

ALIYA HEALINGS

**A COLLECTION OF SHORT
TEACHINGS AND TOOLS
ON THE FIRST TWO BOOKS
OF THE TORAH
[BERESHIT AND SHEMOT]**

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BS”D

****What follows is an experiment....every day of the year corresponds to one of 7 Aliyahs that comprise each Parshah....there is a tradition [maybe Chabad, maybe Breslov ...?] that teaches that that day’s Aliyah, when studied properly reveals the Divine Providential essence of that day [and what is the path for us to follow that day]....I’ve tried engaging the Chumash’s aliyot with a partner for a full year many year’s ago, and recall that it was an amazing year...

In addition to engaging the Torah in this way , I also am interested in trying to ‘mine’ the endless healing teachings/tools that are found in each day’s Aliyah, since I am presently engaged in a series called Paradise Healing,and as is known from many many sources, the Torah is basically the equivalent of rectification and healing...

As usual, I want to let you know that what I usually do, is experimental and a work in progress, and therefore, as you will see for yourselves, it took me a while to come up with the standard format that I went with in the last 80% of this short composition

By the way, my good friend [and tremendous scholar] R. Yerachmiel Drizin[spelling?] is also working with Aliyahs this year and has a beautiful daily presentation entitled ‘Pardes Habahir’...check it out –his emails are ;

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BRAISHIT

Aliya Healings

1st ALIYAH [RISHON];

1. THE CHAOS PRECEEDS THE LIGHT

Know that prior to any 'up' is a 'down' that empowers the subsequent up.... this is the 'rollercoast dance of life'—so you never need to despair when the 'downs' come

2. HE SAW THAT IT WAS GOOD [AFTER EACH DAY OF CREATION]

See the goodness in what was accomplished every day [both by Hashem and by you]

3. THE HIDDEN LIGHT [Ohr Haganuz]

See from the beginning to the end of any process in life, even before initiating this process, and then carry out the process in an enlightened way

4. CREATION OF MAN IN 'OUR' IMAGE [Human's have all that is in the universe inside of them]

Every person, experience, memory, piece of new or old information that you learn and all else that you encounter that is outside of you--- see how it is actually inside of you, and can thus be tapped, rectified, healed etc..

5. G-D RESTED ON THE SEVENTH DAY

Besides actually resting on the Shabbat[with all of the healing value involved] , tap into this principle any time, by stopping after you have accomplished something, and

resting physically, and spiritually reflecting how all that you accomplished was truly only because Hashem empowered you to do so

2nd ALIYAH [SHENI]

6. THE WHOLE WORLD CREATED FOR ABRAHAM, AND FOR ME/YOU

Relate to all that happens in the world [ie..what you hear on the news and all other global and personal reports you receive] as being something that can be rectified , healed and positively impacted by you alone

7. THE RAIN FALLS AND THE CROPS GROW [AND ALL ABUNDANCE IS DRAWN DOWN] ONLY WHEN MAN/WOMAN PRAY FOR IT TO0 HAPPEN

Become a 24/7 praying being , and see that anything good can potentially happen in your life as a result of you praying for it

8. WE ARE CREATED WITH A DUAL NATURE—GOOD AND BAD INCLINATIONS

Become aware of your good and bad inclinations, and use them both to your advantage—for example when you need to do something good, activate the good inclination, and when you are motivated to go in the direction of the bad inclination, either refrain or reframe –ie...use lowly drives to inspire yourself to do lofty things

9. ENJOY ALL OF PARADISE , JUST STAY AWAY FROM PARTAKING OF THE FRUIT OF THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL

When all is going well for you [when life is like being in paradise] , enjoy it , be present with it, and don't try to look for a better , more challenging way of doing things

10. ADAM GAVE NAMES [AND CAN SEE THE ESSENCE OF] ALL THE ANIMALS [AND ALL ELSE]

Contemplate what the essence is of all that you encounter...What is the main purpose that Hashem Created this animal , this plant, this phenomenon..etc...Walk with essences...relate to people and things according to their essences

***due to a lack of time, energy and attention span, I will bring the rest of the aliya healing terms here in super-brief form;

3rd ALIYAH

11. A spouse helpmate or antagonist—make your spouse # 1

12. Separate the Eve from Adam— Have an unforced relationship

13. They were naked and they covered up—Conceal that which is precious

14. Some of 'The Tree of knowledge' fallout causes are desires for what doesn't belong to us, initiating doubt, unfair blame, lack of appreciation for life, Divine gifts, our spouse...etc.....Develop gratefulness and appreciation for all that you have

4TH ALIYAH

15. Being cast out of Eden---Re-enter Eden by Parading

16. Adam KNOWS Eve [and she conceives]—Make marital relations an expression of Soul and not just body

17. Jealousy can lead to murder—Realize that what's meant for someone else is not meant for you

18. Exile as a rectification for sin\murder---When you are in any type of exile [from yourself and/or others], realize that with the passing of time, a rectification is happening [though there are ways of speeding up the process]

5TH ALIYAH

19. The lessons of the Flood----relate to people/life with an attitude of giving, as opposed to taking

6th ALIYAH

20. Longevity reduced---Justify/appreciate every moment of life

21. Adam trying to do Tshuva in 130 yr. solitude---Asceticism can have its price....Complete Tshuva is done in the same environment\circumstances that caused the fallout

7th ALIYAH

22. Noach's presence comforts Hashem [who regrets creating The Flood's wicked generation]---Try to see what you can do to comfort people who are stuck and in despair—see the essence of their pain and try to uproot and heal it

NOAH

Aliya Healings

1. **GOOD POINT HEALING**----just as Noah was the best and most righteous in his generation, find some point in yourself that is the best, and tap it for all it's worth

2. **SHELTER HEALING**----just as Noah's Ark served as shelter from The Flood, identify your source of shelter from the flood of destructivity that threatens your life, and cultivate it , so that you can go there whenever the need arisesAlso, seek to provide shelter and a safe sacred space for others who are in need

3. **ENTER THE GATE OF TRANSCENDENCE HEALING**----just as Noah [as esoterically explained by the Baal Shem Tov] entered into the Teva [which means both Ark and word], so too you can enter into the word---ie...in the midst of your recital or study session or prayer session-search for a word that really resonates with you—and GO INSIDE--- just allow yourself to enter into the word and see what you see and feel and receive and intend that this transcendent experience should open the gates fo healing for you and others

4. **THE WHOLE WORLD DEPENDS ON YOU HEALING**----just as Noah was charged with the responsibility of saving the world, see yourself in this position....see how different you would go about your day and your life, knowing that the whole world depends on what you do.....use this outlook as a springboard to elevate all that you choose to do in life [and know, that the world does depend on you, and that the more real you are with this, the more real it actually is

5. **FORTY DAY TRANSFORMATION HEALING**-----just as the Flood lasted for 40 days as well as the time it took for Noah and the others to leave the Ark after spotting the mountains, so too all 40 day periods represent the length of time to complete a transformation process.....use a 40 day concentrated period to accomplish what would otherwise be very difficult---maybe go to the Kotel/western wall for 40 days straight [or hire someone else] in order to get yourself married for example....or say the book of Psalms for 40 straight days to achieve a spiritual level or attainment that you long for

6. **STEP INTO A NEW FRONTIER HEALING**-----just like Noah and the others upon leaving the Ark , entered a brave new world intent making the world a place of Tikun and goodness, so too engage your world in a similar way....see everything as being new and full of potentialsee yourself able to cause the world at large , as well as your own personal world, to be a good and wonderful place---and do your best to try to manifest this

7. **BEING MORAL AND HUMANE HEALING**-----just like Noah and his post-Flood generation were [and still are] bidden to observe the 7 commandments , all of which stressed the ideal of being good and humane and moral [avoiding murder and injustice and cruel , and reproducing and being g-d connected...etc.], so too carry out with everyone that you encounter [including yourself] the dictates of morality and humaneness and goodness...become the type of person that you yourself would like to emulate and be close to

