

Break the Husk – Release the Spark - Teachings for Rosh HaShanah 5783/2022

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I will be referring to this outline of “Wisdom Work with Rabbi Finley” throughout my teachings. This guide has two parts: an outline of Wisdom Work with Rabbi Finley, and then how these concepts and skills will be presented for Rosh HaShanah. An outline for Shabbat Shuvah and Yom Kippur will be sent out next week.

(For those celebrating the high holidays with us, please keep this outline handy)

Part one: **the Map** - those who have studied with me before, know I divide Wisdom Work into two aspects, the Conceptual and the Procedural.

Wisdom Work, as a **concept**, breaks down into four areas:

1. **Vision** for your life, for each aspect of your life.
2. The **will** to actualize that vision
3. The **skills** to work with inner resistance to that vision
4. A practice of **reflecting on and evaluating** your vision, will and skill.

The typical **process** of Wisdom Work includes the following:

1. **Virtue** – the ability to regulate our thoughts, feelings, emotions and especially our speech and behavior.
 2. **Rationality** – the ability to think well, to understand our own inner lives in a rational way, to grasp facts and good theories, not to be ensnared by self-justifying narratives, to the ability to be objective and infer the inner lives of others.
 3. **Applied Wisdom** – two types.
 - a. Applied Wisdom I: Wisdom as **insight** into one's own inner life, the wisdom to **intervene** against disruptive ego states, and the ability to **transform** our inner lives.
 - b. Applied Wisdom II: the ability to take all the above and apply it to processing with other people, including working through difficult situations. We have a special focus on admonishing others, apologizing, forgiving and working towards reconciliation.
 4. **Depth** – The foundation of the inner life that consists of: our core values, love, justice, truth, beauty, the good and holy; a relationship with the Divine; the realms that understands the depths of all art. We focus on poetry, music, literature, including Holy Texts; the soul; the chamber of our traumas and words; and the Shadow (in the Jungian sense)
- Rosh HaShanah Teaching: Break the Husk – Release the Spark



Rosh HaShanah Eve

1. Review of *teshuvah*, the core concept of the Days of Awe. *Teshuvah* is one of the main ways that we break through the husk of being hard hearted, lacking self-knowledge, lacking accountability and not seeing the truth of our own lives.
 - a. *Teshuvah*, breaking through the husk with other people: admonishing with kindness, sincere apologizing, forgiving and working toward reconciliation.
 - i. Admonishing requires great introspection beforehand and a commitment to virtue, rationality and wisdom.
 - ii. Apologizing: specific moral accountability; the willingness to make good any harm done.
 - iii. Forgiveness: forgiveness must be morally and psychologically authentic. Many levels of forgiveness, and many levels of reconciliation.
 - b. *Teshuvah* with the soul, breaking the husk to the light within. The Hasidic tradition tells us that our souls are stranded and in exile within us. When we don't care for our souls, our souls suffer, and we become alienated from our own inner depths.
 - c. *Teshuvah* with God – turning to a holy path, cultivating a sense of inner light, being aligned with it and being an authentic human being. Understanding “sin” as alienation from the Divine.

Rosh HaShanah Day

1. Extended Comments (Depth):
 - a. The Shema of its Blessings: How to Perceive the World - Creation, Revelation, Redemption and the Day of Judgment
 - b. Avinu Malkeinu: A mystical, Hasidic theory of God.
2. Major Talk
 - a. Akeidah (Binding of Isaac), how to read the Bible as literature, archetypal psychology and philosophy
 - b. Resistance to depth: superficiality, confusion, resentment, misplaced skepticism, lack of vision and will
 - c. Resistance in other ego-states in the Unconscious Ego-Self
 - d. Shofar – breaking through the husk of ego-consciousness - hearing the mystical voice of God and articulating our own mysterious Inner depths.

