

Spiritual Formation and Moral Psychology

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Spiritual Formation and Moral Psychology has to do with the shaping of the inner life for spiritual, moral and emotional growth. The premise of this work is that transformation takes work with the proper goals, skills and discipline. Judaism has many resources for guiding this, especially Mussar and Kabbalistic Spiritual Psychology. **For classes in January and February, we will focus on the connection between Mussar and Spiritual Psychology rooted in Kabbalah.**

Jewish moral psychology (Mussar) lays out very clearly what kind of person we should become: loving, courageous, principled, not prone to unreasonable anger or fear, accepting moral responsibility but without living with guilt. The list of virtues and flaws that lead to a life of goodness is quite clear, but what the Mussar tradition was not able to do is describe precisely how this growth occurs. Kabbalistic Spiritual Psychology rooted takes the map of the inner life found in the Kabbalah, and applies that map to the work of insight and transformation.

With training, we can use spiritual skills to change the way we process the world and ourselves. All who grow morally and spiritually already do this work intuitively. This class makes that work more clear and effective.

In class, we learn to identify the processes of our thoughts, emotions, feelings, images, drives, and impulses that create our state of mind, and therefore our behaviors. We learn how to look at the “ego mind” but not identify with it. The focus on spiritual psychology helps us create a contemplative practice, where we can better understand our inner processes with an eye toward transformation and moral growth. Once we learn the basic skills and techniques, we will focus on certain flaws common to most of us, and virtues that most of want to strengthen or acquire.

Wednesdays, 12:15 - 1:30 pm, January 18 to February 29

At Ohr HaTorah

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Mondays, 8:00 - 9:15 pm, January 23 to February 27

At a private residence in Sherman Oaks

Please RSVP to programs@ohrhatorah.org for the address

Members: \$15 per class Non-Members: \$20 per class

For more information visit www.ohrhatorah.org or call 310-915-5200