8. **INTERPERSONAL BRIDGE HEALING**-----just like the Noah's 2 sons Yefet and Shem, were blessed with the blessing of the Divine Presence dwelling in the tents of Shem when Yefet would peacefully bridge with and contribute their unique talents and sense of beauty to the spirtitual occupation of Shem conducted in their tents, so too seek out a way to bridge your unique talents with others very different than yourself in a blessed and holy way

9. UNITY HEALING-----just as the generation of the Tower of Babel managed to unify their entire generation with one purpose and one language, and as a result of this unity alone, almost succeeded in their disastrous goal of ruling the world independent of G-d [and required G-d to step in and confound them and their efforts and their language precisely because their UNITY,even for something bad, would have succeeded if it continued unchecked], so too , seek out a way that you can unify yourself with others in a positive way for positive purposes---or else, unify all the disparate parts in yourself towards achieving your intended positive go

10. FINDING A DIAMOND IN THE MUD HEALING-----just as the Parsha made a point of showing how Abraham's ancestry was that of idol worshippers and other corruptive types, yet yielded someone so special , so too, seek out the diamond stuck in the mud of your community, your daily activities, your life history and in any other construct in your life, and take a hold of the diamond and polish it and nurture it until it becomes so special that it cause all of the inferiorness of the environment from which it was drawn to pale in insignificance

LECH LECHA

Aliya Healings

- 1. GO DEEP INTO YOURSELF HEALING**----just as Avraham was directed to go deep into himself [Lech Lecha can also mean go deep into yourself] until he would discover and tap his inner Divine Ratzon/Will root and be a living extension of Divine Will in the world, and thereby merit to be the Father of The Chosen People and The Holy Land-----
--so too by you-----identify how the essence of you will is really Divine or G-d's Will, and that your deepest desire is to constantly actualize G-d's Will on earth [resulting in your meriting G-d's corresponding constant blessing and protection]
- 2. ATTRACTING ABUNDANCE HEALING**-----just as Avraham made an impression in Egypt [where he went to escape the land of Israel's famine] as being a person of abundance and royalty and one who is concerned with the meriting of the multitudes-----so too by you-----in your dealings with others for the purpose of acquiring money or abundance, show yourself to be a person of wealth [monetary, spiritual & \or other types of wealth] and a person who is unique and special [which of course you naturally are] and a person whose desired acquisition of wealth will be directed at meriting many other people
- 3. PROVIDING FOR POSTERITY HEALING**-----just as Avraham was constantly concerned about his future nation's wellbeing, and this expressed itself in all that he did---such as sending away his relative Lot [because of his negative influence] or seeing the land and walking the length and breadth of The Land—in order to spiritually acquire it for his posterity---as well as countless other acts that he [and his son and grandson] performed mainly for the sake of the future wellbeing of his people-----so too by you-----search for ways to provide for your own posterity , physically and spiritually, in your lifetime and beyond....Notic how this type of healing [and all the rest of these healings] open a closed part of your life consciousness and take pleasure in this
- 4. EXTRAORDINARY SPIRITUAL WARRIOR HEALING**-----just as Avraham, in order to save his prisoner of war relative Lot, personally [with the sole assistance of his servant Eliezer] set out to wage war with a conglomerate of king-states, and was victorious -----so to by you-----when you are in a situation of dire need [even for the sake of others], trust in Hashem completely to assist you in your justified cause, and set vou to do spiritual battle in an extraordinary and fearless way, and watch how Hashem will provide you with a miraculous victory in the process
- 5. TRUST IN HASHEM HEALING**-----just as Avraham , the world's original pillar of Emuna and Bitachon [Faith and Trust in G-d] displayed throughout his life incredible displays of trust in G-d [as seen in virtually all of the tests that he successfully overcame throughout his life]—and this trust was rewarded with eternal blessing for himself and for all of us-----so to by you-----contemplate just how many times Hashem has come through for you in your life, and fill yourself up with the inne security that results from such a contemplation, and then whatever test or tribulation that comes your way in life, allow yourself to blissfully trust that just as Hashem came through for you in similar situations [as your present trial] , so too will He come through for you now
- 6. THE POWER OF ALLNESS HEALING**-----just as Avraham reached an incredible level of 'Allness' ...ie...wholeness and completeness in his lifetime [as seen in our Parsha in the level that he reached after performing on himself circumcision, and subsequently reaching a whole new level of synchronized wholeness with all the spiritual parts of his soul/body---and as seen in a number of other ways in upcoming Parshas]-----so too by you-----seek out in life,

Allness—the possibility of awakening and expressing the totality of your being....Ask yourself how in any given situation, you can express more of yourself and experience more of life and impact others in a more whole way

VAYEIRA

Aliya Healings

1. PURSUING BENEVOLENCE HEALING----just as in the beginning of this week's Parsha [when Avraham, despite being sick and the sun being hot in an unearthly way and having a sick-call visit from Hashem—he ran out in search of doing the Chesed/mitzvah of receiving guests in his home] and throughout the Parsha and throughout his life, Avraham didn't settle for waiting for Chesed/benevolent giving opportunities to present themselves to him, rather he went out IN PURSUIT of doing Chesed-----so too by you-----seek out any kind of opportunity to do Chesed with others--- whether it be seemingly small or insignificant or grandiose, don't just wait for the opportunity to come to you---go out and make it happen...just as 'an apple a day keeps the doctor away', do a'Chesed a day, and keep the opposing forces a bay'.....

2. PRAYING FOR EVERYONE [EVEN THOSE THAT OPPOSE YOU] HEALING-----just as Avraham did not come to the conclusion that the wicked people of Sodom , whose outlook on life was the antithesis of Avraham's [selfishness vs. benevolent lovingkindness], nevertheless went out with great self sacrifice to pray that they be spared imminent destruction-----so too by you-----seek out a person or group of people that don't see things as you do, or perhaps oppose your way of seeing/doing things, and pray that Hashem should be kind to them and help them in the best possible way for them in the eyes of Hashem... You just might find that this type of prayer may inspire them [as well as Divine Providence] to root for and pray for you as well...but pray , not for that intention, rather only with an altruistic intention.....

3. WHAT'S MINE IS YOURS HEALING-----just as Avraham's outlook in life was that what is mine is yours [and of course , what is yours is yours] as opposed to what the rest of society was professing , that either what is mine is mine and what is yours is yours—or even worse –what is yours is mine [Avot 5/10]....In other words, Avraham was integrating into the collective consciousness of mankind, that one should look beyond focusing on one's own needs, and instead focus on others needs-----so too by you-----strive to find a part of your life that you feel ready to let go of with regard to your own needs , and instead seek out how to give this part to others....Once you get the hang of it, add more and more aspects of your life to the category of making others needs precede your own.....see how wonderful and liberating this shift will make you feel.....

4. SEEKING TO SAVE THE WORLD HEALING-----just as the daughter's of Lot, after the destruction of Sodom, upon [mistakenly] thinking that they were the world's only survivors, took the steps necessary for keeping the world's population alive by getting their father so drunk that he was oblivious to the fact that he was impregnating them----- and though their means were questionable or perhaps tainted, nevertheless their intention was so pure, that eventually this act gave rise genetically to the Messianic line through their offsprings Ruth the Moabite all the way to King David and eventually the Mashiach -----so too by you-----search out what it is that you can do, that no one else can do, to save the world in some type of way, no matter how seemingly insignificant.....perhaps what you can do is to write a letter or influence someone with regard to a crucial worl shaking issue....perhaps you can use a unique talent of yours to influence just the right people at just the right time.....once your intention is directed towards doing this, you'll be amazed at how many potent opportunities present themselves to you to impact the world in your own special way.....don't worry, your efforts will be effective and rewarded in ways that you may not even believe.....

