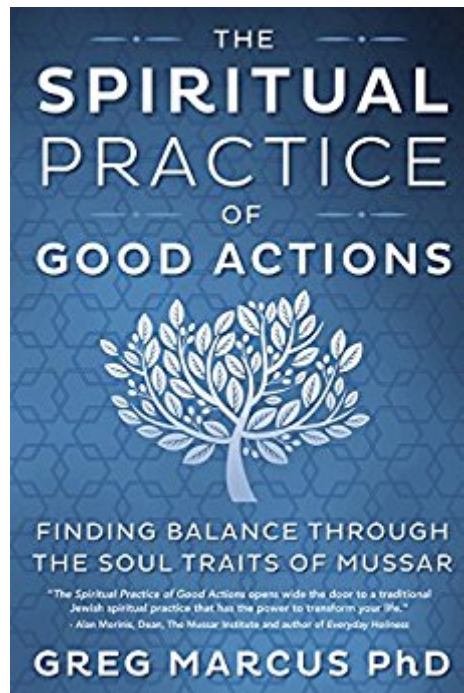


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# The Spiritual Practice Of Good Actions: Finding Balance Through The Soul Traits Of Mussar



## Synopsis

Bring your everyday life into alignment with your aspirational values through Mussar, a thousand-year-old Jewish practice of spiritual growth based on mindful living. Perfect for anyone, regardless of age or experience, this comprehensive book presents thirteen soul traits—ranging from humility and gratitude to trust and honor—and the simple daily actions you can take to develop them. Drawing on universal principles and providing grounded instruction, *The Spiritual Practice of Good Actions* helps you explore soul traits through daily techniques and exercises, including mantras, mindful observation, and journaling. Nurture your spirit with inspiring stories and build a soul trait profile to better understand yourself. By dedicating two weeks of practice to each trait, you'll see major changes in how you approach the world and feel empowered to be your best self.

## Book Information

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## Customer Reviews

Greg Marcus introduced me to the Mussar movement and I was amazed at how so many principles are universal in regards to spiritual growth. It was a staunch reminder that in order for an individual to grow spiritually, that person must practice taking the necessary actions to do so. Change is an

internal commitment and Marcus lays out these ubiquitous themes using Mussar. Remaining in gratitude and humility are common traits in happy people and unfortunately those who do not practice doing so regularly are often fouled up. By addressing the foundation of what it means to live by spiritual principles, one is able to achieve an awakening. Some of the mantras I enjoyed reading about were writing and observing the changes around you. By documenting one's journey, patterns are able to be identified more easily and the opposite action can then be taken. Without using the tools outlined in this book, then faith without works is dead. Finally I agreed with the idea of comprehending that this path is a process. By taking two weeks on each trait, the reader is able to pace themselves and not rush into and out of each concept. By trusting the process and working each section thoroughly, absolute freedom from self is obtainable for a serene and peaceful way of life. Who doesn't want to achieve that? I like how the book doesn't sugar coat the realities of such a life style. The actions may not be easy, but they are certainly simple enough to follow along. I recommend this book for anyone looking for a foundation for rightful living through positive actions.

The Spiritual Practice of Good Actions: Finding balance Through the Soul Traits of Mussar by Greg Marcus introduces the Mussar movement to many of his readers. Are you looking for guidance to change? Tired of not moving forward into a life of peace and balance? The Spiritual Practice of Good Actions is a wonderful place to start. Greg Marcus takes the reader through the thirteen character traits helping to bring a new awareness into the reader's life. Greg Marcus explains how developing these traits is beneficial to our personal balance. Through our own awareness and through questioning where we are, compared to where we want to go, we can bring about the desired changes through our choices. Starting with the self evaluation, Greg Marcus leads the reader to evaluate ourselves through the clarification of our boundaries, our assumptions into our own personal growth and balance through our mindfulness. Living an authentic life is important to me. The Spiritual Practice of Good Actions by Greg Marcus contains wonderful examples through stories pertaining to the changes that evolved Greg Marcus' life as well as the others Greg Marcus coached. Greg Marcus shares personal journal entries and recommends the reader give it a trial run for a couple weeks to see for themselves.

A very interesting and enlightening book even if you don't consider yourself "spiritual." If you are seriously seeking a way to be a better person I highly recommend this book. I kept reading and reading. According to the author, Mussar "is a practice that gives concrete instruction and guidelines to help you live a meaningful and ethical life." Mussar "teaches how to find those things inside that

cause us to get in the same situation over and over again, and it provides guidance for how we can begin to make changes in our lives to help bring healing to the soul through greater balance" within a person's 13 character traits(ie; humility and patience). At first I thought this might be kind of hokey, but I just couldn't put the book down. There are some really, really good ideas and practices described in detail. This is the kind of book that a reader takes away as much or as little as they want. If you want to scan the book for basics go for it. But if you truly want to improve yourself there are detailed chapters for each of the 13 character traits with exercises that you can do to help you become a better person. This is a book that I can see myself referencing over and over as time goes by.

I guess you could say that I am going through a spiritual reformation. The past year or so of my life has turned me topsy turvy. While I can't afford to awaken my spirit "Eat, Pray, Love" style, I can take a personal journey and feed my spirit. That is where this book comes into play. One might find it odd for your consummate Catholic woman to turn to the Jewish process of Mussar, but I find that this practice and this book transcends religion. It is truly a deep dive into one's spirit. Unlike other methods or "practices" that I have encountered, the author takes us through an exploration of the character traits slowly giving time to develop and get the most out of the practice. That does not mean that this book is a slow read. Quite the opposite, I found myself wanting to know what was next. I recommend this to anyone that needs to get in touch with their spirit. Remember, it is called a practice for a reason... you have to keep at it.

When I first started reading this book, I became worried that I would have to be Jewish to understand the terms and practices Greg Marcus presents. This was fear quickly resolved itself, and I really enjoyed reading and applying the Mussar method to my daily life. I am not Jewish, but consider myself religious. However, I found his soul traits universally good, and not dependent on any religion. Who doesn't want to have a greater understanding and character development of humility, patience or enthusiasm? Marcus emphasizes that each one of these should be focused on for two weeks, and I am currently working on trait number two, patience (there are thirteen). It's been interesting to see my journal entries and things I notice I'm doing differently during the day. I'm looking forward to making this routine part of my daily life (meditation, mindful action and journaling). This is a great book, and I'm so glad I found it!

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