

Fascinating INSIGHTS

א' תמוז תשפ"ה
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פרשת קרח
13th year, edition 582

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?

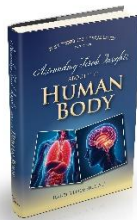
What is the spiritual connection of the esophagus and trachea located in the neck?

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>.
לעילוי נשמת שמעון אריה בן רפאל שלמה

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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.

Communal Call

The gemara¹ tells us that originally fathers taught their sons Torah (there were no yeshivos) and מי שאין לו אב, one who didn't have a father (i.e., orphans) would not learn Torah... R'

Yehoshua ben Gamla enacted that teachers of children should be installed in every district and town, and children should be taught by these teachers.

¹ Baba Basra 21a.

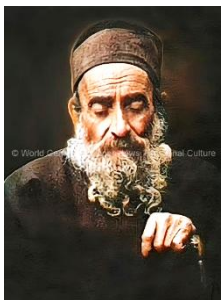


The words *מי שאין לו אב* can also be understood more broadly. That is, not only as someone whose father has passed away, but also as someone whose father is unavailable. This includes one whose father is unlearned due to a lack of Torah upbringing, a father estranged from the family or a father simply overwhelmed by the demands of earning a livelihood and unable to dedicate time to his son's Torah study.

No child should be left behind in their spiritual growth—not only orphans, but also those whose parents, for any number of reasons, cannot provide a Torah education.

[Joy Beyond the Journey](#)

The pasuk says *שמח וזבולן בצאתך ויששכר באהלך*, rejoice, Zevulun, in your going out and Yissachar in your tents,² referring to Zevulun's role as the provider who supports Yissachar in Torah study.



R' Shalom Hedaya³ (1864–1945) offered a deeper interpretation:⁴ this pasuk alludes to Zevulun's departure from this world (בצאתך).⁵ Even then, he can rejoice, knowing that his partnership with Yissachar ensures he shares in the Torah knowledge that Yissachar learned.

[Holocaust Heroes](#)

In 1941, the Nazis led the Jews of Kelm—including the revered rebbeim and students of the renowned Kelm Talmud Torah—into a forest, where they were brutally murdered and buried in a mass grave. As they were marched to their deaths, these holy Jews lifted their voices in song, singing *ashreinu mah tov chelkeinu* and *attah vechartanu mikol ha'amim*—songs

celebrating the joy and privilege of being chosen by G-d.

Before the executions began R' Doniel Movshovitz⁶ (1880–1941), asked for permission to address his fellow Jews.

In his final moments, R' Doniel spoke about *Kiddush Hashem*—the sanctification of God's Name. He related that in the *piyut* of the Mussaf of Yom Kippur it describes the martyrdom of the *Aseres Harugei Malchus*, the ten great tannaim killed by the Romans. There, the malachim protested:



זו תורה וזו שכרה, is this the reward for Torah? A *bas kol* answered:

Be silent, or Hashem will return the world to water.

R' Doniel explained: In a generation so corrupt and distant from holiness, the world itself is at risk of destruction, just as in the time of Noach. But Hashem, bound by His promise not to bring another flood, instead chose these ten tannaim to serve as a *kapparah*—an atonement—for the entire generation. And if the malachim would not accept this, Hashem would have no choice but to destroy the world.

R' Doniel continued, "The same is with our generation. We should, therefore, accept our deaths, so that we can be an atonement for the entire generation." Then, with perfect calm, he turned to the Nazi officer and said, "I have finished. You may now begin."

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...

² Devarim 33:18.

³ R' Shalom Hedaya, originally from Aleppo, Syria, moved to Yerushalayim in 1904. He served as Rosh Yeshiva of the Beit El Yeshiva, Av Beis Din of the Sephardic Beis Din of Yerushalayim, and was a prolific author. Despite losing his father at the age of three, he rose to great spiritual heights. He married Sarah Labaton at age 20; they had 15 children, though sadly only six survived — four sons and two daughters.

⁴ In 1936, R' Hedaya became acquainted with R' Elchonon Wasserman and shared his Kabbalistic writings with him. From then on, the two began a steady correspondence on matters of Kabbalah.

⁵ Interestingly, in 1946, a year after R' Hedaya's passing, he appeared in a dream to his son, R' Ovadia Hedaya (author of Yaskil Avdi). Among what R' Shalom related in the dream was that in heaven, people are not grouped by familial relationship, but by their deeds. People who are alike in their deeds are put together. Only when all souls are gathered together do they meet souls outside their group.

⁶ R' Daniel Movshovitz (1880–1941) was one of the towering figures of the Mussar movement in the decades before the Holocaust. He served as the spiritual leader of the Kelm Talmud Torah—a role akin to both Rosh Yeshiva and Mashgiach—and was the son-in-law of R' Nachum Zev Ziv, the son of the "Saba of Kelm."