5. TRANSCEND BELIEVING EXCLUSIVELY IN 'NATURE', AND GIVE BIRTH HEALING-----just as we find that, at least partially , what enabled the birth of Yitzchak [who represents the human trait of 'transcendence' ---his name can be respelled 'kaitz chay' –the end or 'transcendence' lives now] was, at least partially, the fact that his father and mother transcended the belief that all kinds of 'natural' obstacles would block their child's birth , such as the belief that their physical disabilities to have children, or that their old age -----would prevent them from having children-----so too by you-----both literally with regard to having children in the face of seeming insurmountable obstacles, as well as

with regard to giving birth spiritually [to a new way of being] in the face of such obstacles---pay no attention to nature's obstacles to giving birth, only pay attention to, and believe the fact that Hashem can get you through anything anytime.....Strengthen yourself in this belief over time and through thick and thin—and in the end, you too, like our Patriarchs and Matriarchs, will overcome and merit the precious blessing of giving birth.....

6. MAKE A CAREER OUT OF LOVING-KINDNESS HEALING-----just as Avraham and Sarah spent most of the years of their lives pursuing a 'career' of giving hospitality to all wayfarers and all of those in need----so too by you---seek out ways in which you can dedicate the rest of your life to being a beacon of loving-kindness---even if what you commit to do, involves only a very small investment of effort.....the very fact that what you seek to do is a life-long project or a life-long career, will lift you up to a whole new level of goodness and righteousness and healing presence.....

6. ULTIMATE SELF-NULLIFIED DIVINE LOVE HEALING-----just as Avraham demonstrated in his final test, 'The Akeida' [the binding of Yitzchak] that for the sake of doing Hashem's Will and thereby expressing his supreme love of G-d, he would have been willing to sacrifice [upon Hashem's explicit order] that which was most precious in his eyes—his only son—the key link to the future of his Nation-----so too by you-----seek out something that is very precious in your eyes—whether it be a person's love or your security or whatever else may come to mind---and check yourself to see if, for the sake of the love of Hashem, or the will of Hashem or the sanctification of Hashem's name in the world, you would be willing to part with this very precious thing..... and just like Avraham was not asked to actually go through with it, so too, you probably won't need to either---however, just in case you would ---by finding your willingness and by identifying your priorities---you thereby achieve not only a readiness, but also a healing and liberating clarity in life that carries with it all kinds of spiritual benefits.....

TOLDOT

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [corresponding to Sunday's Divine Providence]

LOVE TRANSFORMATION HEALING

Just as Yitzchak hoped to influence his son Eisav with an extra dose of love, precisely because he was naturally very close to falling off the straight path of his forefathers, and to a certain extent he succeeded-----so too by you----- whether it be someone special in your family or world, who is threatening to go down the wrong path, or whether it be a part of yourself that is disassociating itself from the rest of you---shower that person or part with an abundance of love— unconditional love—a love that seeks to nurture what is lacking in that person or part, and perhaps will succeed in healing and transforming them to be and do their best....

2ND ALIYA [Monday's Providence]

TITHING HEALING

Just as Yitzchak, by tithing the agricultural profits, was blessed with abundance that was 100-fold greater than what others were naturally bringing in-----so too by you-----set aside a tenth of your income for charitable purposes, and watch the income multiply exponentially [Our Sages teach that this phenomenon is the only area of life that is permissible to test Hashem in---ie...take tithes and see for yourself how Hashem will provide you with wealth....]

3RD ALIYA [Tuesday's Providence]

POSTERITY PREPARATION HEALING

Just as the Patriarchs and Matriarchs were constantly involved in smoothing the way for their posterity [in our Parsha, Yitzchak digs 3 wells corresponding to the 3 future Holy temples---the last one, being the one that will last forever—the 'Beer Mayim Chayim'---the well of Living Waters]-----so too by you-----take the time and the effort to do something for your children and your children's children, even if you will not see the fruits of your effort immediately or perhaps at all in your lifetime...What makes the Patriarchs and Matriarchs deserving of their titles and so eternally impactful on our nation, was the fact that they unselfishly cared enough about their progeny to do what they did---Try to emulate their ways.....

4TH ALIYA [Wednesday's Providence]

NEVER DESPAIR HEALING

Just as Yitzchak was reassured by G-d that He would always be with him, despite the fact that Yitzchak feared that he would be abandoned by G-d after being embarrassed and cast out by the Philistines-----so too by you-----never despair of losing G-d's love and protection, no matter how low you feel, or bad you have messed up...there is no such thing as being too far gone—ever!!!

5TH ALIYA [Thursday's Providence]

SACRED VOICE HEALING

Just as the main contrast and distinction between Yaakov and his twin brother Eisav, was that Yaakov's strength lay in his sacred expressions, as opposed to his manual actions [as the verse says---'HaKol Kol Yaakov vehayadayim yedai Eisav'---the Voice is the Voice of Yaakov and the hands are the hands of Yaakov]---and even more than this, when Yaakov's sacred voice expressions of prayer and Torah learning are powerful in the world, than the destructive activities of Eisav are kept to a minimum—and vice versa-----so too by you-----express yourself in a sacred way –allow your voice to express itself in all of it's sacred glory while praying and learning Torah.....know with a surety that the light that you generate by giving voice to sacred words , will scatter and melt away all destructive energies that threaten to put a damper on your world---try it—it's your birthright!

6TH ALIYA [Friday's Providence]

SUBTERFUGE HEALING

Just as Rivka realized—that the only way to secure a blessing for her son Yaakov and his progeny from her husband Yitzchak, was through subterfuge---ie...through 'pulling a fast one'—dressing him up as his brother, for whom the blessing was intended-----because she realized that she had no other choice in the matter, and the historical impact of the Blessing on her progeny were well worth carrying out the subterfuge-----so too by you-----seek out a desired projected reality in your life that would be impossible to achieve unless you engage in a certain degree of subterfuge, and proceed to carry it outA word of warning---it's very easy to fool ourselves and justify the use of subterfuge in all kinds of situations that don't justify it's use, and similarly, it's very easy to fall into the habit of seeing how the ends justify such means---so only engage in such risky rectifications when there is absolutely no other way to achieve your very crucial goal.....

7TH ALIYA [Shabbat's Providence]

FUTURE SACRIFICE HEALING

Just as the Yitzchak's and Rivka's decision to send Yaakov to seek his wife in the house of Lavan—the most deceptive person of the generation, and they fully realized that such a move would not only prove to be fraught with suffering for their son Yaakov in the upcoming years of his life, but also it would set a pattern of suffering-filled exiles for their progeny for thousands of years to come-----yet they did it knowing that it was absolutely necessary for the sake of Tikun Olam and for gathering in all the Holy Souls that are scattered throughout the globe-----so too by you-----use your foresight to see into the future—a probable future that will play itself out in your lifetime and in your children's lifetime.....Based on the scenario that will most likely play itself out ---a scenario that may be very negative and harmful and perhaps even disastrous---take the necessary sacrificial steps now to stave off as much of the future suffering as is possible.....Be brave....

BO

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] A NATION OF TESTIFIERS Healing

Exodus Chapter 10/2

וּלְמַעַן תִּסְפָּר בְּאָזְנֵי בְנֶךָ וּבֶן-בְּנֶךָ, אֵת אֲשֶׁר

הִתְעַלְלִיתִי בְּמִצְרַיִם, וְאֵת-אֹתֹתַי, אֲשֶׁר-שָׁמַתִּי בָם

וַיִּדְעֻתָם, כִּי-אֲנִי יְהוָה;

and that thou mayest tell in the ears of thy son, and of thy son's son, what I have wrought upon Egypt, and My signs which I have done among them; that ye may know that I am the LORD.'

