

The Sounds of Silence

Revealing Ourselves Through Concealment
and a Lovesickness Beyond Words.

Reb Joey Rosenfeld

The descent into the hazy shade of winter

Tishrei / The Exuberance

The noise, excitement, and immense spiritual exertion of the High Holy Days. The self is entirely expressed.

Cheshvan / The Stillness

The period of spiritual hibernation where formal expression ceases.

The lips are quivering and murmuring from the remainder of all of those words... they are still trying to convey something, but no longer know exactly what needs to be conveyed.

Reb Simcha Bunim of Peshischa (Merachashin)

The anatomy of a surrounding light



Defining the nature of the quiet

Violent Muteness

Generative Stillness

Source	Imposed from the outside	Cultivated from the inside
Feeling	Victimhood and erasure	Confident grace (<i>nachas</i>)
Action	Being told your voice is unimportant	A deliberate softening of the ego
Result	The complete absence of expression	<i>Kol demamah dakah</i> (The sounds of silence; an expression by way of silence)

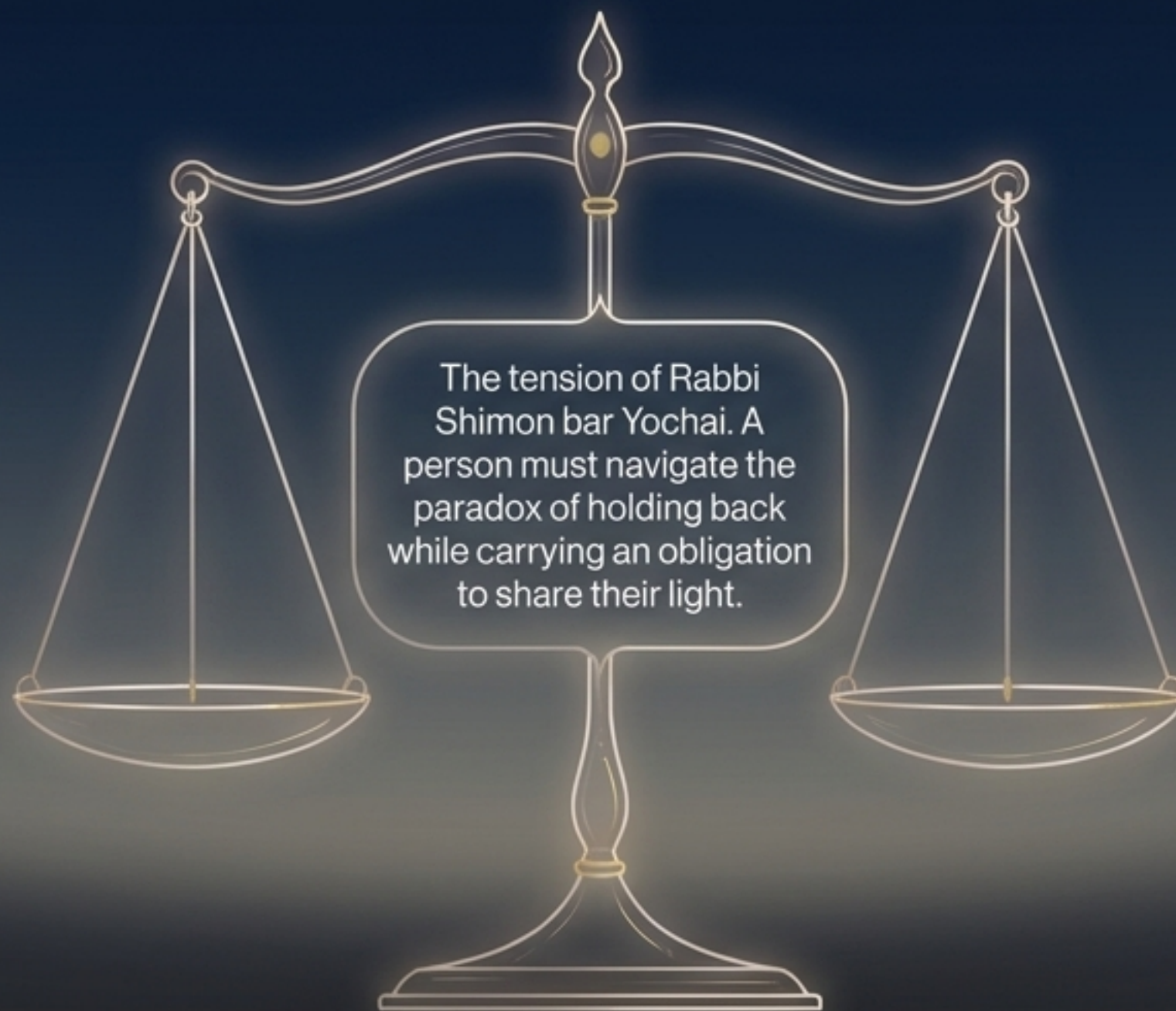
The soul is never truly silent; existence perpetually cries out. The goal is not muteness, but a new form of communication.

