



ANCIENT JEWISH WISDOM FOR LIVING TODAY

BEGIN YOUR MUSSAR JOURNEY

Mussar is Jewish wisdom for living with meaning and connection. It's simple to begin, and every step brings new insight.

Wherever you are in life, there is a place for you here.

Explore these resources and see where your Mussar journey can begin.

Take your first step today.



START HERE

Watch short videos and see how Mussar can bring wisdom into your daily life.



Scan for Videos

LEARN WITH ALAN

Learn with Alan through a free course, available to read or listen anytime.



Scan for Free Course

GROW AT YOUR PACE

Grow at your own pace with flexible online Mussar courses.



Scan for Self Paced Courses

CONNECT IN COMMUNITY

Connect in real time with teachers and community to study, practice, and grow together.



Scan for Live Courses

The Mussar Institute brings timeless Mussar teachings to people worldwide through courses, community, and practice.

All these resources can be found at
www.mussarinstitute.org

