

**PARSHA INSIGHT**

וישמע יתרו כהן מדין

*Now Moses' father in law, Jethro, the chieftain of Midian, heard...*

Rashi, based on the Midrash, says that he heard, among other things, of the splitting of the sea for the Jewish people. One could learn another thing from this verse. It continues: ויקח יתרו חתן משה את צפורה אשתו – And Jethro took Tzipora, the wife of Moshe, with him after she had been sent. Yitro learned a lesson from the sea. Initially the sea was one, but it was split into two, and then reunited to be one again. This was true of his daughter with Moshe. At first they were together, as one; this is true of all couples. Then, when Moshe went off to save the Jewish people, he left his wife and children behind. But Yitro saw in the reuniting of the sea that they should be together, and so he brought her with him to Moshe. This may even be alluded to in the words ויקח יתרו חתן משה את. The last letter of each of those words together spells חתונה – marriage.

**HEALING ON SHABBAT**

משה ידבר והאלהים יעננו בקול

*Moses would speak and God would answer him with a voice.*

Rav Avraham Rafoul, of Blessed memory, said that one finds allusion in this passuk to a statement made in the Gemara in Masechet Shabbat, that when one goes to visit a sick person on shabbat, and during ones prayers on shabbat, one should say ורפואה ורפואה היא מלזעוק, and during ones prayers on shabbat, one should say ורפואה היא מלזעוק, ורפואה היא מלזעוק – Shabbat stands in the way of crying to G-d, but healing will surely come soon. The words שבת ורפואה stand for the letters of משה and ורפואה stand for קול. The parallel between these two is, just like whenever Moshe opened his mouth, it was a given that the Almighty would respond to him, so too on this Shabbat, we assume that it is a given that Hashem will bring Refu'ah – in the merit of the Shabbat.

**CRAWLING SINS**

לא תעשה לך פסל וכל תמונה אשר בשמים ממעל ואשר בארץ מתחת ואשר במים | מתחת לארץ

*You shall not make for yourself a graven image or any likeness which is in the heavens above, which is on the earth below, or which is in the water beneath the earth.*

Rav Yehuda Pattia, of Blessed memory, said that one finds allusion in this passuk to the sin of eating bugs. The Gemara teaches us that if you ate a flying insect, he get six transgressions, a crawling insect, he get five transgressions, and a swimming insect, he get four

transgressions. In this passuk it says בשמים ממעל = the term ממעל alludes to the maximum number – 6, corresponding to בשמים – in the sky i.e. bugs that fly. Then בארץ מתחת – those on land are “under” that, i.e. they are of one less transgression. Finally במים מתחת לארץ – those in the water are yet one level lower than the earthly crawling creatures.

**IN THE NAME OF HEAVEN**

ויסעו מרפידים ויבאו מדבר סיני

*They journeyed from Rephidim, and they arrived in the desert of Sinai*

Chachamim say that Refidim alludes to רפו ידיהם – they withdrew themselves from Torah. At the same time they were headed by God's command to receive Torah. The lesson is that if we feel to lazy/unmotivated to to move forward, the response is to force ourselves.

**AWARENESS OF ANGER**

לא תעשה לך פסל

*You shall not make for yourself a graven image*

If we join the second letters of the words תעשה לך פסל, it spells out כעס – anger. This alludes to the well known statement in the Zohar that anger is tantamount to idolatry. Furthermore we could read this back into the Passuk. It Says, which simply means, “Don't make for yourself an Idol,” but it could also be read, “Don't make of yourself and idol.”

**AWARENESS OF ANGER**

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**A LORD OUT OF GOLD**

לא תעשון אתי אלהי כסף

*“You shall not make of Me a lord of silver”*

An allusion could be read of this Passuk to mean that you should not turn your silver an gold into your God. Don't put all your trust and faith into your money.

הצילני מדמים, King David, in Sefer Tehillim, begs Hashem, which too could be understood as a plea to be saved – אלוקים from the illusions of riches, which lead a person to make a deity of his money, thinking that it will save him in time of need.

This could easily be read back into our Passuk, where wewould not read it as “You shall not make of Me a lord of silver” but “You shall not make silver into a being like me” meaning, don't make a deity of your money.