The ambivalence of revelation

The Pull of Humility

Vai igalina (Woe to me if I reveal).

Retreating into the inward humility of the self, knowing one has absolutely nothing of their own to offer.



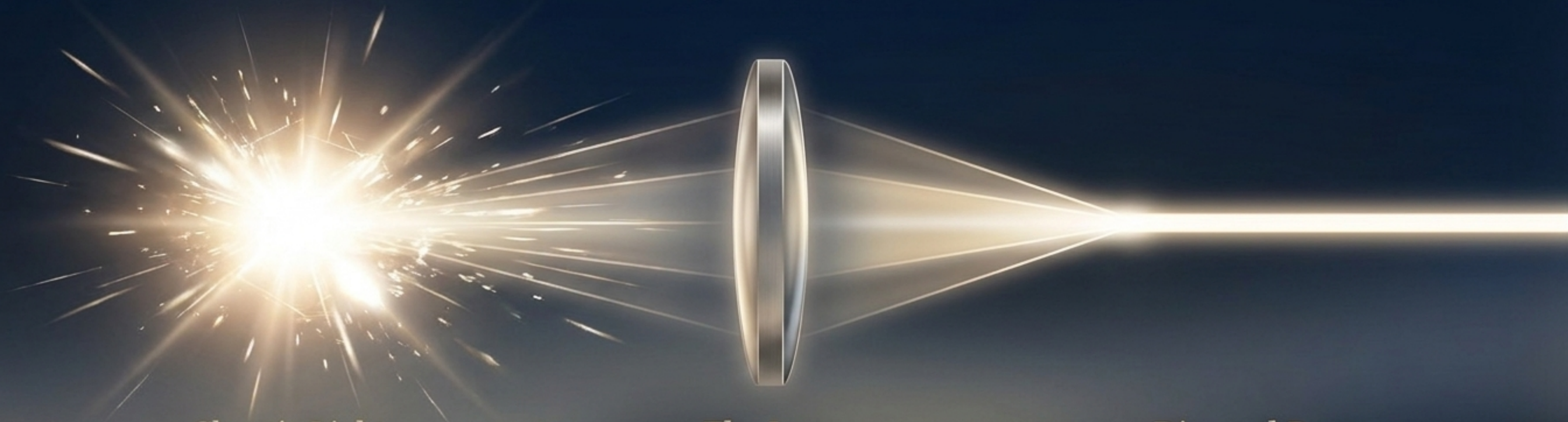
The tension of Rabbi Shimon bar Yochai. A person must navigate the paradox of holding back while carrying an obligation to share their light.

The Duty of Mission

Vai iloi igalina (Woe to me if I do not reveal).

The command to open the mouth (*P'sach picha v'yairu devarecha*) and allow one's subjective orientation to illuminate reality.

Modesty is not the hiding of light



Chaotic Light

The forceful impulse of the ego
(*Ana emloch* - Let me rule). A blinding
intensity that overwhelms reality.