Just as we are bidden to constantly educate our children and own people about the Egyptian lesson---the lesson that Hashem is basically running the show 24/7 in all ways---in the historical mega--realms of the cosmos as well as in the microscopic details occurring in everyone's lives, and this lesson, ultimately is our legacy towards all of mankind—to be a nation of G-d testifiers -----so too by you----- reveal and testify to Hashem's presence where it's normally hiddenseek out, like in a life-long hide and seek game, those realms of life where people would not normally think of G-d being present---for example—within the free-willed choices that we make, inside the darkness and evil, inside of the hearts and minds of the greatest non-believers—as well as in so many other hidden places....

2nd ALIYA [Monday] UNLEASHED MEGA-LIGHT Healing

Exodus Chapter 10/21

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה, נִטֵּה יָדְךָ עַל-הַשָּׁמַיִם, וַיְהִי חֹשֶׁךְ, עַל-אֶרֶץ מִצְרַיִם; וַיִּמַּשׁ חֹשֶׁךְ

And the LORD said unto Moses: 'Stretch out thy hand toward heaven, that there may be darkness over the land of Egypt, even darkness which may be felt.'

Just as in the highest Heavenly realms, there exists only light, and the only way anyone can experience darkness up there, is because the abundance of light is absolutely blinding, and this same supernal light was what the Israelites in Egypt experienced as light , while the Egyptians experienced this as the most paralyzing possible darkness [as is similarly experienced by those not worthy of the supernal light in the post life] -----so too by you-----get yourself accustomed to experiencing supernal light....King David in Tehillim [36/10] revealed to us that the way to do be enveloped all the time with supernal light , is by drawing down into your life Hashem's light ['B'Orcha Nira Ohr'—'With Your Light, we will see Light']---and Hashem's light is available to be drawn down to yourself in many ways— from directly experiencing it meditatively, to just thinking about Hashem , to emulating Hashem, to Doing Hashem's will, to learning Hashem's ways.....

3rd ALIYA [Tuesday] FINDING CHEN\FAVOUR Healing

Exodus Chapter 11/3

וַיִּתֵּן יְהוָה אֶת-חַן הָעָם, בְּעֵינֵי מִצְרַיִם; גַּם הָאִשִּׁי

מִשָּׁה, גָּדוֹל מְאֹד בְּאֵינְי מִצְרַיִם, בְּעֵינֵי עַבְדֵי-פַרְעֹה וּבְעֵינֵי הָעָם

And the LORD gave the people favour in the sight of the Egyptians. Moreover the man Moses was very great in the land of Egypt, in the sight of Pharaoh's servants, and in the sight of the people

Just as The Children of Israel and Moshe found favor in the eyes of the Egyptians despite the fact that these same Egyptians were devastated and humiliated and terrified by the Israelites and the plagues that G-d was striking them with, and this was precisely because all of their facades and defense systems were not in place and they had nowhere to hide, and they could see how much we found favor in Hashem's Eyes-----so too by you-----don't try to earn the respect and find favor of others in your life in too direct of a way---this will only accomplish the opposite of what you seek to do---it will cause you to be despised in their eyes.....rather , allow yourself to gain any chen/favor in the eyes of others precisely by not doing a thing---not chasing it all, by running away from it---and you will find that when you are detached from needing to find favor, then Hashem , who loves us and finds favor in us, will open others eyes to do the same

**4th ALIYA[Wednesday] BE A HUMAN AMONG ANIMALS Healing
Exodus Chapter 11/7**

וְלֹכֹל בְּנֵי יִשְׂרָאֵל, לֹא יִחָרֵץ-קֶלֶב לְשׁוֹנוֹ, לְמַאֲשֵׁי
[עַד-בְּהֵמָה--לְמַעַן, תִּדְעוּן, אֲשֶׁר יַפְלֶה יְהוָה, בֵּין
מִצְרַיִם וּבֵין יִשְׂרָאֵל

But against any of the children of Israel shall not a dog whet his tongue, against man or beast; that ye may know how that the LORD doth put a difference between the Egyptians and Israel.

Just as when the time came for the Israelites to leave Egypt, the dogs, who normally , upon encountering so much death and topsy turvy turmoil, would normally be barking and carrying on wildly, nevertheless remained silent upon witnessing the Divine Hand engineering all that was happening, and similarly, a dog and other creatures, can sense it when they encounter a person who has a Divine image-----
-so too by you-----when you find yourself to be in the company of people [including yourself] who behave more like animals than people, then decide and commit to be a human being—a human being who clearly exhibits the Divine side within yourself....do this by living life in a ‘Soul’ way , as opposed to merely a ‘body’ way ---in a human way as opposed to an animal way....begin to do this by constantly asking yourself if the decision or action that you are about to do, finds favor in the eyes of Hashem, and soon , with G-d's help, others [including parts of yourself] who are acting more than animals than humans, will acknowledge your humanness, and will stop their constant barking

**5th ALIYA[Thursday] SPEAKING YOUR WAY INTO CONSCIOUSNESS Healing
Exodus Chapter 12/27**

וְאָמַרְתֶּם זְבַח-פֶּסַח הוּא לַיהוָה, אֲשֶׁר פֶּסַח
עַל-בְּתֵי בְנֵי-יִשְׂרָאֵל בְּמִצְרַיִם, בְּנִגְפוֹ אֶת-מִצְרַיִם
[אֶת-בְּתֵינֵנוּ הִצִּיל; וַיִּקַּד הָעָם, וַיִּשְׁתַּחֲוּוּ ,

that ye shall say: It is the sacrifice of the LORD'S passover, for that He passed over the houses of the children of Israel in Egypt, when He smote the Egyptians, and delivered our houses.' And the people bowed the head and worshipped.

Just as the redemption of our Israelite ancestors was accompanied by an elevation of consciousness which was characterized by their ability to express themselves clearly, and so too we are encouraged to speak about all of the ancient and present miracles on PESACH night –the more we do, the more praiseworthy we become and the more consciousness elevation we will experience [PE--SACH means THE MOUTH SPEAKS]-----so too by you-----speak your way into consciousness....speak of miracles, speak of Divine Providence, speak of your own relationship with Hashem, speak of your ups and downs and in-betweens, speak with a good friend—share yourself with them, and they with you, speak of

your frustrations in NOT being in a state of higher consciousness----do all of this with such strong intention and yearning that suddenly, in an unaware way---you found that you spoke your way into consciousness

6th ALIYA [Friday]BEYOND TIME BIRTHING Healing

Exodus Chapter 12/34

וַיִּשָּׂא הָעָם אֶת-בְּצֻקוֹ, טָרֵם יְהִמְזֵן; מִשְׁאֵר תָּם
צָרְרֹת בְּשִׁמְלֵתָם, עַל-שִׁכְמָם

And the people took their dough before it was leavened, their kneading-troughs being bound up in their clothes upon their shoulders.

Just as the Israelites, upon leaving Egypt, were born as a nation, and did so in great haste, without having time to wait for their dough to rise and become leavened---teaching us that their birth as an above nature nation was a birth that was founded on a principle of N0-TIME, or beyond time -----so too by you-----anytime you are in a situation of beginning something anew, of being born in one way or another---jump into your new reality in a manner that is beyond time---jump in with pure and holy trust in Hashem, without considering whether what you are beginning, is really what you want or not[these are inner deliberations one deals with before jumping in]----just jump in fully trusting and knowing that Hashem will be there for you at every stage of the upcoming process

7th ALIYA [Shabbat]NATURE IS MIRACULOUS TOO Healing

Exodus Chapter 13/16

וְהָיָה לְאוֹת עַל-יָדְכָה, וּלְטוֹטְפֹת בֵּין עֵינֶיךָ: כִּי
בַח יָקִי יְד, הוֹצִיאָנוּ יְהוָה מִמִּצְרָיִם

And it shall be for a sign upon thy hand, and for frontlets between thine eyes; for by strength of hand the LORD brought us forth out of Egypt.

