

## ***MIDDOT for PRAYERFUL CONVERSATION***

Rabbi Nancy Fuchs Kreimer Kehillat Israel, Pacific Palisades, CA

*Conversation is a form of Prayer—Rabbi Jonathan Sacks*

### **Gratitude *Hakarat ha Tov***

*Notice and acknowledge the good. Ground yourself in gratitude*

### **Equanimity *Menuhat Ha Nefesh***

*Remain calm in the midst of a storm. This is a virtue that is often lost in an instant, but you can practice recovering more quickly.*

### **Honor *Kavod***

*Honor God by honoring the godly in the person before you .*

### **Humility *Anava***

*Taking up the right amount of space—not too much or too little. Ask yourself as many times as possible: Are you sure? Listen as passionately as we want to be listened to. Speak your truth with “I statements,” not mountain-top declarations*

### **Watchfulness *Zehirut***

*The discussion should not be fast and furious. Relax. Slow down. Pause. Breathe. Pay Attention.*

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### **Awe *Yirah***

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*When the going gets rough, turn to wonder Turn from reaction and judgment to awe and wonder: “I wonder why they feel/think this way?” “I wonder what pushed my buttons in what they just said?” “Is there a story from your life that helps explain why you feel or believe what you do?”*

### **Patience *Savlanut***

*Bear the burden of the situation. Plan for brave space, not space space. Expect it to be messy. Resist fixing, saving, advising, or correcting each other.*

### **Trust *Bitahon***

*One of the most important ingredients of brave space is a high level of trust and confidence that what we say will not be passed on to others without our permission.*