***Kavod Practices***

*Torah Learning:*

Aley Shur II, Rabbi Shlomo Wolbe, p. 225-237

Everyday Holiness, Dr. Alan Morinis, chapter 13

*Focus phrases*

Suggested phrases:

*“…Kavod is external behavior mandated by and appropriate to a reality of inner holiness.*

R. Shlomo Wolbe

אֵיזֶהוּ מְכֻבָּד, הַמְכַבֵּד אֶת הַבְּרִיּוֹת

[Ben Zoma said]: Who is honorable? One who honors all others. Pirkei Avot 4:1

אַל תְּהִי בָז לְכָל אָדָם, וְאַל תְּהִי מַפְלִיג לְכָל דָּבָר, שֶׁאֵין לְךָ אָדָם שֶׁאֵין לוֹ שָׁעָה וְאֵין לְךָ דָבָר שֶׁאֵין לוֹ מָקוֹם:

He (Ben Azzai) used to say: Do not be scornful of any person and do not be disdainful of anything, for you have no person without his hour and no thing without its place.” Pirkei Avot 4:3

*Kabbalot (Choose one):*

Choose one 30 minute period during the day and during that time do whatever you can to honor anyone who comes your way.

Do one thing each day that demonstrates *Kavod* for yourself.

*Cheshbon HaNefesh (Journaling or Hitbodedut):*

What good points did you notice in yourself or others?

Was it hard or easy to notice these points?

How did you honor others? What was it like practicing this *kabbalah*?

In what ways do you seek praise and recognition?

How are your efforts to seek praise and recognition rational or irrational?

*Sichat Chaverim Chevruta:*

Schedule a weekly 20-30 minute check-in between *va’ad* sessions.