Just as we are bidden by our Sages to bring constant tangible reminders into our hearts and minds [for example with the Tefillin of head and arm, with it's scrolls testifying to the Egyptian Redemption]of the lesson of the Egyptian experience---the lesson that G-d's miracles are to be found not only in unusual events, but also in nature itself, in everything that we experience every day and every minute of our life-----so too by you-----experience all of your life to be one constant series of miracles....experience the miracle of your ability to see, and to stand up and sit down and read these words and understand them and your ability to get through all of the thousands of challenges that you have gotten through in your life.....experience all of these and more as often as possible---don't take anything for granted and learn from a person who G-d forbid, loses the ability to use part of their bodily functions, and comes to realize the miraculous ness of everything that they do have and experience

BESHALACH

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] CONSTANT BREAKING OUT OF EGYPT Healing

Exodus Chapter 13/18

וַיִּסַּב אֱלֹהִים אֶת-הָעָם דְּרַךְ הַמִּדְבָּר, יַם-סוּף
וַתִּמְשִׁים עֲלוֹ בְנֵי-יִשְׂרָאֵל, מֵאֶרֶץ מִצְרַיִם

But God led the people about, by the way of the wilderness by the Red Sea; and the children of Israel went up armed out of the land of Egypt.

Just as the Exile from Egypt is not meant to be related to as merely a historical commemoration, but rather something that we are meant to live out in our daily lives every day and every night [the word 'Chamushim' in this verse also signifies 50 portions of Freedom from this Exile corresponding to the 50 days from the time of the Egyptian exile until the receiving of the Torah and the 50 times this Egyptian Exile was mentioned in the Torah—all showing that true freedom is a constant and an incremental process]-----so too by you----- every day and every night, identify the 'Egypt' in your life, the part of your life where you are truly enslaved in one way or another, and break free from that exile....make use of the same methods that the Israelite slaves made use of—wordless heartfilled screams and pure and simple trust and Emuna/Faith in Hashem—an Emuna based on a knowledge that without Hashem's help you could never get out of this situation

2nd ALIYA [Monday] THE MESSAGE OF TERROR Healing

Exodus Chapter 14/10

בְּנֵי-יִשְׂרָאֵל, אָל-יְהִי נְהַיָּה מִצְרַיִם נֹסַע אַחֲרֵיהֶם, וַיִּירָאוּ מְאֹד, וַיִּצְעֲקוּ וַפְרַעֲהוּ, הַקָּרִיב; וַיִּשְׂאוּ בְנֵי-יִשְׂרָאֵל אֶת-עֵינֵיהֶם

And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians were marching after them; and they were sore afraid; and the children of Israel cried out unto the LORD

Just as Pharaoh's terrifying and threatening approach [the word usage of Pharaoh HIKRIV/DREW NIGH is an unusual usage, teaching that this approach was for the sake of 'Kiruv' –bringing us close to Hashem] to attack the defenseless Jewish people , was the tool that Hashem used to cause the Bnei Yisrael to step up and do what only a great nation could do; display awesome active trust in Hashem -----so too by you-----make use of the opportunity to tap into even the most terrifying of situationssee it as a wake-up call from ABOVE, to get you to react in an extraordinary way....see terror not only as a reason to protect yourself and hide away or fight it off, but more importantly, study the Divine reason for bringing this terror, and see it as a personalized message for you to do whatever it takes spiritually to stave off G-d's need to wake you up in this way in the first place, and with Hashem's compassionate help, you will be protected and even be able to avoid it altogether

3rd ALIYA [Tuesday] TRANSCENDING THE IMPOSSIBLE Healing

Exodus Chapter 14/15

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה, מַה-תִּצְעַק אֵלַי; דַּבֵּר
אֶל-בְּנֵי-יִשְׂרָאֵל, וַיִּסְעוּ

And the LORD said unto Moses: 'Wherefore criest thou unto Me? speak unto the children of Israel, that they go forward.

Just as the Holy Zohar teaches, that in order for the Israelites to be saved in this impossible situation, they needed to connect to a higher level of Divine Providence referred to as 'Atika' –which is expressed in their situation as acting with supernatural active trust by jumping into the Reed Sea and causing it to part for them and save them [this active sacrificial Bitachon /Divine trust reaches an even higher Heavenly level than screams and prayers do, and acts measure for measure, to draw down supernatural Divine Providence—in this case, of parting the Reed sea]-----so too by

you-----whenever you find yourself in an impossible situation, emulate the reaction of our ancestors , by displaying extraordinary trust in Hashem in an active way, and thereby draw down extraordinary miraculous Divine salvation...what you do exactly, will depend on the situation at hand, but with Hashem's guidance [and that of spiritual masters as well], you will be able to draw down miraculous salvation and transcend the impossible

4th ALIYA [Wednesday] THE CIRCLE DANCE Healing
Exodus Chapter 15/20

וַתִּקַּח מִרְיָם הַנְּבִיאָה אֶחָוִית אֶהָרֹן, אֶת-הַתֵּן הַיָּדָה;

וַתֵּצֵאנָן כָּל-הַנְּשִׂימִים אַחֲרֶיהָ, בְּתַפִּימִים וּבְמִחֹלֹת

And Miriam the prophetess, the sister of Aaron, took a timbrel in her hand; and all the women went out after her with timbrels and with dances.

Just as Miriam and the women of Yisrael were and are able to tap into a higher future world consciousness in the here and now more so than the men, who only projected a future world supernatural singing stance as a one time thing following the Reed sea miracle—as it says by the men, THEN Moshe and the children of Israel will sing their future world song—THEN , NOT NOW at any time they wish, and this future world consciousness, bespeaks a time when everyone will be complete in their state of consciousness and all will dance in a global cosmic circle—everyone with their own unique and independent and complete perspective-----so too by you----- seek out the opportunities in life to tap into your own and other people's enlightened states of consciousness, when you are not lacking anything--when all you need to do in order to express your spirituality is to simply be here and now....the more you tap into these opportunities at the appropriate times, the more adept you will become—the faster you will become a complete and 'here and now' type of person

5th ALIYA [Thursday] EXTRAORDINARY PROVIDENCE Healing

Exodus Chapter 15/27

וַיָּבֹאוּ אֵלֵימָה--נְשִׂימִים עֹשְׂרֵה עֵינֹת מַיִם

וְשִׁבְעֵים תְּמָרִים; וַיִּחַגְּבוּ-נָשִׂים, עַל-הַמַּיִם

And they came to Elim, where were twelve springs of water, and three score and ten palm-trees; and they encamped there by the waters

Just as the scenario that the Bnei Yisrael ran into in the desert spot called Elim, actually didn't exist prior to their arrival at this place, and when they did arrive what was instantly created for them[a plan that was waiting to materialize from the time of Creation] was a miraculous symmetry of 12 springs—one for each of the tribes, and 70 palms—one for each of the elders—all showing that all that came their way was miraculous and personalized-----so too by you-----

open up your spiritual eyes and see that all that comes your way, no matter how elaborate , no matter how 'natural' it may seem, is actually a totally miraculous and personalized manifestation of G-d's Providence....the more that you actually do see things in this way, the more your eyes will be opened to continue seeing everything in this way

6th ALIYA [Friday] MANNA Healing
Exodus Chapter 16/15

וַיִּרְאוּ בְנֵי-יִשְׂרָאֵל, וַיֹּאמְרוּ אִישׁ אֶל-אָחִיו מֶן

הוּא--כִּי לֹא יָדְעוּ, מֶה-הוּא; וַיֹּאמֶר מֹשֶׁה, אֲלֵהֶם, הוּא הַלֶּחֶם, אֲשֶׁר נָתַן יְהוָה לָכֶם לְאֹכְלָהּ

And when the children of Israel saw it, they said one to another: 'What is it?'--for they knew not what it was. And Moses said unto them: 'It is the bread which the LORD hath given you to eat.

