

# Fascinating INSIGHTS

כב' תמוז תשפ"ה  
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פרשת פינחס  
13<sup>th</sup> year, edition 585

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](mailto: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?

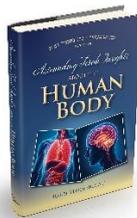
What is the spiritual connection of the esophagus and trachea located in the neck?

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](mailto: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.**

### Worth the Wait

We know many people who have waited for years to have a child or to find their spouse.<sup>1</sup> What is a reason why Hashem does this?

Let's take the example of a person waiting to have children. Part of the reason Hashem does this is because something greater

<sup>1</sup> This is not limited to these two examples, as it applies to other things one may need to wait for. These examples were chosen because they are more common.

is being formed through that waiting. For example, when someone davens for a child, those tefillos don't go to waste. They become part of the spiritual makeup of the child who will eventually be born, shaping that child throughout their life. The wait itself contributes to a deeper outcome than would have been possible without it.<sup>2</sup>

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Soldiers and Reincarnations

R' Yehuda Zerachya Mordechai Leib Chaim Halevi Segal (1924–2001) served for fifty years as the Chief Rabbi of Kiryat Shalom in Tel Aviv. and was renowned as the leader of the *lamed-vav* (36) hidden tzaddikim.

Born in Yerushalayim to R' Sheftel Segal, a descendant of the Shelah, he was named after R' Sheftel, the Shelah's son, who first published the Shelah siddur. His maternal grandfather was R' Bechor Chaim Yosef David Azulai, a descendant of the Chida.



At just eight years old, R' Segal delivered a eulogy at the funeral of his grandfather, R' Yaakov Mendelbaum of Yerushalayim. This was an extraordinary event, as eulogies by children were virtually unheard of. The other two eulogists at the funeral were two of the foremost rabbis of Yerushalayim.

As a young man, he studied at Yeshivas Lomza in Petach Tikvah, where he was a student of R' Shach even sharing a room with him at one point. During those years, he also developed a strong bond with the Chazon Ish. Additionally, he maintained a close relationship with Rebbe of Lelov, R' Moshe Mordechai. There are also many letters that were exchanged between R' Segal and R' Ovadiah Hadaya, head of Yerushalayim's Yeshivas Hamekubalim until his passing in 1969.

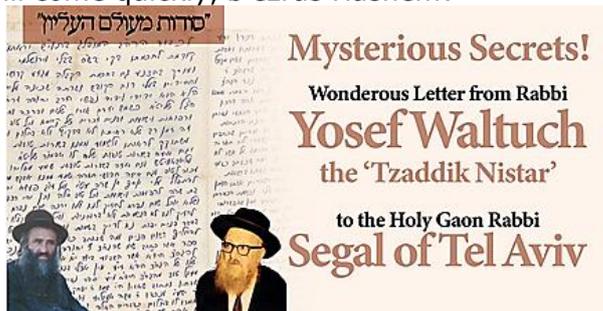
R' Segal passed away without children. His Torah teachings were published in Chiddushei R' Yehuda Zerachya. Additional insights appear in his father's work, Divrei Rabbeinu Sheftel. His life story is chronicled in the biography Hatzaddik Pele ("The Wondrous Tzaddik").

The Chazon Ish referred to him as "a lion among lions," while R' Shmuel Halevi Wosner called him, "the wondrous sage, a miracle

2 Another reason for the wait would be because the tefillos a person davens changes him. Consequently, whereas before

worker." The Pnei Menachem of Gur wrote of him: "Once he deeply yearned to see his grandfather and he appeared to him in a dream... From this, we see that through intense longing, one can draw down revelations from the higher realms."

In one instance, R' Yosef Waltuch confided in R' Segal after being harshly humiliated. R' Segal comforted him, writing, "There is great *nachas ruach* for Hashem from you," explaining that the incident was "an atonement for a matter in a previous incarnation." After offering further insight, he concluded, "...do not worry, because salvation will come quickly, *b'ezras Hashem*."



R' Segal maintained extensive correspondence with the Lubavitcher Rebbe. There are over sixty return letters that the Rebbe sent him — most of them lengthy, covering all kinds of subjects relating to various aspects of *avodas Hashem*.

In one notable letter, R' Segal urged the Rebbe to daven for the IDF soldiers who were risking their lives. He added, "May the smallest of them who is *moser nefesh* be important in Hashem's eyes, as without a doubt they are reincarnated sparks who have returned for *tikun* because in earlier reincarnations they may have belittled Eretz Hakodesh, the Holy Land."<sup>3</sup>

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, 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 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.**

the tefillos he wasn't a receptacle to receive it, now he became a vessel for it.

3 See R' Yisrael Groweiss in his article "Paper Trail."