

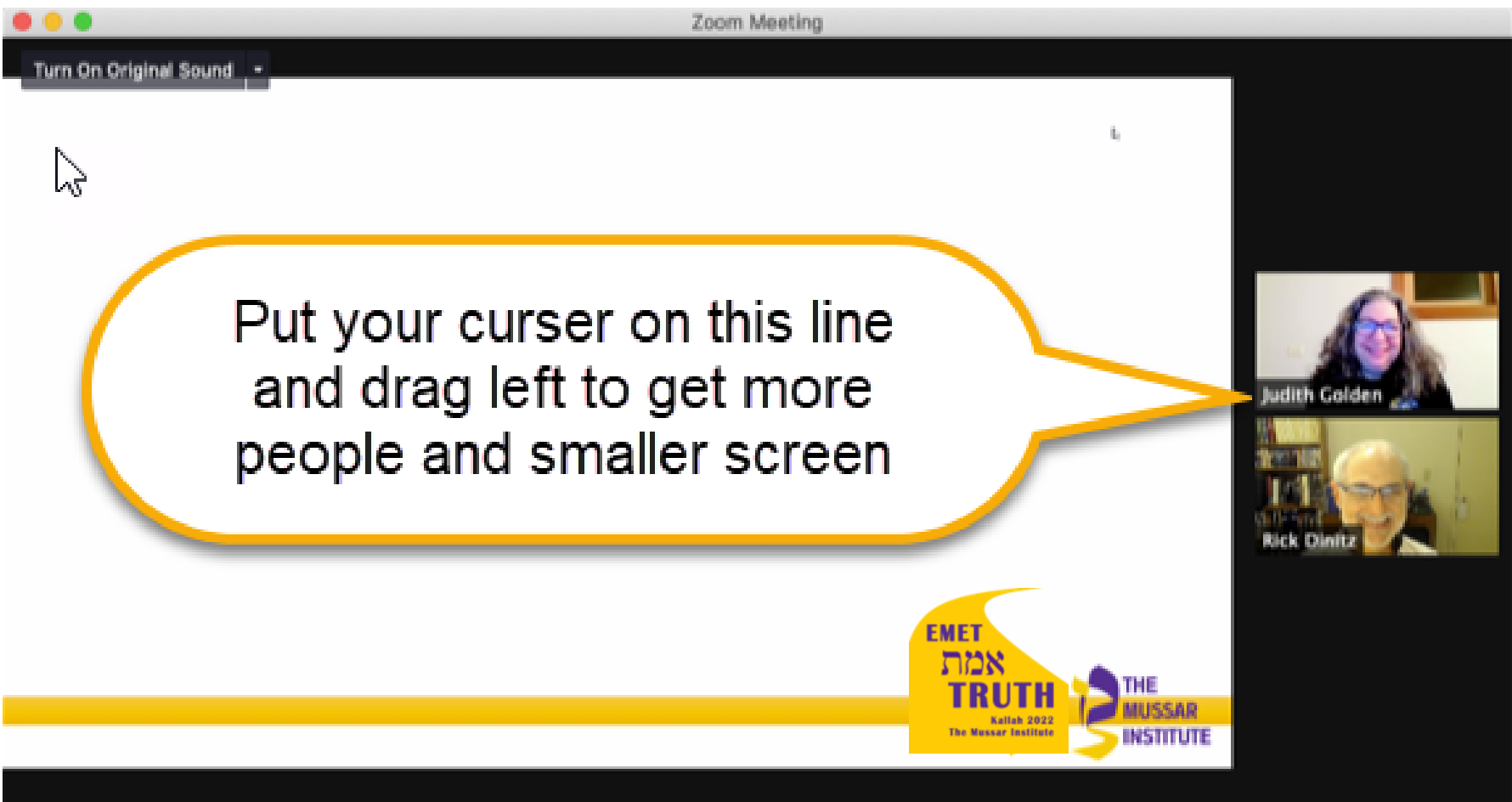
Developing Your Own Mussar Chant

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



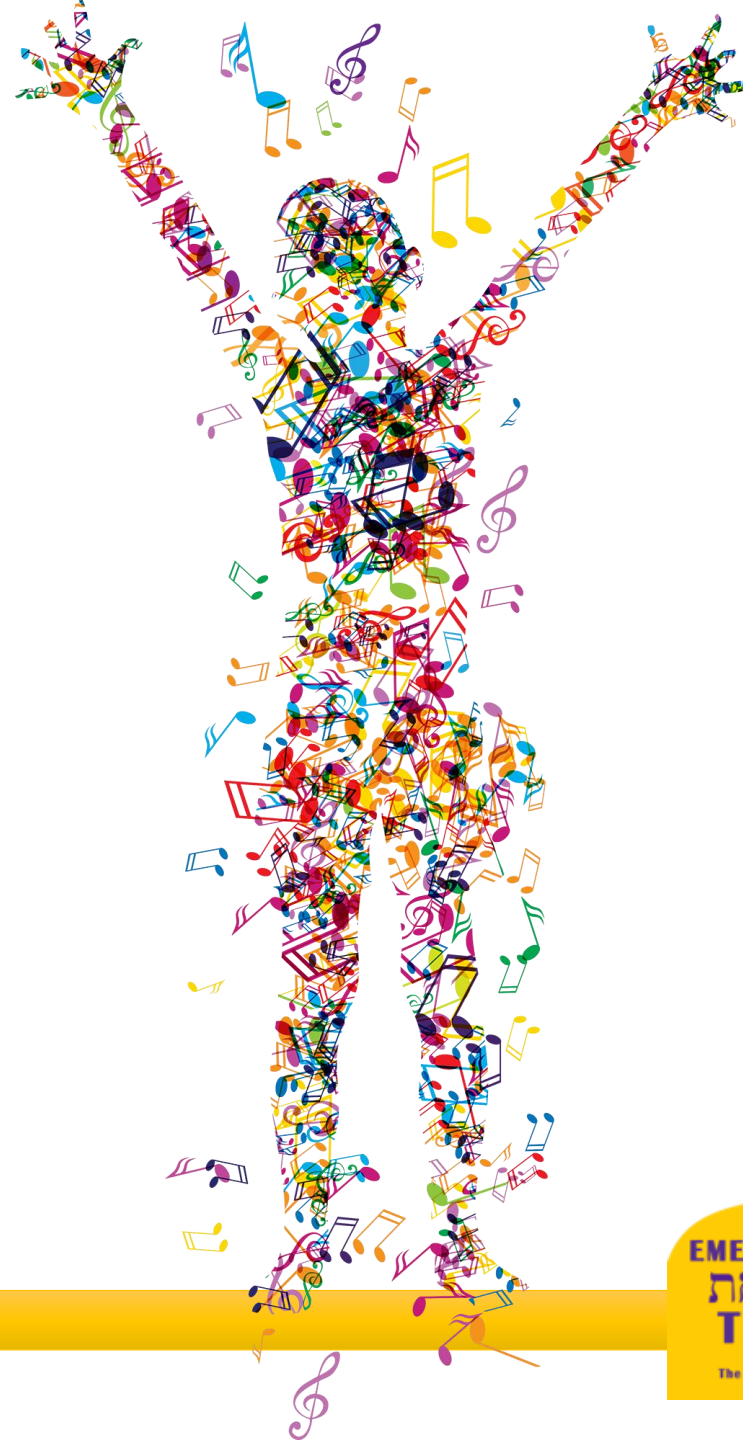


Please sing along on Mute



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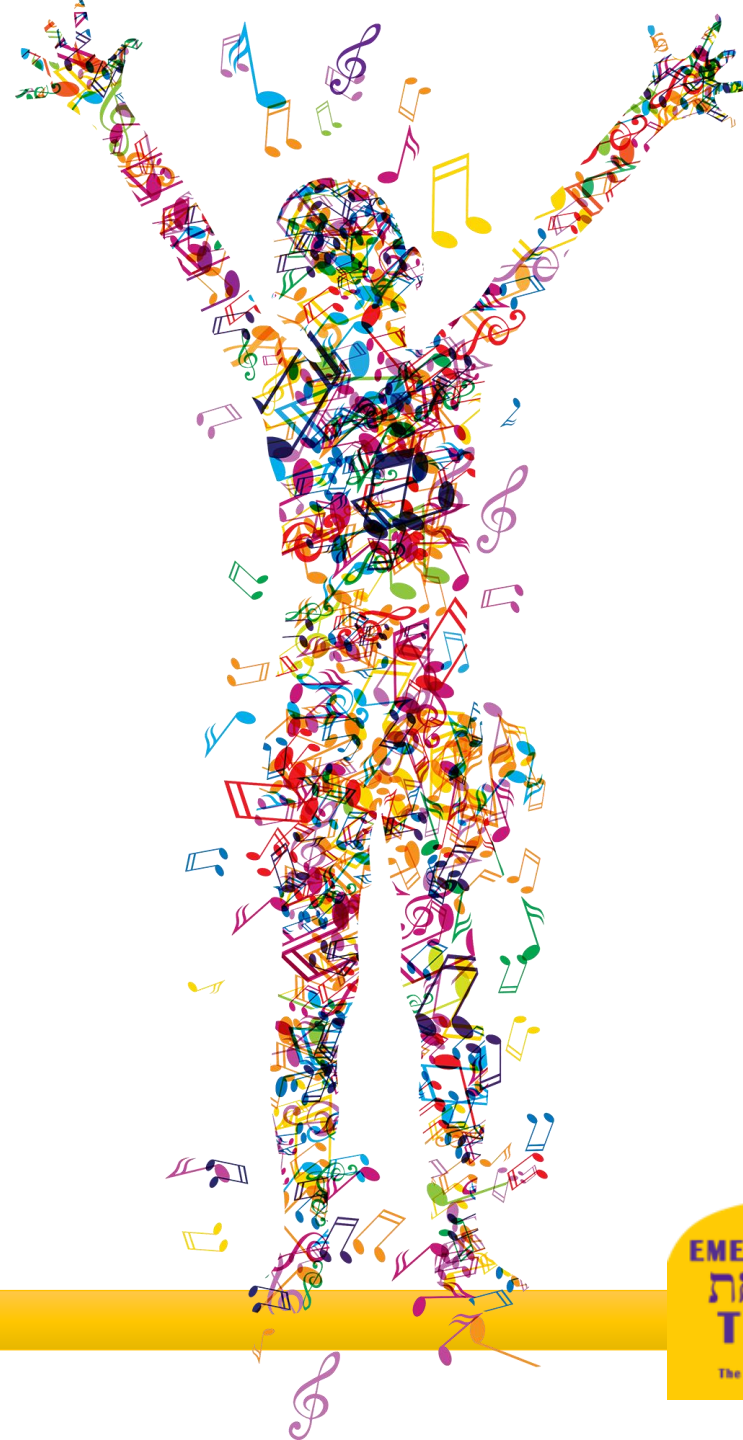
- Introduction
- Instructions
- Develop your own chant
- Discussion / Questions
- Chant
- Discussion





Helpful Hints

- Do what works for you
- Words: source or original
- Language: any
- Melody: Spoken, familiar, original
- Attitude: Be curious. Trust the process
- Playfully change it up
- Do what works for you



קָרוֹב ה' לְכֹל-קוֹרְאָיו
לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְאֵמֶת

*Karov ha-Shem l'chol korav
L'chol asher yikra-u-hu be-emet*

HaShem is near to all who call,
To all who call with sincerity/truth.

(Psalms 145:18)

Instructions:

1. Pick a phrase.
2. Speak it aloud, over and over.
Be emotional.
3. Listen for the rhythm in it.
4. Embody the chant: Walk.
Swing arms. Gesture. Dance.
Tap fingers.
5. Play with the chant:
 - Speak or Sing on one pitch.
 - Melody up or down.
 - Change rhythm.
 - Repeat words for emphasis.
6. Capture insights.
7. Record on your cell phone.

Sample Phrases:

אֱמֶת *Emet* / Truth / Sincerity

חֶסֶד וְאֱמֶת נִפְגָּשׁוּ צְדָק וְשָׁלוֹם נִשְׁקָו

Chesed v'emet nifgashu; Tzedek v'shalom nashaku

Kindness and truth meet; justice and well-being kiss.

(Psalms 85:11)

אֱמֶת מֵאֶרֶץ תִּצְמַח וְצְדָק מִשָּׁמַיִם נִשְׁקָף

Emet mei-eretz titzmach v'Tzedek mishamayim nishkaf

Truth sprouts up from the earth;

Justice is reflected back from heaven. (Psalms 85:12)

מַעֲמִידוֹ עַל הָאֱמֶת, וּמַעֲמִידוֹ עַל הַשָּׁלוֹם

Ma-amido al ha-emet, uma-amido al ha-shalom

Establish it on truth and establish it on peace.

(Pirkei Avot 6:6)

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Please Rejoin the Group

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.