The Lens

Tznius (Modesty).
The Vilna Gaon's secret of the *Sifra D'Tzni'usa*.
A softening and a covering over.

Directed Beam

The revelation of something by way
of concealment. Without the filter of
silence, the light is unreadable.

Left to exilic devices, concealment hides what must be revealed. Through the redemptive lens,
concealment is the exact vessel that allows the light to take its proper form.

The expression of absence



The Blueprint

Existence was instantiated by way of the Tzimtzum (divine contraction).

The Lesson

Tzimtzum is not the removal of divine light; it is the revelation of divine light through silence itself.

**Silence is not the absence of expression;
it is the expression of absence.**

The Original Silence

The Ohr Ein Sof (Infinite Light) saturated all existence with a voice so loud nothing else could emerge. God had to silence Himself to create the world.

Quieting the noise of Rome

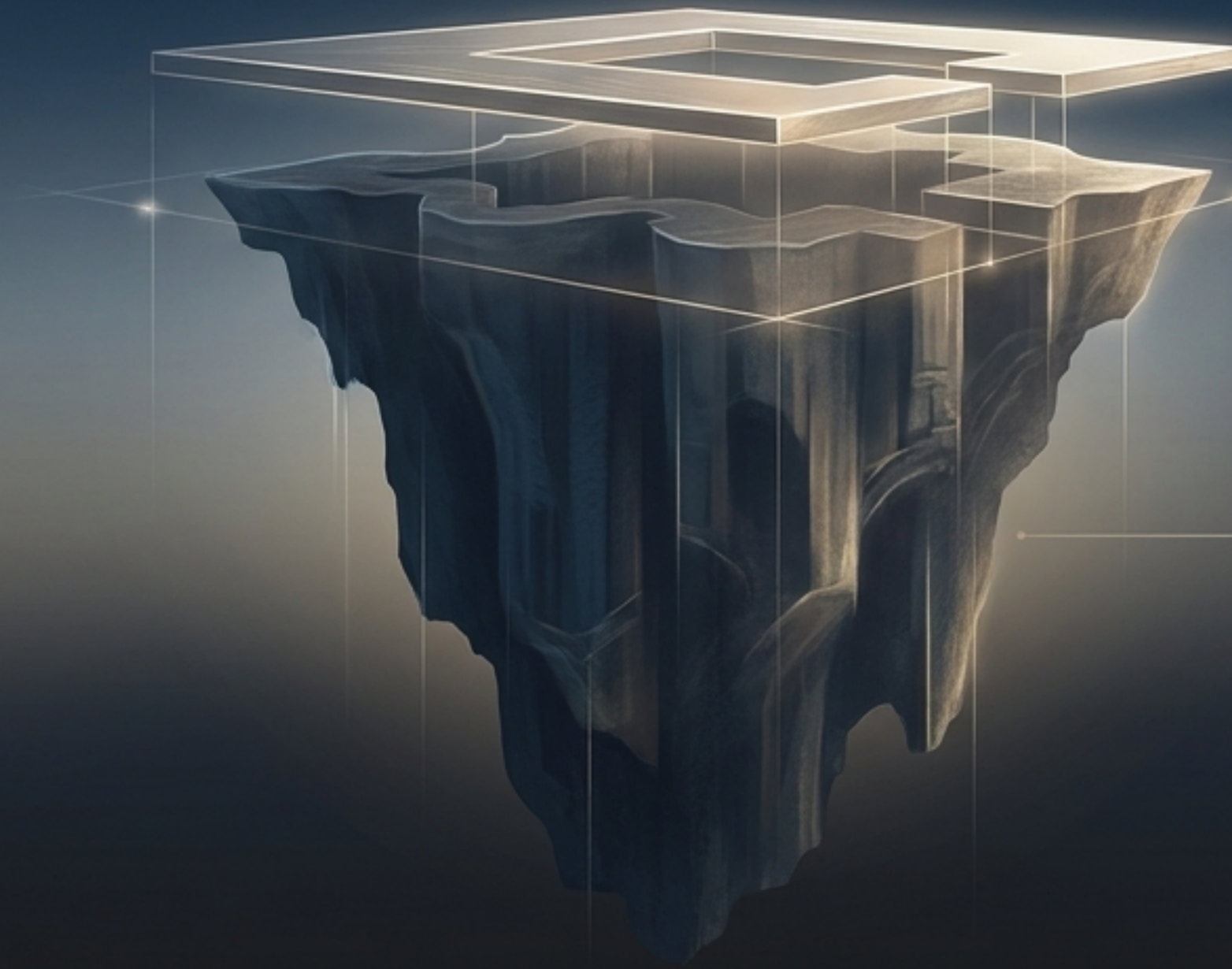
Kol Hamonah shel Romi

The deafening noise of egotistical intensity.
The dopamine-infused desire to constantly feel
affirmation and silence every other voice.

The Unfelt Pleasure

True spirituality is subtle (dak sheb'dak). To
be a vessel for infinite light, one must reduce
the volume of their own subjective orientation
and walk confidently in the silence of
themselves.

Retrieving the Nekudas Hakesef



The Surface Layer (The Said)

Consonants. The physical speech, the specific words, the intellectual container.

The Submerged Layer (The Unsaid)

Vowels (Nekudos). The intentionality, the directionality, the burning yearning beneath the language (Nekudas Hakesef).

Endless expression through language alone eventually silences the yearning at its core, turning language into a mere tool.
The true work is retrieving the unspoken immensity hidden beneath whatever is conveyed.

The burning desire of the unsaid



- When we soften our convictions and stop releasing tension through constant speech, the waters of the soul begin to boil.
- This generates *Cholas Ahavah* — a profound lovesickness and pining for a revelation that is not yet present.
- In a deep relationship of love, words are too weak. The only way to convey this immensity is through the *remez* (the hint).

Dai l'chakima b'remiza.

