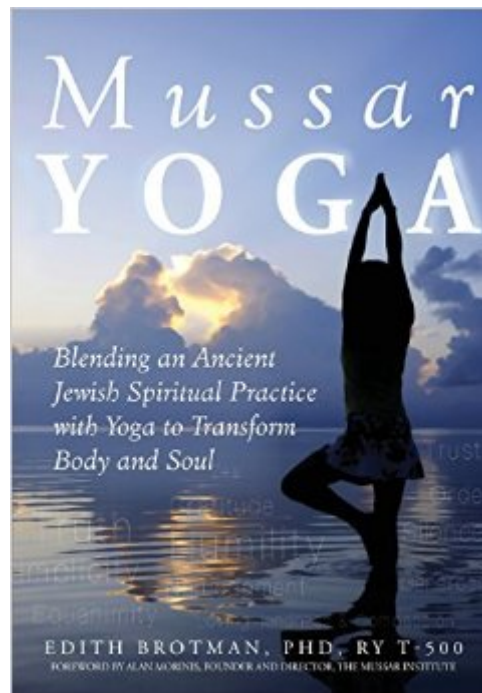


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# Mussar Yoga: Blending An Ancient Jewish Spiritual Practice With Yoga To Transform Body And Soul



## Synopsis

An accessible introduction to an embodied spiritual practice for anyone seeking profound and lasting self-transformation. "Mussar practice aims to help us become more whole in our lives. It is focused on helping us move from partialness or even brokenness toward wholeness. Yoga embodies a similar concept.... By marrying Mussar practice and yoga practice, this book opens a new pathway to developing greater wholeness.... The wholeness that comes of our efforts in turn affects both body and soul, and we experience the fruit of our efforts in the form of inner peace." —from the Foreword

In this clear and easy-to-use introduction to Mussar Yoga — a blending of Jewish and Eastern spiritual practices — you will learn how to explore the physical dimension of ethical behaviors and attitudes such as humility, generosity, enthusiasm and gratitude through yoga poses and the yogic practice of breath work. Intended for the novice as well as the yoga expert, and for people of all faiths, each exercise is accompanied by step-by-step instructions, helpful photographs, mantras and journaling exercises. With practice, Mussar Yoga can help free you from bad habits and self-destructive behavior, increase your capacity for compassion and acts of goodness, and help you develop a more fulfilling, meaningful life.

## Book Information

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## Customer Reviews

Edith Brotman's book incorporates the best teachings of the Jewish Mussar Movement with Yoga to develop, change, and improve its user's body, feelings, and relationships. Brotman explains how Mussar and Yoga grew out of larger quite old traditional systems. Both are designed to improve thinking and behavior, human growth and interrelationships. Brotman points out that

despite Mussar and Yoga's religious antecedents, its values have been recognized by people of all religions, even atheists. Benjamin Franklin, for example, proposed a system of self improvement that incorporates the teachings of the two systems. He suggested that people should train themselves to absorb thirteen virtues for one week, focusing on one virtue each week for thirteen weeks, and then repeat the thirteen weeks again four times during the year, to fill the 52 yearly cycle. He guaranteed improvement in how people feel about themselves and how they relate to others. Brotman uses this thirteen week cycle system in her combined Mussar and Yoga exercises. She devotes a chapter to each of the thirteen virtues: Truth, Courage, Humility, Order, Nonjudgment, Zeal, Simplicity, Equanimity, Generosity, Silence, Gratitude, Loving Kindness and Compassion, and Trust. As should be obvious, every reasonable person would like to have each of these virtues. She begins her book with nine pages explaining Mussar and Yoga and telling readers how to practice her system of Mussar Yoga. This chapter is followed, as every chapter, with seven pages of pictures and detailed descriptions of Yoga poses. She follows this general introduction with thirteen chapters devoted to each of the thirteen virtues, giving a wealth of information. For example, chapter 1 focuses on Truth with seven pages of explanations followed by four pages of Yoga poses. As in all the chapters, she begins her discussion by citing quotes from Mussar and Yoga sources. She gives the Hebrew word for truth, *emet*, and its Sanskrit equivalent, *satya*. She cites sources explaining how the two traditions understood truth and the value of truth. She follows this with discussions on "Why we lie," "To thy own self be true," and "Six Guidelines" that help people tell the truth even under difficult situation. This is followed, as is done in each chapter, with mantras. In this chapter: "May I be free from falsehood" and "Wise people want the truth even more than they want to be right." Three poses are then described with pictures followed by a page of questions that readers should think about.

I was given this book as a gift and what a gift it was! First, I have to say that I am not Jewish or even religious; however, I am very spiritual. Dr. Brotman wisely combines the physical being on the spiritual journey. This book touched my spiritual life on so many levels while bringing my body along for the ride. This book facilitates a mind-body transformation unlike anything I have seen before. The book is easy to read, the instructions are very clear, and it is in no way preachy. Dr. Brotman's book is clearly a labor of love and you can sense a sincere devotion to helping people with a mind-body transformation with real results. Don't hesitate to buy this book; you won't be sorry.

I was hoping this might get me to stretch more as well as work on mussar. The poses are not conducive to someone not currently in decent shape. It would have been lovely if the author had made sure each middar had an asana that could work for beginners or at least an adaptation for those of us not particularly flexible or strong. That said, I found a lot about the text that was helpful. Maybe I'll give the poses another try.

I have had the pleasure of meeting and taking some of the author's yoga classes and she is the real deal! She continues to inspire me everyday through her words and through this book! So very thankful! I highly recommend.

Fantastic book for anyone and everyone. I love the way the content is organized and laid out. And even more, how it spells out how to incorporate everything your learning not just intellectually & emotionally, but physically and in everyday life too. Edith artfully & seamlessly weaves two ancient wisdoms with everyday life . A must read if you are looking for a perfect recipe to blend old and new, time tested truths to better your life.

I've been practicing yoga for about five years and really appreciate how it helps me stay conditioned for my running and swimming. Yoga also has a spiritual side and I was excited to see that Mussar Yoga skillfully connects the spirituality of Judaism and yoga.

This book is my bedside reading. Great things to read before sleep and an awesome way to start my day. Wonderful book Edith Brotman.

Fabulous book for blending the study of your inner self and outer self through yoga!

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