

Fascinating INSIGHTS

י' אב תשפ"ו
July 24, 2026

פרשת ואתחנן
14th year, edition 624

I'm excited to share that my newly released book, "Powerful Torah Insights about Languages," is now available. The book can be purchased on Amazon at <https://www.amazon.com/dp/B0H85JL8YQ> (paperback, hardcover and digital editions).

It is also available by:

- WhatsApp: +972 54 849 5217
- Phone: (443) 826 8493 (United States)
- Email: yalt3285@gmail.com

This book explores fascinating and thought-provoking questions, including:

1. What does the writing of a language tell us about its people?
2. Where do traces of Lashon Hakodesh appear in other languages?
3. How important is it to master a language?
4. What is the mysticism that lies within Hebrew grammar?

In this fascinating and thought-provoking work, these questions and many others are explored through the timeless wisdom of Torah. Through more than eighty meticulously researched and engaging essays, readers are taken on a journey through language, spirituality and Jewish thought, uncovering profound connections often hidden beneath the surface. Rich with insight and originality, this book reveals a tapestry of ideas that will enlighten, inspire and deepen one's appreciation of Lashon Hakodesh and the Torah's infinite wisdom. This book also makes a meaningful gift for parents, siblings, friends, relatives, neighbors, business associates, acquaintances, colleagues and learning partners. It can be purchased directly at <https://amzn.to/4bHjc13> And please spread the word about it!



To purchase any of the author's books (hardcopy or e-book) and get it delivered to your door, visit <https://amzn.to/4bHjc13>, send an email to yalt3285@gmail.com or send a WhatsApp to +972 54 849 5217. Alternatively, you can call or text (443) 826 8493 (United States). You can also scan the following QR code:



TRANSFORMING THE WORLD THROUGH FASCINATING TORAH INSIGHTS

To join the thousands of recipients and receive these insights free on a weekly email or WhatsApp, obtain previous articles, feedback, comments, suggestions (on how to spread the insights of this publication further, make it more appealing or anything else), **to sponsor this publication** which has been in six continents and more than forty countries, or if you know anyone who is interested in receiving these insights weekly, please contact the author, Rabbi Yehoshua Alt, at yalt3285@gmail.com or WhatsApp +972 54 849 5217. Thank you.

Enjoying this publication? Help spread it further. Feel free to print some copies of this publication and distribute them in your local neighborhood and shul(s) for the public, thereby having a hand in spreading Torah and changing the lives of others.

Moving From Mourning

When someone is mourning, he should not think that the loss is final. Rather, he should remember that this period will pass. The Hebrew word *אָבֵל*, mourner, can be read as *אָבֵל*, but, meaning, even though now he's mourning, but there will be *techiyas hameisim*. Therefore, one should not become completely consumed by grief.

The same idea applies to other mourning such as the Beis Hamikdash. We grieve over its destruction, *אָבֵל*, but we also look forward to the third Beis Hamikdash.¹

Fourth Reincarnation?

Sefer Hagilgulim² enlightens us that Aharon Hakohen was reincarnated as Ezra Hasofer. Here are some allusions that support this:

1. In Ezra³ it says *בֶּן אַהֲרֹן הַכֹּהֵן הָרִאשׁ הוּא עֶזְרָא מִבָּבֶל*, son of Aharon the first Kohen, this Ezra ascended from Bavel. This can be understood that Aharon returned as Ezra, ascending from Bavel and meriting to enter Eretz Yisrael.



2. In the same chapter in Ezra⁴ it states *בְּאֶחָד לַחֹדֶשׁ הַחֲמִישִׁי בָּא אֶל יְרוּשָׁלַם*, on the first day of the fifth month he arrived in Yerushalayim. The "first day of the fifth month" alludes to Aharon, his previous gilgul, who passed away on the first of Av, the fifth month.⁵

3. The gemara⁶ לישאל על ידו לישאל תורה על ידו לישאל תורה, Ezra was worthy of having the Torah presented to the Jewish people through him had Moshe not preceded him. This can be understood in light of the earlier gilgul, since Ezra had once been Aharon, Moshe's brother, who was considered equal to Moshe in greatness, as Rashi notes.⁷

Now we can understand Moshe's plea: *אָעֲבֶרָה בָּא וְאָרָאָה אֶת הָאֶרֶץ הַטּוֹבָה*⁸, let me now cross the good land. Moshe was asking that he should also merit to return in soul migration (the word *אָעֲבֶרָה*, mentioned in the pasuk, can be understood as *עֵיבוּר*, soul migration) just as Aharon who later entered Eretz Yisrael through his reincarnation as Ezra.⁹ And Moshe already wanted to enter Eretz Yisrael now. The word *אָעֲבֶרָה* hints to Aharon's gilgul, Ezra, as it has a gematria of 278, the same as *עֶזְרָא*.

