

# Fascinating INSIGHTS

ט' תמוז תשפ"ה  
July 11, 2025

פרשת בלק  
13<sup>th</sup> year, edition 584

**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?**

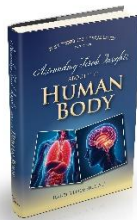
**What is the spiritual connection of the esophagus and trachea located in the neck?**

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

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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.**

### ADD and Torah

It says ותחסרהו מעט מאלה-ים<sup>1</sup> You have made him but slightly less than angels.

This pasuk can be reinterpreted thereby applying it to our ADD generation where people struggle with focus and small attention spans and may need Torah (מאלה-ים, Hashem's Torah)

<sup>1</sup> Tehillim 8:6.

packaged in small soundbites (ותחסירו מעט). To bring them closer to Hashem, we need to make Torah more accessible: bite-sized and digestible. That means packaging deep truths into small, meaningful soundbites — Torah in chewable chunks — so they can absorb it one step at a time.



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### Hashem's Heart Has No Hooks

If you love someone *because* of a reason, then you may not truly love *them* — you love the reason. For example: if you love your wife because she's a great cook, then what you really love is good food, not your wife. If you love your children because they carry on your legacy, then it's your legacy you love, not your children themselves.

The same applies to our relationship with Hashem. He doesn't love us *because* we do mitzvos or perform well. His love is not conditional on our success or failure. He simply loves us.

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### The Weight of the Word

We use the word עבירה for sin. Looking deeper, what do we discover hidden in this word?

The word עבירה, sin, comes from the root עבר, to cross over, because with sinning, one crosses over the line between good and evil.



Another explanation is based on what the Yesod V'shoresh Ha'vodah teaches: The main Yetzer Hara is to get one to despair after the sin.

Now let us take a look at the עבירה again. We now see it is rooted in the word עבר, past, since after one sins, the evil inclination gets one to think of his past sins, causing him to despair. It has been pointed out that עבירה sounds similar to the English word over, as the Yetzer Hara gets one to think of his past sins, thinking that it is all over, so give up.

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### Teach the Child of Today

In the fast-paced world we live in, changes happen so quickly. This of course affects the youth, which thereby has an impact on how parents and educators should relate to them.



An insight can be drawn from the words *binu shnos dor v'dor*,<sup>2</sup> understand the years of generation after generation. These words can also be understood as to understand how each generation evolves. In order to be an effective parent and educator, it's crucial to stay informed and adapt to the changes in each generation.

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.**

<sup>2</sup> Deuteronomy 32:7.