

Fascinating INSIGHTS

יז' סיון תשפ"ה
June 13, 2025

פרשת בהעלותך
13th year, edition 580

I am excited to announce that the newly released book "Astounding Torah Insights about the Human Body" is now available (as a paperback, hardcover and digitized version) for purchase and delivery on Amazon at <https://www.amazon.com/dp/B0F6TRBKF1> or by sending a WhatsApp to +972 54 849 5217. Alternatively, you can call 054 849 5217 (Israel) or 917 732 2371 (United States) or send an email to yalt3285@gmail.com.

Some of the questions discussed in this book are the following.

What is the significance of the lashon hakodesh names for various body parts?

Where does the Torah hint to different ways of breathing?

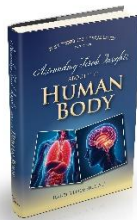
What is the spiritual connection of the esophagus and trachea located in the neck?

Where in the Torah do we find handshakes mentioned?

What is the Torah's perspective on healthy eating and exercise?

This insightful book explores these questions and many more, offering profound insights. More than 70 meticulously crafted essays are included, illuminating the Torah's approach to the human body. With this indispensable guide, readers are empowered to achieve a richer understanding of these essential topics.

It makes a great gift for parents, siblings, friends, relatives, neighbors, business associates, acquaintances and learning partners. Purchase it at <https://amzn.to/3eyh5xP>. And please spread the word about it!



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The weekly Fascinating Insights sheet is also available in FRENCH, HEBREW and YIDDISH. To view or download them in these languages, send an email to yalt3285@gmail.com or visit <https://bit.ly/3FJ8uEc>.

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For audio or video of the latest fascinating short Torah thoughts by Rabbi Alt, visit <https://batorah.com/speakers/2055> or Kol Halashon at <https://bit.ly/49LwNkR>.

Please feel free to print some copies of this publication and distribute them in your local shul(s) for the public, thereby having a hand in spreading Torah and changing the lives of others.

Book Covers

The gemara¹ comments on זה א-לי ואנודה, this is my God and I will beautify Him,² that one must beautify himself before Hashem through the

embellished performance of mitzvos. Examples include to build a nice succa and to acquire a nice lulav.

¹ Shabbos 133b.

² Shemos 15:2.



it has been said that a nice Torah book cover falls into this category. So if you are writing a sefer or designing its cover, keep this in mind, and strive to fulfill this *hiddur mitzvah*. Ensure that the sefer's exterior is as beautiful as the sefer's interior (i.e., its content).

Seasonal Lessons

The word *shanah* (year) shares its root with *shinui*, meaning change. This isn't just a linguistic coincidence. A year is marked by constant change: the shifting seasons, the cycle of growth and decay in nature, and the rhythms of light and darkness.

Spiritually, this teaches us that change is not only inevitable but essential. Just as the world moves through stages—spring's renewal, summer's fullness, autumn's introspection, and winter's stillness—we too are meant to grow, adapt, reflect, and renew. Become more aligned with your higher purpose.

The Hidden Yes in Every No

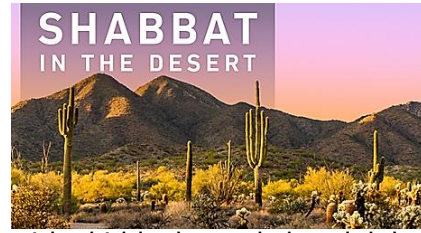
In the bracha of Shema Koleinu (acceptance of prayer) in Shemoneh Esrei we say *ריקם אל תשיבנו*, do not turn us away empty-handed. The simple meaning is that we are asking to have our tefillah accepted. A deeper meaning in these words is that even if what we daven for isn't granted but we ask to have it done in other ways. For example, if the full healing we daven for on behalf of a sick

person isn't granted, please still send it in other ways. Maybe the illness remains, but he can still be granted a kind nurse or the pain can be lessened. Even when the big yes doesn't come, we can still get answered in other ways.

Days in the Desert

³ After 471 days in captivity following their abduction during the October 7, 2023, Emily Damari, Romi Gonen and Doron Steinbrecher were released from Hamas captivity on Sunday, January 19, 2025, as part of the first phase of a ceasefire agreement between Israel and Hamas. The release occurred one day after we read Parshas Shemos in shul on Shabbos. Since the three days that follow Shabbos are connected to the previous Shabbos (See Pesachim 106a and Pri Eitz Chaim, Shaar Hashabbos 1), here is an allusion in Parshas Shemos to what occurred that was cited: It says *ואת צעקתם שמעתי מפני נגשיו כי ידעת את מכאביו וארד להצילו*, I

If someone was in a desert or taken captive among the nations and lost track of when



Shabbos is, he counts seven days and that day will be Shabbos for him, where he sanctifies it with kiddush and havdalah. This raises the question: This day may not be Shabbos?!

We know that the weekdays receive their nourishment from Shabbos as Sunday,³ Monday and Tuesday get nourished from the previous Shabbos whereas Wednesday, Thursday and Friday get it from the coming Shabbos.⁴ This is why at the end of the Shir Shel Yom of Wednesday, three days prior to Shabbos, we say *Lechu Niraninah* (the opening stanza of Kabbalas Shabbos), although it is not in that chapter of Tehillim (The Shir Shel Yom of Wednesday is from Tehillim chapter 94 whereas *Lechu Niraninah* is from chapter 95. The Shir Shel Yom of all the other days of the week is exclusively from one chapter of Tehillim.). It is included because from Wednesday on, the days are connected to the upcoming Shabbos.

Since the holiness of Shabbos is contained in each day so any day he makes Shabbos, due to him being in the desert or captured, it has some sanctity of Shabbos and as a result he can sanctify it with kiddush and havdalah, making it Shabbos for him.⁵

Rabbi Alt merited to learn under the tutelage of R' Mordechai Friedlander ztz"l for close to five years and received semichah from R' Zalman Nechemia Goldberg ztz"l. Rabbi Alt has written thousands of Torah articles on numerous topics for various websites and publications and is the author of ten books including the recently released "Astounding Torah Insights about the Human Body." His writings, many of which have been translated into Yiddish, Hebrew, German and French, inspire people across the spectrum of Jewish observance to live with the vibrancy and beauty of Torah. His shiurim can be found on various websites including Kol Halashon's. Rabbi Alt lives with his wife and family in Kiryat Yearim (where the Aron was for 20 years [Shmuel 1, 7:1,2]) where he studies, lectures, writes and teaches. The author is passionate about teaching Jews of all levels of observance.

You can now download the weekly Fascinating Insights Torah sheet from the following websites: Dirshu, Torah Lectures, Torah Table, Ladaat, Chidush, Kol Halashon, Gilyonos, Din Online, Alon Olam, Parsha Sheets, Yiddishe Vinkel, and more...

have heard their outcry because of its taskmasters, for I have known of their sufferings. I have descended to rescue them (Shemos 3:7-8). In the word *וארד* we find an allusion to these three people as *ארד* serves as an acronym for *אמילי, רומי, דורון* (Emily, Romi and Doron).

⁴ See Pesachim 106a and Pri Eitz Chaim, Shaar Hashabbos 1. For this reason, one may recite havdalah up until Tuesday, the third day after Shabbos (Tur, Orach Chaim, 299:6. see Mishna Brura 299:16).

⁵ Chayei Adam, Hilchos Shabbos, Klal Alef.