

The Art of Tikkun HaMiddos

1. Potential and actual self, the next step in closing that gap
2. Middos primary realm to do this (*even shelaima*)
 - a. *How we relate to others and Hashem*
3. Systems
 - a. R Salanter
 - b. Vilna Goan
 - c. Ramchal
 - d. Orchos Tzaddikim
 - e. Mussar sefer; through Hashem's middos
 - i. Inter-inclusions
4. והלכת בדרכיו
 - a. Tomer Devorah – לעליון אדמה –
 - i. Honey- one heart, all for the master, gematria, only died because of the tree
 - ii. So totally more than anything out there for character development
 1. Bypassing the guards, true mussar, going to the spir core of it
 2. Place of mire; psychology; human nature
 - a. Emulate divine means we emulate Divine nature
 - b. (what when humanly impossible?)
 - i. Pray for s"ד
 - ii. Remove as much of challenge as possible
 - iii. When you've accessed self you can enter and transform)
 3. You can't do this, YOU can.
 - b. 13 aspects of Hashem's essence
 - i. Showed to Moshe
 - ii. Rashi – can evoke them in prayer
 - iii. 13 channels that flow from Keter
 1. Superconscious to conscious
 2. Hashem's פנים – core
 - a. Good
 - b. Rachamim – chessed + din
 3. Yom Kippur is a shower of these lights
 5. The Middos – 13 ways to see Hashem's essence, garments.