

Additional Resources for  
*Changing the World from the Inside Out*  
by Rabbi David Jaffe

PRACTICE: ***Savlanut/Patience***

***Jewish Wisdom about Savlanut***

*Everyday Holiness*, Dr. Alan Morinis, chapter 7

*Gateway to Happiness*, Rabbi Zelig Pliskin, chapter 11

*Advice*, Rabbi Natan of Breslov, Translated by Rabbi Avraham Greenbaum, pgs. 128-130,  
Breslov Research Institute

***Focus Phrases***

Choose a phrase to repeat out loud for a minute or two each morning. You can adapt the phrases to your own language. Write the phrase on an index card and put it somewhere you will see it each morning. Some people tape the card to their car dashboard or computer.

ימתיק הכעס ברחמנות.

"Sweeten anger with compassion" - R. Nachman of Breslov, Advice

וכן היותו נעלב...ועם כל זה לא יאסוף טובתו מן המקבל

"No matter how insulted I feel I will not withhold my goodness from you" - R. Moshe Cordavero, The Date Palm of Devorah

נשא בעל עם חברו

"I will bear the burden with you" - Mishna Avot, 6

יהא בעיניך כעובד עבודה זרה...המקרע בגדיו בחמתו

"One who is angry is like an idol worshiper" - Babylonian Talmud Avodah Zarah

## ***Guided Meditation***

This is best done with a group or at least a partner. Have one person read the meditation while the others follow the instructions read by the leader.

Find a comfortable place to sit or lie down.

Feel the weight of your body against the chair or ground.

Rest your hands on your lap or at your sides.

Gently let your eyelids close.

Take three deep breaths, inhaling through your nose and exhaling through your mouth.

Bring into your mind a person whose behavior triggers in you an anger response.

Let yourself notice his or her facial expression and body language.

Imagine this person doing the type of activity that triggers you.

Feel your reaction in your chest, stomach or anywhere else that gets tense.

Keep inhaling and exhaling as you notice the quality of these feelings.

What do the feelings look like? Where do you notice them in your body?

Let your body react to these feelings - this can include yawning or shaking.

Now say in your mind, "I will not withhold my goodness from you," "I will not withhold my goodness from you."

Let yourself feel the reaction in your chest and elsewhere from being triggered and again think, "I will not withhold my goodness from you."

Imagine opening your heart to this person.

Feel your heart open and imagine goodness and love flowing from your heart to this person.

Keep inhaling and exhaling slowly through the nose as you imagine your goodness flowing to this person.

Bring your attention back to your heart, chest or anywhere there was tension.

What is the quality of this tension now?

Take three more big inhales and exhales.

Slowly open your eyes.

Allow time for quiet journaling or reflection about what came up during the meditation.

## ***Visualization***

This exercise can be done individually or with a group. If a group, choose one person to read the description once through.

Choose an image of something that angers you and motivates you to work for social change.

This can include a childhood neighborhood that lacked a supermarket, a child with disabilities being mistreated, a friend or relative hurt by violence.

Visualize the image with all of its details.

Let your mind fill in details and keep your attention on the image.

Notice your feelings as you see the image.

If your mind wanders keep bring your attention gently back to the image.

What would it mean to you to sweeten this image with compassion?

Keep the image in your field of vision and bring compassion to the image.

How might bringing compassion to your anger open creative ways of channeling this anger?

## ***Contemplation***

This exercise can be done individually or with a group. If a group, choose one person to read the description once through.

Choose a social change effort you care about

What would success look like in this effort? For example, reversing climate change, ending racism or resolving the Arab-Israeli conflict.

Contemplate the idea that this effort will ultimately succeed.

It may take decades or centuries, but it will succeed.

For the duration of the contemplation keep bringing your attention back to this idea that over time you will succeed.

### ***Kabbalot***

The kabbalot are designed to do individually. If you are using this book with a group give people a few minutes to choose a kabbalah and close the session with people sharing which kabbalah they are going to practice until the next meeting.

Choose a person who bothers you and decide to stay connected by feeling or expressing love in his or her direction at least once each day.

Apply a long-range perspective to a project or social change effort in a planning or strategy conversation.

### ***Cheshbon Hanefesh***

Set aside five to ten minutes at some point in the day to either journal or do the hitbodedut practice answering these questions.

What is a choice point you experienced today on the continuum of anger and patience?

What is a good point about how you or someone expressed savlanut today?

In what ways did you notice anger and patience being used effectively or ineffectively in a social change effort?

How is your savlanut aligned or not with your understanding at this moment of God's will for you or what the universe is calling for from you right now?

How is your level of savlanut expressing or working against your own deep desire/will?

### ***Sichat Chaverim***

1. Trade turns listening to each other for 2 minutes talking about a good point from the day and anything else the speaker wants to get off his or her chest

2. Journal quietly for five minutes about the Cheshbon Hanefesh questions

3. Trade turns listening to each other for 10 minutes talk about the experience with the focus phrase, kabbalot, Cheshbon Hanefesh, meditation, visualization and contemplation. Then discuss any insights or challenges with Savlanut and anger that came up during the week. End with a commitment for practice for the next week.