Hashem answers Moshe, *רַב לָךְ אֵל תוֹסֵף דַּבֵּר אֵלַי*, it is too much for you, do not continue to speak to Me further about this matter. Meaning that Moshe could not be compared to Aharon in this regard. Why? Aharon wasn't reincarnated three times but Moshe, *רַב לָךְ*, you already had three times of gilgul and that is the limit on reincarnation.¹⁰ Indeed, the three are

that he merit to enter Eretz Yisrael whereas Aharon did not daven for this although they both were punished for the sin of *Mei Meriva* not to enter Eretz Yisrael is because Moshe knew that in the future he would come back as Ezra who would ascend to Eretz Yisrael from Bavel.

¹⁰ A person is reincarnated up to three times as is hinted to in *hen kol eileh yifal Keil pa'amayim shalosh im gaver* (Iyov 33:29), Hashem does all these things with man two or three times.

Another allusion to this is found in *אמר יהוה על שלשה פשעי ישראל ועל ארבעה לא אשיבנו*, so said Hashem, for three transgressions of Israel I have looked away but for four I will not pardon them (Amos 2:6). This can be understood to mean that one can return as a gilgul three times to rectify but not four times.

¹ Chelkas Shlomo, Volume 6, Mattos-Masei.

² Chapter 64.

³ 7:5-6.

⁴ 7:9.

⁵ Chida, Pnei David, Va'eschanan.

⁶ Sanhedrin 21b.

⁷ Shemos 6:26, Rashi.

⁸ Devarim 3:25. Tangentially, the Megale Amukos (Vaeschanan, 83 and 246) relates a hint in *אָעֲבֶרָה נָא* which Moshe said. Moshe was davening for Rebbe (R' Yehuda Hanasi) that Hashem should give him favor and kindness in the eyes of Antoninus, the Roman Emperor. So *אָעֲבֶרָה נָא* serves as an acronym for *אֲנְטוֹנִינוּס* *עֶשׂוּ בִימֵי רִבְנוּ הַקְדוּשׁ וְיִצְחָק אַחַד*, Antoninus and Esav, in the days of our Rabbeinu Hakadosh, were one spark (Antoninus was a gilgul of Esav).

⁹ R' Moshe Zakut (Shemen Hatov, p. 152) known as the Ramaz explains that the reason Moshe davened

alluded to in his name משה, which stands for משה, שם. If that's the case¹¹ אל תוסיף דבר אלי עוד בדבר הזה, do not continue to speak to Me further about this matter.¹²

Fascinatingly, we see this hinted to in the wording Moshe used: מעברה. When rearranging its letters we come to the word ארבעה, four, meaning Moshe was requesting to enter Eretz Yisrael through a fourth gilgul.¹³

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. L'Ilui Nishmas Sarah Malka bas Betzalel Hirsch and L'Refua Shleima Danielle bat Lucie, Rafael ben Danielle

This newsletter can also be viewed in English at <https://tinyurl.com/4cp9hf4k>.
 דעם ניוזלעטער קען מען אויך זען אויף אידיש ביי <https://tinyurl.com/vn5mea84>
 Pour voir ou télécharger la version Française: <https://tinyurl.com/3jezdssn>.
 אפשר לקרוא את עלון זה בעברית באתר דרשו: <https://tinyurl.com/6hrukutw>

Rabbi Alt merited to learn under the tutelage of Rabbi Mordechai Friedlander ztz"l for close to five years and received semichah from Rabbi 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 eleven fascinating and popular books. His writings, many of which have been translated into Yiddish, Hebrew, German, Spanish 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 lectures, writes and teaches, and is passionate about inspiring Jews of all levels of observance. He can be reached at yalt3285@gmail.com or on WhatsApp at +972 54 849 5217.

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.

בס"ד

BLUE STONE MECHANICAL

Comfort Done Right

Cooling, Heating & Plumbing

Sullivan County, Rockland County and surrounding areas

Our Services: Fully insured

- HVAC Installation & Service
- Mini Splits Central Air
- Plumbing Repairs And Installations

Contact Us

(845)702-9380

Bluestonemechanical@gmail.com Sullivan County and surrounding areas

¹¹ Devarim 3:26.

¹² Megale Amukos, Vaeschanan, *ofen* 28.

¹³ Mishnas Hagilgulim, pp. 262-264.