

what am i thinking?

the running flow of thoughts stands still

one thought of holiness the eternal gd is truth

כשוא יא הט

לוצרט אפטרט
ודטט ויזוכטוטו

טשוולז
לז טטא טכטוט

טטא סולזא " "

be still a little while and ask yourself

slowly, slowly the mind begins to empty

when there is quiet, think

for example, the verse

השקטה

resources

sing

gently ask gd for help with

1. original teaching from the Eish Kodesh, the Piaseczno: **on the subject of quieting** in Derekh haMelekh (https://www.sefaria.org/Derekh_HaMelekh)
2. english translation (<https://www.neshima.co/post/original-hashkata-testimony>)
3. guidance, tune for the final step, and more (<https://www.miraneshama.com/post/hashkata-meditation>)

הורני " דרכך אהלך באמתך יחד
לבבי ליראה שמך

horeini hashem darkekha ahaleikh
ba'amitekha yakheid l'avai l'yirah
sh'mekha

show me your way, hashem, i shall walk in your truth. unify my heart in awe of your name.

quieting

a practice of the holy fire

מדה שהוא צריך
להתתקן

any character trait you need to repair