

Morning Mindfulness & Gratitude: Silence & Groaning

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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 (ca. 11th C, Cordoba)

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<p>שחר אֲבַקֶּשׁ צוּרִי וּמִשְׁגָּבִי אֶעֱרֹד לִפְנֵי שַׁחְרִי וְגַם עֶרְבִי לִפְנֵי גְדֻלַּת אֲעֻמַּד וְאֶבְהַל כִּי עֵינֶיךָ תִּרְאֶה כָּל מַחְשְׁבוֹת לִבִּי מָה זֶה אֲשֶׁר יוּכַל הַלֵּב וְהַלְשׁוֹן לַעֲשׂוֹת וּמָה כֹּחַ רוּחִי בְּתוֹן קִרְבִּי הֲגַה לְךָ תִּיטֵב זְמַרְת אֲנוּשׁ עַל כֵּן אוֹדֶךָ בְּעוֹד תְּהִיָּה נִשְׁמַת אֱלֹהִים בִּי</p>	<p>At dawn I seek you, my refuge, my haven; morning and evening, to You I pray, though facing your greatness, I am awed and confused, for You know already what I would think and say. What might in thought and speech can there be? What power the spirit within me? Yet, You treasure the sound of human song; and so would I thank You, as long as Your soul is in me.</p>
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Rabbi Shlomo ibn Gabirol

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See how precious is the sigh and groan (the *kerekhtz*) of a person.
It provides wholeness in place of the lack.
For through the breath, which is the *ruach*-of-life, the world was created.

As is written "... and by the *ruach* of God's mouth,
the entire heaven's hosts were created" (Psalms 33:6).
The renewal of the world will also come about by means of the *ruach*,
as in "You will send Your *ruach* — all will be created;
You renew the face of the earth" (Psalms 104:30).

Rebbe Nachman of Bratslav, *Likutei Moharan* 8:1:2