

Teshuvah & Tikkun Middot

Teshuvah invites us to return to our most essential selves. Our task is to discover the unique nature of each of our souls and, in our lifetime, to manifest our truth in the world. Of course, **Teshuvah** is an everyday affair, but Jewish tradition sets aside time to focus on this process. The **Yamim Noraim**, (Days of Awe, or High Holy Days) are designed to inspire us to engage in **Cheshbon Hanefesh** (spiritual evaluation) and to make **Tikkun** (reparation) in our hearts, families, workplaces, communities and world.

The first step is recognizing how we have lost our way, where we have become disconnected. Where and with whom we have acted from pride, anger, fear or distrust. To admit these mistakes requires great honesty and humility.

The next step is to realign our inner and outer selves. **Tshuvah** calls us to return and heal our interpersonal misunderstandings and missteps. To successfully face that work, we must have our inner workings running smoothly. Judaism offers us a technology of self-improvement: **Tikkun Middot** (repair through attunement of personality traits).

Self-refinement requires dedication and a toolbox. The practice of **Tikkun Middot** is key to the process of **Tshuvah**. Through the cultivation of positive soul traits like compassion, trust, generosity, forgiveness and honesty, we come into balance, awareness, sensitivity and strength. When we cultivate **Chochmat HaLev** (the wisdom of the heart), and face our challenges with grace, good humor, and acceptance, we create an open channel for the sacred to infuse even the most profane moments. And this allows us all to serve with joy!

The AI Chet Card - attached

The attached card is an opportunity for you to name and acknowledge misdeeds from the past year, as well as to name what still needs healing within you.

Please fill out a card and drop it in the basket on Yom Kippur. These anonymous cards will be read several times during the Yom Kippur services. These are always very moving moments of sharing our collective transgressions. The cards will be burned sacredly after Yom Kippur.



Days of Awe Al Het Card

To be read on Yom Kippur (no names please), and symbolically burned afterwards.
Please complete the card, and place it in the basket on Erev Yom Kippur.

- Misdeed I have committed against *myself*:

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- Misdeed I have committed against *others* (humans, other creatures):

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- Misdeed I have committed against *God*:
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