

**The Jewish Path to Mindfulness:
Creating Spaciousness Amidst Immense Constriction**

Shtikah/Silence

“Likewise, every disturbance, whether resolved or not, is making space for an inner engagement. As a shovel digs up and displaces earth, in a way that must seem violent to the earth, an interior space is revealed for the digging. In just this way, when experience opens us, it often feels violent and the urge, quite naturally, is to refill that opening, to make it the way it was. But every experience excavates a depth, which reveals its wisdom once opened to air.”

– Mark Nepo, *Seven Thousand Ways to Listen: Staying Close to What Is Sacred*

Lack of Helpful Speech

Silence

Hurtful Speech



Silence is a protective fence for wisdom. Therefore, one should not be hasty in answering, and one should not speak excessively.

~Maimonides (12/c)

“Before you open your mouth, be silent and reflect: ‘What benefit will my speech bring me or others?’

~Rabbi Menachem Leffin (18/c)

In seeking wisdom,
the first step is silence,
the second listening,
the third remembering,
the fourth practicing,
the fifth teaching others.

~Rabbi Shlomo Ibn Gabirol (11/c)