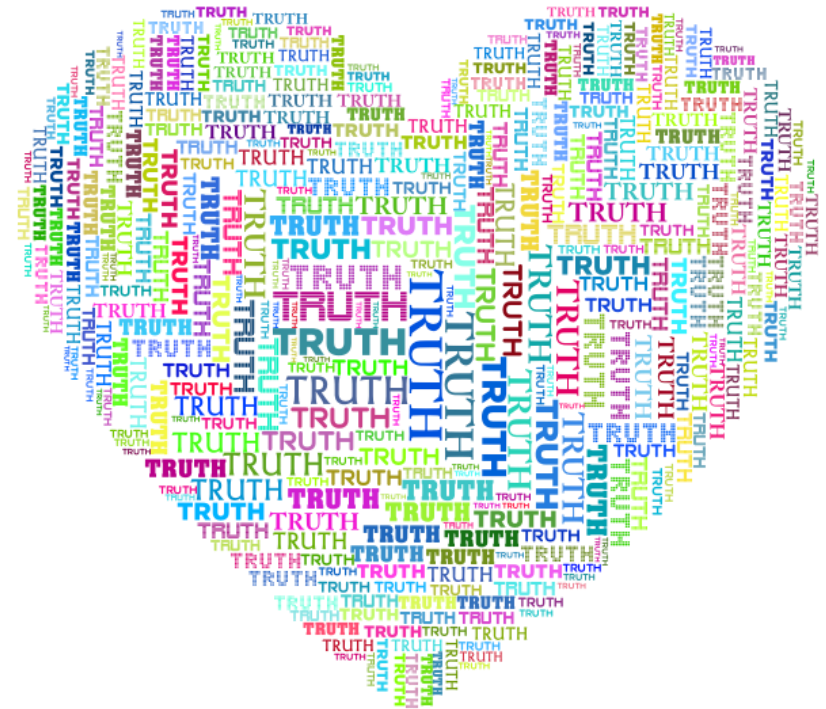
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Resume Chant for 2 minutes



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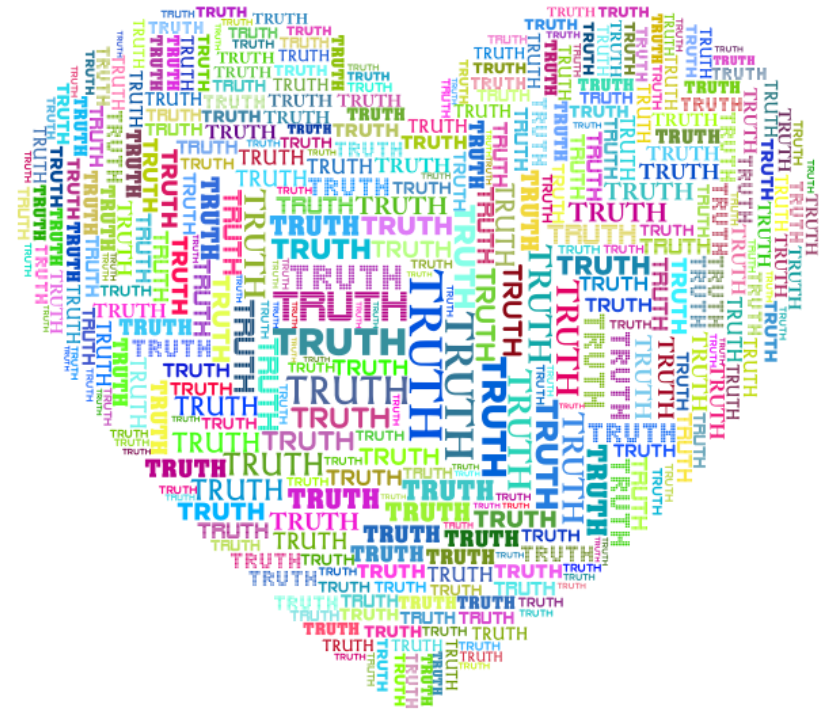
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Journal for 5 minutes



Making time for chanting is an act of **love** and **kindness** for yourself.

If you feel uncomfortable starting, have **compassion** for yourself and start anyway.

By integrating middot through repetition, your **truth** will emerge.

