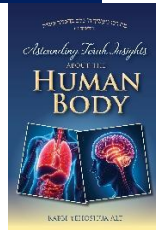


Fascinating INSIGHTS

י' ניסן תשפ"ה
April 4, 2025

פרשת ויקרא
13th year, edition 572

If you have benefited from the Fascinating Insights sheet, now is the time you can give back, with a contribution of any amount or a dedication. Contribute to the forthcoming book bez"H, titled "Astounding Torah Insights about the Human Body." Your contribution can be given from Maisei money (and can be paid out over time in payments) and can be L'Ilui Nishmas, L'Refuah Shleima, in honor of a special occasion or anything else that your heart desires. For more information or if you have any questions, please don't hesitate to contact me at yalt3285@gmail.com or send a WhatsApp to +972 54 849 5217. Donations can also be given via credit card at <https://bit.ly/41eND7N>. Any amount is welcome.



To purchase any of the author's books (hardcopy or e-book) and get it delivered to your door, visit <https://amzn.to/3eyh5xP>, send an email to yalt3285@gmail.com or send a WhatsApp to +972 54 849 5217. Alternatively, you can call 054 849 5217 (Israel) or 917 732 2371 (United States). You can also scan the following QR code:



TRANSFORMING THE WORLD THROUGH FASCINATING TORAH INSIGHTS

Argentina • Austria • Australia • Belgium • Brazil • Canada • Chile • China • Czech Republic • England • France • Germany • Gibraltar • Holland • Hungary • India • Israel • Italy • Mexico • Panama • Poland • Russia • South Africa • Switzerland • Ukraine • United Arab Emirates • United States • Venezuela

To join the thousands of recipients and receive these insights free on a weekly email, 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. Thank you.

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>.

This newsletter can also be viewed in English at <https://bit.ly/3z9qF5E>.

דעם נוזלעטער קען מען אויך זען אויף אידיש ביי <https://bit.ly/38RvdTI>

Pour voir ou télécharger la version Française: <https://parshasheets.com/?s=Fascinating+Insights>.

אפשר לקרוא את עלון זה בעברית באתר דרושו: <https://bit.ly/3mGmEOZ>

Archives: <https://parshasheets.com/?s=Rabbi+Yehoshua+Alt>

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.

Laughter and Learning

Laughter occurs when something unexpected disrupts our assumptions. A good joke catches us off guard, forcing us to

momentarily step outside our usual thought patterns. This expansion of perspective is why humor is a powerful tool for learning. When a person laughs, he becomes more open, more

flexible in thought, and more willing to see things in a new way. This explains why Rabba began his *shiur* with *milsa d'bidichusa*, humor, making his students laugh¹—because an expanded mind is better prepared to absorb wisdom.

LAUGH AND LEARN

The gemara,² when discussing the minimum size of a Sukkah wall, refers to an expanded tefach as a טפח שוחק, a "laughing tefach." Rashi³ explains that a standard tefach is measured with four fingers pressed tightly together, while an expanded tefach is measured with the four fingers slightly relaxed and therefore somewhat separated, making this tefach slightly larger. The expanded tefach is called טפח שוחק, which signifies expansion. In the same way, when we make others smile and laugh, we help them open up and expand.

Time to Wine, Not Whine

There are six occasions when we recite kidush over wine: Shabbos, Rosh Hashana, Sukkos, Shemini Atzeres, Pesach and Shavuos,

This is alluded to in Shir Hashirim where the only pasuk that begins with a *vuv* is והכך כייך הטוב.⁴ It hints to these six since the letter *vuv* has a gematria of six, and the pasuk itself speaks about wine.

Another similar allusion appears in Tehillim 104, where the only pasuk that starts with a *vuv* is וייך ישמה לבב אנוש,⁵ wine that gladdens man's heart.⁶ Once again, the *vuv*, with a gematria of six, alludes to these six times we make

kidush over wine (and this pasuk also mentions wine).

Rashi's Host

The Kav Hayashar⁷ tells us that Rashi authored a sefer in honor of a *baal habayis*.

While he was in exile from France, he was hosted by a wealthy person. This *parnes* (provider) insisted and pleaded with him to stay in his home and study Torah. Due to this, Rashi authored a sefer, which was named after this wealthy benefactor.



Rashi's intent was to elevate and honor others who do kindness. By naming the sefer after the benefactor, Rashi had in mind to encourage others to do chessed as well.

Eternal Food

The word אכילה which we commonly refer to when eating food also means to destroy.⁸ This is because food is consumed and then ceases to exist. Therefore, one must ensure that eating is done for the sake of serving Hashem, elevating the act into something eternal.⁹

The words שתיה and אכילה bring out this point. The word אכילה can be understood as a combination of אכל י-ה while שתיה as שת י-ה, hinting that one should eat and drink *L'shem Shamayim* (for the sake of Heaven).

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 nine books including the recently released "Exhilarating Torah Insights on Recreation and Vacation." 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, Gilyonos, Din Online, Alon Olam, Parsha Sheets, Yiddishe Vinkel, and more.

¹ Shabbos 30b.

² Sukkah 7a.

³ S.v. *tefach sochek*.

⁴ Shir Hashirim 7:10. Literally this means, "Your palate is like choice wine."

⁵ Tehillim 104:15.

⁶ Otzar Hayedios, Volume 3, p. 508.

⁷ Chapter 72.

⁸ Bamidbar 16:21.

⁹ See R' Bachaye, Breishis 18:8 and in his sefer Shulchan Al Arba, Shaar Ha'sheini.