

Patience

Simplicity



AMERICAN CONFERENCE of CANTORS
Sacred music. Spiritual leadership. Jewish life.

Mussar

Enthusiasm

Honor

Humility

Truth

Silence

Trust
Reverence

Compassion

Faith

Gratitude

Order

Lovingkindness

Generosity

Mussar - a Spiritual Tool
for Our Time: part 2
vuubg - *Anavah*/Humility

Equanimity
Responsibility

Moderation

	English	Trans-literation	Hebrew	Key-Phrase
1	Humility	Anavah	עֲנָה	I am dust and ashes.
2	Gratitude	Hakarat HaTov	הַכֵּרַת הַטּוֹב	Awaken to the good and give thanks.
3	Patience	Savlanut	סְבִלְנוּת	Bear the burden of the situation.
4	Honor	Kavod	כְּבוֹד	Each one, holy soul.
5	Generosity	Nedivut	נְדִיבוּת	The generous heart gives freely.
6	Kindness	Chesed	חֶסֶד	The world stands on kindness.
7	Strength	Gevurah	גְּבוּרָה	Holding boundaries
8	Tranquility	Menuchat Ha'Nefesh	מְנוּחַת הַנֶּפֶשׁ	Rising above the good and bad.
9	Trust	Bitachon	בִּטְחוֹן	Under the wing of Hashem.
10	Enthusiasm	Zerizut	זְרִיזוּת	Don't delay.
11	Order	Seder	סֵדֶר	Each thing in its place.
12	Awareness	Zehirut	זְהִירוּת	Shining inner light.
13	Truth	Emet	אֱמֶת	Truth is the seal of Hashem.

No more than my place,

no less than my space.

Anavah/Humility/ עֲנָוָה : The Range

Do you know yourself accurately? How much space are you taking up?



Genesis 2:7

וַיִּצֶרׁ יְהוָה אֱלֹהִים אֶת-הָאָדָם עָפָר מִן-הָאֲדָמָה

The Eternal God formed the Adam from the dust of the earth.

Genesis 18:27


וַיַּעַן אַבְרָהָם וַיֹּאמֶר הִנֵּה-נָא הוֹאֲלֹתִי לְדַבֵּר אֶל-אֲדֹנָי וְאֲנֹכִי עָפָר וָאֵפֶר:

Abraham spoke up, saying, “Here I venture to speak to my Eternal One, I who am but dust and ashes . . .



Babylonian Talmud -- *Sanhedrin 38a*

Why were human beings created on Friday:
So that, if they become overbearing, one can say
to them, “The gnat was created before you!”



***Hineni* prayer -- High Holy Day Liturgy**

Here I stand, impoverished of deeds, trembling and frightened with the dread of the One Who is enthroned upon the praises of Israel.

I have come to stand and supplicate before You for Your people Israel, who have sent me although I am unworthy and unqualified to do so. . . Please do not hold them to blame for my sins and do not find them guilty of my iniquities, for I am a careless and willful sinner. Let them not feel humiliated by my willful sins. Let them not be ashamed of me and let me not be ashamed of them. . . may there be no stumbling block in my prayer.

**Bahya ibn Pakuda - *Chovot HaLevavot* (Duties of the Heart),
Shaar Hak'niah, Ch. 9**

Pride over spiritual assets can be divided into two categories, one negative and one positive.

The form of negative pride is when a person is proud of their wisdom, or a righteous person is proud of their deeds, in a way that causes their accomplishments to be great in their eyes; to feel that they can make do with what they have already accomplished; to degrade other people; to look down at the great and wise people of their generation; and to be happy with others' shortcomings.

One who craves attention from others has not yet found themselves.
They are unaware of their true worth.

Lacking self-esteem, they rely on the opinion of others.

They hunger for their praise, because without hearing their
appreciation they feel worthless.


When people do not applaud them, they feel helpless and,
consequently, hostile and angry.

Rav Shlomo Wolbe (1914–2005)



Rabbi Zelig Pliskin, *Begin Again Now*, p. 148

Humility is the realization that you are a fallible human being with no claim to perfection.





Humility - ענווה

Focus phrases

- “No more than my place, no less than my space.”
- Let your voice be gentle, and your head bowed. Let your eyes be turned earthwards and your heart heavenwards. (Nachmanides)

Kabbalah – Practice

- Try out what it feels like, and how others respond to you differently, when you occupy different amounts of space. For example: At times, challenge yourself to speak up more and at other times, keep your silence. At times, sit in a prominent place in the room and at other times, occupy a hidden seat. Try out other sorts of behavior that tends toward either end of the spectrum, and see what it feels like, how others respond, and what you learn.

Heshbon HaNefesh – Journaling Prompts

- What is your relationship to “taking space?” In what ways does the space you take depend on the situation?
- Who is a role of model of *Anavah* for you?
- Rabbi Simha Bunim of Przysucha taught: “Every person should have two pockets so he can reach into one or the other, according to his needs. In his right pocket are to be the words: “For my sake was the world created,” and in his left: “I am earth and ashes.” If you were to write your own phrases - in your right pocket, what would it be? If you were to write something in your left pocket what would it be?

No more than my place,

no less than my space.