NEFESH

5787 Middot

ZERIZUT - ENTHUSIASM - זריזות
Prompt willingness. Energetic commitment.
Showing up, and showing up again.

BITACHON - TRUST - בטחון
Compassion plus attention, plus commitment.
In Your embrace. There is enough.

EMUNAH - FAITH - אמונה
A deep well of trust and hope, leaping into a possible future.
Be with what is, fight for what is possible.

SIMCHA - JOY - שמחה
Expansive vibrancy in time, in service, in release, in All.

CHEN- GRACE - חן
Freely given, abundant acceptance and favor. Leaning towards.

OMETZ LEV - COURAGE - אמץ לב
A dance with fear and uncertainty and a strength of heart.

AHAVA - LOVE - אהבה
Care, responsibility, and knowledge for self, other, and the world.
Continuously available flow of the Divine.

YIRAH - FEAR/AWE - יראה
A fear that touches the sacred, wonder, radical amazement.

T'SHUVAH - REPAIR, MAKE AMENDS - תשובה
Return, repair, transform.

RACHAMIM - COMPASSION - רחמים
Empathy and concern that move to action.

HAKARAT HA'TOV - GRATITUDE - הכרת הטוב
Draw out the good, acknowledge the good within the whole.

NEDIVUT - GENEROSITY - נדיבות
Be a giver. Gratitude is unlimited.

HACHNIAH - SUBMISSION - הכנעה
Submit into a larger Whole. Surrender.

SH'TIKAH - SILENCE - שתיקה
Intentional silence. Intentional speech.

CHESED - LOVING-KINDNESS - חסד
Abundant flow of goodness and care. Tending to others, self, community and the world.

GEVURAH - STRENGTH - גבורה
Vibrant flow of power, clarity of boundaries.

CHARITZUT - DECISIVENESS - חריצות
Clear-moving, not too brash, not too long stuck.

NETZACH - PERSEVERANCE - נצח
Staying in it, staying with it.

EMET - TRUTH - אמת
Commitment and openness to Truth, to many truths.

YOSHER - HONESTY/UPRIGHT - יושר
A clear spine of values in words and actions.

SAKRANUT - CURIOSITY - סקרנות
Open desire to learn, flexible attuned stance.

MENUCHAT HA'NEFESH - EQUANIMITY - מנחת הנפש
A restful soul. Being with all that emerges.

HISTAPKUT - SIMPLICITY - הסתפקות
Enoughness. Contentment.
Holding lightly.

Above definitions by Rabbi Susan Goldberg / Below definitions from Alan Morinis

ANAVAH - HUMILITY - ענוה
Occupy a rightful space, neither too much nor too little.

KAVOD - HONOR - כבוד
Each and every one, holy soul.

ACHREYUT - RESPONSIBILITY - אחריות
Including the other in the self, an interconnectedness of self and other.

SAVLANUT - PATIENCE - סבלנות
Opening the space between the match and the fuse, bearing without suffering.

SEDER - ORDER - סדר
Order creates inner alignment, peaceful and prepared.

What will you do/not do? When will you do it? What support do you need?

Nefesh is a middot-driven community. Together we grow in our spiritual learning and practice of the middot personally, in our relationships, as a community, and in the world around us. We welcome you to join us in the spiritual wisdom and discipline of Mussar - *learning, awareness, and practice* - throughout the year. Stay tuned to our emails and nefeshla.org/calendar for upcoming classes and middot groups, starting with...

Middot Connections, Nov 1st

Join Rabbi Susan and Nefesh to explore the middah you chose; get a *chevruta* (a buddy) for support, encouragement, and accountability; join a book club for further learning; and find out about the class offerings that will begin in January.