Just as the children of Israel in the desert were fed with Manna, and this Manna was miraculous spiritual food and the lesson of the character of the Manna needed to be learned very well in order for

them to be able to survive and thrive -----so too by you----- internalize in your own life the lesson of the Manna....the lesson that the more that you trust in Hashem's stepping in to personally take care of your livelihood needs, the less that you will need to act on your own with elaborate plans and efforts in order to take care of yourself and your livelihood...learn and actualize this lesson and be blessed with the blessing of the Manna in your life as in the days of old

7th ALIYA [Shabbat]THE AMALEK LESSON Healing
Exodus Chapter 17/7 & 8

וַיִּקְרָא שֵׁם הַמָּקוֹם, מַסָּה וּמֵרִיבָה: עַל-רִיב בְּנֵי יִשְׂרָאֵל, וְעַל נִסֹּתֶיךָ אֲתָּה-יְהוָה לְאֹמֵר, הֲיִשׁ יְהוָה
בְּקִרְבָּנוּ, אִם-אֵין
וַיִּבֹא, אֶמְלֵק; וַיִּלָּחֶם עִם-יִשְׂרָאֵל, בְּרִפְדִּים.

And the name of the place was called Massah, and Meribah, because of the striving of the children of Israel, and because they tried the LORD, saying: 'Is the LORD among us, or not?'. Then came Amalek, and fought with Israel in Rephidim

Just as we see by the lesson of the juxtaposition of these above verses, namely that when the Bnai Yisrael were aware that Hashem is taking care of them every step of the way, and the minute that they forgot this lesson [or that they at least didn't have it in the back of their minds], that's when the forces of darkness—the forces of Amalek—came in to attack and give them a rude awakening in order to get back to this consciousness -----so too by you-----keep yourself in a mind state of awareness---awareness that Hashem is constantly embracing you and nurturing you and guiding you and protecting you at every step of the way.....to the extent that you do , you will receive all of these benefits, and to the extent that you don't , you will be vulnerable to receive a rude awakening as in the lives of our ancestors---so connect to the source of life and light and blessing

too by you-----since we all have have an obligation to ask ourselves, “When will my actions be on the level of our Patriarchs [including Moshe] and Matriarchs”, then, it follows, that

we have the potential to singlehandedly change the world, and singlehandedly act and impact in ways that we would think are only possible for 1000 people to accomplish.....with Hashem’s help, there is no limit to the maximum expression of our potentials

4th ALIYA[Wednesday] THE CHOSEN PEOPLE Healing

Exodus Chapter 19/6

וְאַתֶּם תִּהְיוּ-לִי מְמַלְכֵת כֹּהֲנִים, וְגוֹי קְדוֹשׁ: אֵלֶּה, הַדְּבָרִים, אֲשֶׁר תְּדַבֵּר, אֶל-בְּנֵי יִשְׂרָאֵל

and ye shall be unto Me a kingdom of priests, and a holy nation. These are the words which thou shalt speak unto the children of Israel.

Just as our ancestors were charged [as will be the case with our nation in the Messianic times]with the responsibility of being a holy nation and a kingdom of priests-----so too by you-----rise to the level of carrying out the profound destiny and legacy of your nation.....be a Jew who others point to saying, “that’s a holy Jew’ or “that’s a priestly and regal type of person".....begin doing this by distinguishing yourself in your values, principles and motivations---be a person who’s every act is connected to Hashem in love and awe---one who looks to see Hashem’s Hand guiding their every move in holiness and purity.....and whatever you do accomplish as a G-dly person, be sure and share this with others

5th ALIYA[Thursday]PURIFICATION PREPARATION Healing

Exodus Chapter 19/11

וְהָיוּ נְכֹנִים, לְיוֹם הַשְּׁלִישִׁי: כִּי בַיּוֹם הַשְּׁלִישִׁי, יֵרֵד יְהוָה לְעֵינֵי כָל-הָעָם--עַל-הַר סִינַי

and be ready against the third day; for the third day the LORD will come down in the sight of all the people upon mount Sinai

Just as the Children of Israel, 3 days prior to receiving the Torah from Hashem at Sinai, had already completed a very long and intensive purification process [in their long refining slave years in Egypt, as well as their 49 day purification preparation process from the time they left Egypt until they arrived at Sinai], nevertheless they

needed even more purification preparation of 3 days of ‘Hagballa’/’sacred boundaries’ in order to be fitting to receive the Torah-----so too by you-----see the importance of spiritual preparation in your life....realize that the more that you prepare for any significant activity, the more that you will get out of it....realize that relatively speaking [relative to the levels that you can reach] , there is no limit to the amount of preparation that you can do....and all this is especially true with regard to Torah and all other forms of spiritual growth activities---the more that you prepare, the purer will be your experience and your growth and your level

6th ALIYA [Friday] SUPERNAL UNITY Healing

Exodus Chapter 20/1

וַיְדַבֵּר אֵלֵּי הַיָּם, אֵת כָּל-הַדְּבָרִים הָאֵלֶּה לְאַמֵּר

And God spoke all these words, saying

Just as G-d communicated prior to the actual giving of the 10 commandment and the Torah, the entire Torah in one utterance, something that is inconceivable, showing that the higher one goes up in the level of spirituality, the simpler and more concise and more unified and more profound it is -----so too by you----- seek to get to the core essence of whatever life situations that you deal with.....once you do find the essence point , try to communicate this point with others in as concise a way as possible.....the more that you do communicate in a concise , yet profound way, the

more people will attach importance to every word that you say....more important than this, the more you will get used to seeing and communicating essence---a process that will naturally heal your soul

7th ALIYA [Shabbat]BEYOND WORDS TO EXPRESS Healing

Exodus Chapter 20/14

וְכָל-הָעָם רֹאִים אֶת-הַקּוֹלֹת וְאֶת-הַלַּפִּידִם, וְאֶת
קוֹל הַשָּׁפָר, וְאֶת-הַהָר, עֹשֵׂן; וַיַּרְא הָעָם וַיִּגְעוּ, וַיַּעֲמְדוּ
מֵרָחֹק

And all the people perceived the thunderings, and the lightnings, and the voice of the horn, and the mountain smoking; and when the people saw it, they trembled, and stood afar off

Just as the people experienced at Sinai, a level of prophecy, described as seeing that which is normally heard and hearing that which is normally seen, which is unfathomable and impossible to communicate-----so too by you-----realize that there are very subtle and profound messages that are possibly potentially accessible to you at all times....know that these messages, though they are normally inaccessible and incommunicable, hold the keys to all the inner key secrets, and perhaps in the merit of our ancestors who heard and saw the unfathomable , you too will be able to pick up bits and pieces of inner secrets if you listen very carefully

MISHPATIM

Aliya Healings

****HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] CONSTRICT IN ORDER TO EXPAND Healing

Exodus Chapter 21/1

וְאֵלֶּה, הַמִּשְׁפָּטִים, אֲשֶׁר תָּשִׂים, לְפָנַיִם.