For the wise one, a hint is enough. Only those on the outside need to hear all the words.

The secret of preparation

When the celestial voice called out to Rabbi Shimon, it deliberately dropped his titles. It called him only Shimon.

When his identity, his noise, and his worldly praise were silenced, he realized he was entering a state of latency.

RABBI SHIMON BAR YOCHAI
RABBI SHIMON
SHIMON

The Insight

Prior to the revelation of an unfathomable light, there must always be a pulsation of silence and concealment. The ego must be stripped away.

Rebbe Nachman's ladder of understanding



Step 1: Shtok (Be Still)

Not a violent command to shut up or an imposition of victimhood. It is the command to soften the self, to become humble enough to get out of the way of revelation.

Step 2: Kach alah b'machashavah (Ascend into thought)

Only from the platform of stillness can the mind ascend to taste the light of bittul (nullification), allowing the infinite to leave a trace of understanding in the finite vessel of the mind.

The practice of Hashkatah



The Mittler Rebbe

Famous for walking around whispering 'Sha, sha' to himself before teaching. He wasn't quieting the crowd; he was stilling his own inner noise so the words of the Divine could bleed through.

The Piaseczner Rebbe

Taught the specific methodology of Hashkatah — deliberately silencing the inner rumination of the mind.

Core Principle: It is not the outer world that must be silenced, but the unbearable, egomaniacal need to express ourselves at the expense of others.

Shtikah k'hoda'ah: Silence births the light



Tishrei

The blinding light of day.
Exuberance, speech, noise.

Kislev (Chanukah)

The hidden light (*hoda'ah*).
The song of concealment
(*HaNeiros Halalu*), emerging
only in the dead of night.

Cheshvan

The descent into silence (*shtikah*).
The latency, the hibernation,
the quivering lips.

Takeaway: We cannot reach the hidden, miraculous light of the Chanukah candles without first traversing the pregnant silence of Cheshvan.



L'cha dumiya tehillah

To You, silence is praise.

Sometimes, there is too much to say to the Divine, and the only vehicle vast enough to carry that immensity is nothing at all. Silence is not the absence of the song; it is the deepest part of the music.