The Mussar of Rosh Hashanah

*with Aliza Bulow*

Using Mussar principals, learn how to access the energy inherent in Elul and the High Holy Day season to create a well rounded vision of who you want to become, and to deepen your understanding of how to achieve that vision. Participants in this practical three part workshop will learn two methods to accomplish a cheshbon hanefesh (a spiritual accounting), create an “Elul Plan”- a written document of practical goals to be referred to throughout the year, explore the special power in the six days preceding Rosh Hashanah, and learn how to use the prayers and shofar blasts to leverage the capacity of the Rosh Hashanah experience.

Part one: Cheshbon HaNefesh and Discerning Your Yeud and Tikkun

The meaning and flavor of Elul

The work of Elul: Evaluation, Reflection, Aspire

How to do a cheshbon hanefesh

Writing makes an impression

Talk through the year

Homework:

* Set goals for the coming year
* think about Yeud (mission, destiny, specific purpose)
* consider Tikkun (major area of needed repair/major flaw)

Cheshbon HaNefesh 5770

Elul 5769

Rosh Hashana

Yom Kippur

Sukkot

Cheshvan/Fall

Kislev/Chanukah

Tevet/Winter

Shvat/late winter

Adar/Purim/early spring

Nisan/Pesach

Iyar/Spring

Sivan/Shavuot

Tammuz/early summer

Av/Tisha b’Av/mid-summer

Elul/late summer/erev Rosh Hashana

Things to return

Money to pay

Apologies to make

Teshuva to do

Greetings to extend/relationships to strengthen

Reflection

Themes:

Accomplishments:

Flaws:

Major wishes:

Obstacles:

Primary strengths/tools:

Goals:

Yeud:

Tikkun: