OU ISRAEL CENTRE. JERUSALEM.
“GREAT JEWISH THINKERS”
RABBI DR. ALAN AVRAHAM KIMCHE

RABBI YISRAEL (LIPKIN) SALANTER (1810-1883)
SALANT - VILNA - KOVNO - BERLIN - KONIGSBERG

Founder of
THE 19th CENTURY MUSSAR MOVEMENT

STUDY TOPICS:
1. An educational revolution within the Yeshiva world.
2. Mussar, - Meditation & Mantras.
3. Emotive rather than cognitive study.
4. Response to modernity by deepening internal values.
5. Revival of an ancient spiritual ethical discipline
6. Emphasis on introspection and self-awareness
7. Taught fierce self-criticism.
8. Created the role of the Mashgiach and the Beis Ha’Mussar
9. Innovated a programme of character development
10. Promoted greater psychological awareness
11. Freudian style definition of the subconscious motives.

FOCUS ON CLASSIC MUSSAR TEXTS:
CHOVOT HA’LEVAVOT - Rabbi Bachya Ibn Pakuda (11th cent. Spain)
SHA’AREI TSHUVA - Rabbeinu Yona (13th cent Spain)
ORCHOT TZADDIKIM - (15th cent. Germany)
MESSILAT YESHARIM - Rabbi Moshe Chaim Luzzato (18th cent. Italy)
VILNA GAON on MISHLEI (18th cent. Vilna)
<table>
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<th>Middos</th>
<th>English</th>
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| אמת | TRUTH
Don't say anything unless you know in your heart that it is true. |
| דָּרֶךְ | ALERTNESS
A minute is too precious to waste. Time must be properly utilized. |
| חֲרוֹצָה | DILIGENCE
Decide what has to be done; then do it enthusiastically and well. |
| מַגְּזָה | RESPECT
Honor every person. He may not be your friend, but he's a human being. |
| גְּזָע | PEACE OF MIND
Be calm and composed. And let it show in everything you do. |
| קְפָדָה | GENTleness
Wise men speak gently. Develop the habit and you'll find yourself being listened to. |
| שֶׁבְּלוֹנָה | CLEANLINESS
Respect your body and your clothing. Keep them clean. |
| סַפּוּר | PATIENCE
Whatever happens - and often it will be unpleasant - accept it with calm and patience. |
| סֵדֶר | ORDERLINESS
Make your willpower the master of your time. Plan, organize - and follow through. |
| עַזְנוּת | HUMILITY
You're not perfect. Recognize your own weaknesses; ignore the faults of others. |
| אָלֶזֶק | RIGHTEOUSNESS
Always do the right thing - plain and simple. What the Halacha demands - and more! |
| קְפָר | THRIFT
Every penny should be spent carefully. Money can do too much good to be wasted. |
| שִׁחְקָה | SILENCE
Choose your words carefully. And don't talk unless you have something worthwhile to say. |