

resources

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>)

השקטה

quieting

a practice of
the holy fire

be still a little while
and ask yourself

מה אני חושב

what am i thinking?

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

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

sing

הורני יי דרכך אהלך
באמתך יחד לבבי
ליראה שמך

slowly, slowly the
mind begins to empty

ומחשבותיו עמדו
משטפן הרגיל

the running flow of
thoughts stands still

also, it is possible
to quiet

בהבטה על שעון על
המחוג הקטן

by looking at a clock,
at the small hand

in asking for help, be

באופן קל מאוד
רק באופן חיובי

very gentle
only positive

ask gd for help with

or, others teach

מדה שהוא צריך
להתתקן

להסתכל על נפשך

any character trait you need to repair

to observe your breath,
going in and out

in emptiness, think

for example, the verse

מחשבה אחת של
קדושה

”אלקים אמת

one thought of holiness the eternal gd is truth