

BEING MINDFUL IN A MINDBENDING WORLD

Temple Kol Ami October 15, 2017

Step 1 - Tzom Sh'tikah - Fast of Silence

a.k.a. Unplugging

The Medieval Kabbalists introduced what they called a *Tzom Sh'tikah*, a fast of silence. We ordinarily think of a fast as a time of abstaining from food, like we do on Yom Kippur. In a *Tzom Sh'tikah*, people refrain from not from eating, but from speaking.

Step 2 - Living Shma - Active Listening

a.k.a Start Listening, Stop Waiting to Talk

King Solomon wrote, *'As the waters reflect the face [that peers into them] so does the heart reflect the heart.'*
- Proverbs 27:19

Waters only reflect the face when they are clear and transparent. When they are murky, they don't reflect at all. The same is true of us. When we become transparent, free of ourselves, our interlocutor feels completely at home in our presence. They look into our face and see a reflection of themselves. They find empathy and understanding, nearly as if they see themselves staring back at them. In other words, active listening means to turn yourself into a mirror. - Avram Davis- *The Way of the Flame*

Step 3 Hitbodedut- Inner directed Silence

a.k.a Meditation

"When are you living, tell me?" You live when you have those rare moments quiet. It's important to be able to be silent. It's important to let thoughts go in. Because when you are quiet a lot of things that will come into your mind will come not from your mind but *min ha'shamayim* [from heaven]. You grow from that. You become a different person from that.

Rabbi Perr, Far Rockaway New York, on why he built a seemingly inaccessible little room right atop the flat atop the flat roof of his yeshiva. - Alan Moranis, *Everyday Holiness, The Jewish Spiritual Path of Mussar*

Step 4 Hitpallelut Personal Practical Prayers

a.k.a. Pray for a Parking Space

You must pour out your thoughts and troubles to God like a child complaining and pestering his father. You must pray for everything. If your garment is torn and must be replaced, pray to God for a new one. Make it a habit to pray for all your needs, large or small and especially for fundamentals; that God should help you attach yourself to him. You can meditate in thought, but the most important this is to express your thoughts in speech. -Rabbi Nachman of Breslov (April 4, 1772 – October 16, 1810), was the founder of the *Breslov Hasidic* movement and the great-grandson of the *Baal Shem Tov*

Step 5 Mussar Vaadim Ongoing Character

Developments a.k.a- Building your Board of Directors

A child speaks in the marketplace, the way he heard his parents speaking at home.- Talmud.

However, in practice we sometimes try to build into our children and students behavioral routines that we personally have not yet mastered. We insist that our children get proper sleep, even though we scrape by on far less than we need. We insist that they eat properly, even though we survive on coffee and donuts. We insist that they control their anger, even though we sometimes show rage. In short, we find it easier to work on our children than on ourselves. – Rabbi Lawrence Kelemen, *"Raising a Mensch" from The Good Parent*

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Step 1 - Tzom Sh'tikah - Fast of Silence
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What will be my schedule for Unplugging (Time, Date, Frequency)

Step 2 – Living Shma - Active Listening
a.k.a Start Listening Stop Waiting to Talk

Who will I practice Active Listening with?

Step 3 Hitbodedut- Inner directed Silence
a.k.a Meditation

What will be my schedule for Meditation (Time, Date, Frequency)

Step 4 Hitpallelut Personal Practical Prayers
a.k.a. Pray for a Parking Space

What are places I can pray for 90 Seconds?

Step 5 Mussar Vaadim Ongoing Character
Developments a.k.a- Building your Board of Directors

Who will comprise my Board of Directors?