## REINCARNATION OF SOULS

In the "HaShomer HaTzaIr" kibbutz, the notion of Gilgulim, that neshamot are reincarnated into new bodies after death, was unheard of for much time. The mission statement of the kibbutz was, "You only live once – live well!"

One day, Yossi, from the kibbutz, saw an advertisement for a Hypnosis show coming up in Tel Aviv, where the hypnotist presenter was claiming he was capable of initiating past life regression. Yossi thought it was really cool, so he convinced some friends to come along with him. He called the number and reserved a few seats to the show.

On a side know, it's worth knowing that past life regression exercises could be dangerous. On a number of occasions, people who have regressed to earlier stages of their lives, or to previous lives, remained in their hypnotic state, and did not return to their current state.

Back to our story. As the show was progressing, following the presenter's introduction, he asked the crows if anyone wanted to volunteer. He explained that he would be hypnotizing the volunteer to regress to earlier points in his life and then to passed life. Yossi was enthused by the introduction so raised his hand first, and the hypnotist chose him. As he got on the stage, the hypnotist pulled out a video camera and a stand for it. "This is to ensure you that I will not make you do anything humiliating, or publicly embarrass you." Yossi was excited because he would now be able to see what he was like when hypnotized. "Sit here right in front of me," he said. "I am asking everyone to please be completely silent. This type of activity needs complete and total concentration, and if he is distracted he will not be hypnotized." He still heard mumbling from the crowd. "Even more quiet than that," he demanded. He then turned to Yossi and said "You see this pendant in my hand? I want you to follow it as it swings by your eyes. When I count down to one I want to you be completely relaxed and completely focused on the pendant... I will now count to 10 and you will only hear my voice. You will not notice anything but my voice." Now Yossi was completely hypnotized. The crowd was completely silent. "I'm now going to ask you a few questions. What is your name?"

"Yossi"

"How old are you, Yossi?"

"23"

"Where do you live?"

"On the Kibbutz."

"Now I want you to regress by 20 years. How old are you?"

"4."

His voice changed dramatically. He sounded like an infant. Even his sentences were less understandable. The hypnotist kept going with this. Than he said: "I want you now to go back 40 years." Yossi was silent. The hypnotist said it again. "Regress by 40 years." After a few minutes he started speaking. He sounded like a young boy.

"What is your name?"

"David."

"Where are you."

"I am scared. The Germans took us here."

"Describe what you see around you."

"They took my father and my brothers away. They left me with my mother."

There was a mix of fear, anxiety and uncertainty in his voice. He described being sent to the right as his mother was sent to the left. He began to cry as they were separated. He then described being forced to remove all of his clothes together with everyone around him. Then he described being forced into a dark room, and the doors shutting. Everyone in the audience knew what he was describing. He was being sent into a gas chamber. A moment later he began screaming. Then he yelled "Shema Yisrael Hashem Elokeinu Hashem Echad," and he fell silent. The Hypnotist got out his pendant and said, "Now look again at my pendant. I'm going to count down from 10. With each number I want you to wake up a little more. Regain consciousness of where you are and who you are. 10.9.8.7...3.2.1."

Yossi came back to himself. And saw everyone in the crowd completely silent. Some people were crying. He was confused. "What happened? Why are you crying?" The hypnotist, who never expected that outcome, suggested that maybe Yossi see the video of his hypnosis. He rewound the tape on the video camera, and Yossi was left speechless. When he saw how David's life came to an end, and how he was reenacting that, he fainted. Medics were called to have him regain consciousness. Thank God he was okay.

As Yossi and his friends arrived back to the kibbutz, all of them silent and heartbroken, Yossi said, "My entire life I thought that a person comes to this world to have fun, and nothing happens after he dies. Now I know that there is a God and that souls come back to this world after death." Yossi and his friends soon after became Baalei Teshuva.

רציתי לברך אתכם ביום שמח, שפרנסתכם פורח. בריאותינו תתמיד ולא כאורח. חיוך על תצמח כעציץ לא יתאדה כריח שפתינו כאור זורח, וכספנו ונזכה לראות בביאת משיח.

אמן ושבת שלום

Shabat Shalom!!! - Rav David Yaacov

לעילוי נשמת מו"ר שמעון גבאי בן רחל זצ"ל