Now these are the ordinances which thou shalt set before them

Just as last week's and this week's Parshas, in presenting the dynamic of receiving the Torah, bring first a constriction [the pre-Torah restrictions of coming to close to the mountain], followed by an expansion [the giving of the Torah], followed by another constriction [the laws of 'damages'....etc...], followed by another expansion [a closer look at the giving of the Torah]---all coming to teach that the path of growth in spirituality is by necessity , one that demands first a constriction prior to an expansion in order to refine one's ability to maximize the expansion -----so too by you----- realize that in order to grow and advance spiritually, the constrictive periods that you go through are Heaven sent, in order to refine you and prepare you to engage properly all of the opportunity and abundance that you will encounter in the ne expansive state....let this be for you a source of wellbeing and peace of mind for the 'down times'---and more than this , let this dynamic teach you that all of life, with all of it's ups and downs, is a constant opportunity for growth

2nd ALIYA [Monday] PREEMPTIVE STRIKE Healing

Exodus Chapter 22/1

אם-בַּמְחִתָּת יִמָּצָא הַגֵּנֵב, וְהִנֵּה נִמְתָּ--אִין לוֹ, דְּמִים

If a thief be found breaking in, and be smitten so that he dieth, there shall be no bloodguiltiness for him
Just as a thief , attempting to sneak into a home, in the middle of the night, is considered a person who is ready to kill without warning, thus placing him in the Halachic category refered to as 'Rise up and kill him before he kills you', and this lesson can be learned by extension to other non-literal [non—killing] applications-----so too by you-----if you feel that there is a person that is a certified abuser, whether it is physical abuse, emotional abuse or any other kind, and you are in a situation that you will not be endangered or harmed now or afterwards, in any way [after taking counsel with an expert that you trust], then rise up and initiate a preemptive strike and do what is necessary to protect yourself and to avoid ever being hurt again by such person

3rd ALIYA [Tuesday] COMPASSION Healing

Exodus Chapter 22/20

וְיָגַר לְאֶ-תּוֹנֶה, וְלֹא תִלְחָצֶנּוּ: כִּי-גֵרִים הֵיִיתֶם, בְּאֶרֶץ מִצְרַיִם

And a stranger shalt thou not wrong, neither shalt thou oppress him; for ye were strangers in the land of Egypt

Just as the Jew is meant to tap in to their collective consciousness , and focuses on the time that they were a stranger in a strange land [throughout most of our history]---and feels all of the pain and vulnerability and weakness involved in being a stranger, and transfers with compassion , this feeling, to all those who are presently in the same situation-----so too by you-----open up your heart and your sense of empathy and sympathy---and elicit a sense of compassion for anyone and everyone that is in the situation of being a vulnerable stranger, filled with all of the fears and

uncertainties of a person in such a situation.....seek out a way to help such a person , in a way that you yourself, in their shoes, would like to be helped

4th ALIYA[Wednesday] HELPING THE HATED ONE Healing

Exodus Chapter 23/5

כִּי-תִרְאֶה חֲמוֹר שֶׁנֶּאֱדָר, רֹבֵץ תַּחַת מְשָׁאוֹ, וְחִדְלָתָ, מֵעֵזוֹ לֹ-עֵזוֹ בְּתַעֲזוֹב, עֲמוּ

If thou see the ass of him that hateth thee lying under its burden, thou shalt forbear to pass by him; thou shalt surely release it with him

Just as the Torah directs us to confront our inner sense of hate for another person [which is itself a negative ‘Don’t do’ commandment] by helping out the hated one when they are in need, such as in a situation of needing a hand to load or unload a heavy burden-----so too by you-----
----check out inside of yourself for any person[s] that you either hate or have a hard time with---and seek out a way to help them out---and when you do help them , have in mind a few purifying and healing intentions, namely—that by doing so, you melt away your own negative feelings for this person, an besides that, you also are fulfilling a Mitzvah , and besides that, you will probably be gaining a friend and besides that, you will be emulating Hashem’s trait of benevolence even to those who are undeserving

5th ALIYA[Thursday] OVERCOMING LIES AND DECEIT Healing

Exodus Chapter 23/7

מִדְּבַר-שָׁקֶר, תִּרְחֹק; וְנָקִי וְצַדִּיק אַל-תִּהְרֹג, כִּי לֹא-אֶצְדִּיק רָשָׁע

Keep thee far from a false matter; and the innocent and righteous slay thou not; for I will not justify the wicked

Just as our Sages, based on the above Biblical verse, brought in the Talmud [Tractate Shavuot pg. 31a] a long list of ways to actively overcome subtle lies and forms of deceit, not normally noticeable , and beyond this, they teach us that the nature of the present World we live in [Olam HaZe] is a World of Deceit and Lies [‘Alma D’Shikra]---and they guide us how to stand strong and true in the face of all these lies-----so too by you----- be a seeker of truth in a world of deceit and lies.....don’t allow money, pride, honor and all other sources of deceit and lies [at least if they are not approached properly]turn you away from clinging to truth---truth in dealings with others, with yourself and with Hashem...seek out people of truth...seek out ways of truth, and seek to communicate the truth to one and all

6th ALIYA [Friday]TAKING PLEASURE IN HASHEM Healing

Exodus Chapter 23/25

וְעַבַדְתֶּם, אֶת יְהוָה אֱלֹהֵיכֶם, וּבִרְבֹךְ אֶת-לֶחְמֶךָ, וְאֶת-מִימֶיךָ; וְנִסַּר אֲתִי מִחֲלָה, מִקֶּרֶךָךְ

And ye shall serve the LORD your God, and He will bless thy bread, and thy water; and I will take sickness away from the midst of thee

Just as the reference to service of G-d as brought in this verse is not concerned with the carrying out of the Mitzvot, but rather is explained to be the pursuit of giving pleasure to Hashem and taking pleasure in Hashem [a pursuit that is one of the main purposes of our lives and of our service]-----
-so too by you----- seek out to be a Server of Hashem---one who takes great pleasure in every aspect of this service, not only because of the nature of the service itself, but even more so, because of the fact that one is connected to the ONE who is the Lifeforce of the Universe

7th ALIYA [Shabbat] WE WILL DO & WE WILL HEAR Healing

Exodus Chapter 24/7

וַיִּקַּח סֵפֶר הַבְּרִית, וַיִּקְרָא בְּאָזְנֵי הָעָם; וַיֹּאמְרוּ, כֹּל אֲשֶׁר-דִּבֶּר יְהוָה נַעֲשֶׂה וְנִשְׁמָע

And he took the book of the covenant, and read in the hearing of the people; and they said: 'All that the LORD hath spoken will we do, and obey

Just as the children of Israel reached the highest levels they have ever reached in their history by committing to first do and afterwards to hear—a level of being freed from all spiritual negativities, a level that was only tasted by mankind in the pre-fall days of the Garden of Eden, a level of being free of all physical and spiritual illness and defects, a level of being connected to G-d 24\7, a level of a 'default' carrying out of Hashem's will as if it is their own, a level that previous to this was only known to the highest of Angels and to the greatest of Tzadikim -----so too by you----- jump in!....to the best of your ability, commit to carry out Hashem's Will sight unseen—to the best of your ability---whatever it might be, whatever it may demand of you....commit to constantly asking if what you do, finds favor in G-d's eyes----to the extent that you do this –to that extent, you will participate in the awesome and wonder-filled effects that the Children of Israel experienced at Sinai upon saying 'Naase V'Nishma' ['We will do and we will hear']

TRUMA

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] BECOME A G-DLY SANCTUARY Healing

Exodus Chapter 25/8

וַעֲשׂוּ לִי, מִקְדָּשׁ; וְשָׁכַנְתִּי, בְּתוֹכָם

And let them make Me a sanctuary, that I may dwell among them.

