

Spiritual Formation and Moral Psychology

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at Ohr HaTorah

Spiritual formation and moral psychology have the overt goal of personal transformation. We focus not just on who we are and how we came to be this way, but also on what kind of person we aim to become.

The spiritual dimension has to do with our relationship with deeper parts of our being – the realm of our values, our beliefs, the realm of the soul. The spiritual dimension is also concerned with the higher parts of being – the sense of the transcendent, connection with the higher self and with the Divine. Our inner lives are, to some degree, moldable, if we have the model in the mind and the right practices to get us there. Each of us is different and each of us has different goals for ourselves, so an important back of spiritual formation is self knowledge and clarity about one's goals.

Moral psychology has to do with virtue from the inner life perspective. We are concerned with the psychological struggles with virtue and righteousness, and try to understand how defense mechanisms can impede our moral growth. Specifically, we will be studying from the Mussar tradition, itself rich in wisdom for the moral life.

The class will be seminar style. Once basic material is presented from Biblical, Rabbinic, Kabbalistic and Chasidic sources, the interests of the various students can guide the course. Topics may include "spirituality and the creative process", "the moral lives of adolescents", "spiritual practice" and so forth.

For the first four class sessions, we will focus in part on creating and maintaining a contemplative practice of self evaluation and growth. The focus of the second four classes will be determined. Participants are invited to take either or both of the July/August sessions.

Particular attention will be paid to those working with others in any psychological setting, who would like to bring spirituality and moral growth to bear on that work.

Name _____ Phone # _____

Address _____ City _____ State _____ Zip _____

| | Session 1 | Session 2 | Both |
|--|--|------------------------------------|--|
| 12:00-1:30PM Thursdays Session I: 7/9-7/30 (4 Sessions) Session II: 8/6-8/27 (4 Sessions) | No. Adult Members _____ x \$60.00 or _____ x \$80.00 | _____ x \$60.00 or _____ x \$80.00 | _____ x \$120.00 = _____ _____ x \$160.00 = _____ |

Scholarships available

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*A 3% service charge will be added
to all credit card transactions.*

Expiration Date _____ Billing Zip Code _____

Signature _____