

השקטה

quieting

a practice of
the holy fire

be still a little while
and ask yourself

מה אני חושב

what am i thinking?

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

or, others teach

להסתכל על נפשך

to observe your breath,
going in and out

in emptiness, think

מחשבה אחת של
קדושה

one thought of holiness

for example, the verse

י"י אלקים אמת

the eternal gd is truth

ask gd for help with

מדה שהוא צריך
להתקן

any character trait you
need to repair

in asking for help, be

באופן קל מאוד
רק באופן חיובי

very gentle
only positive

sing

הורני יי דרכך אהלך
באמתך יחד לבבי
ליראה שמך

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.

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>)