Just as the Sanctuary is an earthly home for Hashem, and thereby represents the totality of all the Infinite upper Worlds encompassed in an earthly home, we too , as microcosmic beings, as the bearers of the Divine image encompass this awesome Infinity inside of ourselves, and as a result, we have the choice and the prerogative to express ourselves as walking, talking Divine sanctuaries -----so too by you-----become a sanctuary....become a conduit and channel of Divinity...reveal G-d where G-d is hiding....discover G-d inside of your own free will....show that G-d is responsible for every little detail...see life as a constant challenge of revealing G-dliness where He's hiding...see yourself and your life as being a constant House of HaShem ['Shivti B'veit Hashem kol yemai chayai'/' Sit me in the home of Hashem all the days of my life' {Tehillim}]

2nd ALIYA[Monday]HASHEM ,TORAH&ISRAEL ARE ONE Healing

Exodus Chapter 25/22

אֲצַנֶּה אוֹתְךָ, אֶל-בְּנֵי יִשְׂרָאֵל מִבֵּין שְׁנֵי הַכְּרֻבִים, אֲשֶׁר עַל-אֲרוֹן הָעֵדוּת--אֵת כָּל-אֲשֶׁר וְנוֹעַדְתִּי לָךְ, שָׁם, וְדַבַּרְתִּי אִתְּךָ מֵעַל הַכַּפֹּת

And there I will meet with thee, and I will speak with thee from above the ark-cover, from between the two cherubim which are upon the ark of the testimony, of all things which I will give thee in commandment unto the children of Israel

Just as the Holy Ark with the 2 twin Keruvim on the top of it was the focal point for all prophecy and all interface between the finite aspects of reality in the world and the Infinite, and this was because there manifested in this spot, more than in any

other, the Unification of all dimensions, the Unification of G-d ,Yisrael and the Torah [therefore the Prophetic word in it's Torah expression was most available in this holy space]-----so too by you-----realize that all the Holy vessels and all their properties are within yourself, and to the extent that you are aware and that you tap into them, to that extent, their awesome power and holiness are accessibleTap into one of these three dimensions-----Torah, Hashem or your Yisrael Soul, and you automatically connect with the other 2....learn Torah and be connected to Hashem and your Soul....Connect to Hashem and be connected thereby to the Torah and your soul

3rdALIYA[Tuesday]POST LIFE Healing

Exodus Chapter 25/31

יְהִיוּ יְרֻכָה וְקַנָּה, גְּבִיעֵיהָ כִּפְתֹרֶיהָ וּפְרָחֶיהָ, מִמָּנֶה, וְעֲשִׂיתָ מִגֹּדֶת, זָהָב טָהוֹר; מִקְשֵׁה תַעֲשֶׂה הַמְנוּרָה

And thou shalt make a candlestick of pure gold: of beaten work shall the candlestick be made, even its base, and its shaft; its cups, its knops, and its flowers, shall be of one piece with it

Just as the candlelight serves as a seat for the Soul---a place for the Soul to be at peace with a dimension of light that it is attuned to, and one of the intentions of the Menora in the Beit HaMikdash was to provide a place for the Souls who have passed on -----so too by you-----do the act of true Chesed whenever you are in a position to do so, by doing that which is helpful for those who have passed on to 'their worlds'.....Do whatever is in your power to assist in their comfort and their soul elevation....this can involve virtually any good deed that you do, that has them and their well-being in mind

4th ALIYA [Wednesday] ACTIVATING RATZON Healing

Exodus Chapter 26/28

וְהַבְרִיחַ הַתֵּיכֹן, בְּתוֹךְ הַקַּרְשִׁים, מִבְּרֶחַ, מִן-הַקֶּצֶה אֶל-הַקֶּצֶה

and the middle bar in the midst of the boards, which shall pass through from end to end

Just as this middle bar of the Sanctuary corresponded to the highest Kabbalistic Upper world Persona [Arich Anpin]---an entity that stretches from one end of all processes and structures to the other end, representing the innermost motivation—the inspiration that causes everything else to get on board and follow along-----so too by you-----tap into your innermost motivation---your RATZON---the Will—that inner point of clarity that motivates all that you do inside of your self and all that happens to you as well...to the extent that you do activate your Ratzon, to that extent, you will be living the life that you love and that you were meant to live, and you will find that many others will want to collaborate with you as well, in helping you to actualize your Ratzon

5th ALIYA [Thursday] PERMISSION TO ENTER HIGHER HOLINESS Healing

Exodus Chapter 26/31

וַעֲשִׂיתָ פָּרָכֶת, תְּכֵלֶת וְאַרְגָּמָן וְתוֹלַעַת שָׁנִי--וְנִשְׁשׁ מְשֻׁזָּר; מַעֲשֵׂה חָיִב יַעֲשֶׂה אֶתָּה, כְּרָבִים

And thou shalt make a veil of blue, and purple, and scarlet, and fine twined linen; with cherubim the work of the skilful workman shall it be made

Just as the ‘Parochet’/Dividing Curtain served as a point of separation between the lower level ‘Kodesh and the higher level ‘Kodesh Kodeshim’, symbolizing the distinction and division that are needed to allow in to a higher realm, only one who has refined themselves enough to be able to enter that level [as we see in life in various manifestations in this world and beyond]-----so too by you-----strive to purify yourself to be worthy to step up into a higher level---to be worthy to receive purer and holier thoughts—to be worthy to be surrounded by more refined people and circumstances and challenges and all else that makes up your spiritual environment and atmosphere

6th ALIYA [Friday] ELEVATING OUR BODY’S PHYSICALITY Healing

Exodus Chapter 27/1

וַעֲשִׂיתָ אֶת-הַמִּזְבֵּחַ, עֲצֵי שִׁטִּים: הִמְשׁ אֲמוֹת אַרְבָּ

וְהִמְשׁ אֲמוֹת רֹחַב, רְבֹועַ יְהִיָּה הַמִּזְבֵּחַ, וְשֵׁלֶשׁ

אֲמוֹת, קִמְתּוֹ

And thou shalt make the altar of acacia-wood, five cubits long, and five cubits broad; the altar shall be four-square; and the height thereof shall be three cubits

Just as the Altar represented the Holy Temple’s expression of Holy eating and consumption, and served as a Tikun for the fallen eating involved in the episode of Adam and Eve’s partaking of the fruit of the Tree of the knowledge of good and evil[and as a result Adam’s body became a physical , and not a spiritual body]-----so too by you-----strive to elevate your level of consumption---all types of consumption—eating , acquisitions and any other type of intake that you experience....receive what is given to you with gratitude and with holy intentions to utilize what is given to you for good and G-dly purposes....keep focusing on consuming in a holy way until you yourself will slowly but surely begin to initiate a reversal of Adam’s lowering of spirituality to become physicality---and you , with your holy consumption, will be a force of elevation of the physical into the spiritual

7th ALIYA [Shabbat] ALL-ENCOMPASSING Healing

Exodus Chapter 27/9

וְעָשִׂיתָ, אֶת חֲצַר הַמִּשְׁכָּן--לְפָאֵת נֹגֵב-תֵּימָנָה קְלָעִים
לְחֲצַר שֵׁשׁ מִשְׁזָר, מֵאָה בְּאַמָּה אֶרְדָּ, לְפָאֵה, הָאֲחֵת

And thou shalt make the court of the tabernacle: for the south side southward there shall be hangings for the court of fine twined linen a hundred cubits long for one side

Just as the Temple's surrounding courtyard represented the body that encompasses and surrounds the inner organs , as well as all encompassing , surrounding entities---all of them having the common properties of protection and holistic unification of all that is within -----so too by you-----
----- appreciate the power of that which surrounds, encompasses , unifies and draws down that which is beyond to that which is within.....see the whole picture that you are presented with in life, rather than just the parts....so many times you will find, that what was perplexing you when you only saw a part of the picture, will become crystal clear [and healing] when you see the whole picture

TETZAVE

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] ETERNAL LIGHT Healing

Exodus Chapter 27/20

וְאָתָה תְצַוֶּה אֶת-בְּנֵי יִשְׂרָאֵל, וַיִּקְחוּ אֵלֶיךָ שֶׁמֶן זַיִת זָךְ כְּתִית--לְמָאוֹר: לְהַעֲלֹת נֵר תָּמִיד

And thou shalt command the children of Israel, that they bring unto thee pure olive oil beaten for the light, to cause a lamp to burn continually

Just as the Nair Tamid [Constant or Eternal Light]--- the eternally alive Divine Presence of the Menorah's western light inside of the Holy Temple---continued to shine, albeit in a hidden way, even after the destruction of the Temple [as our Sages teach, that even in it's hidden , buried place, the fire light continues to shine ad-infinity] thereby defying nature and space and time-----so too by you----- tap into the light of Eternity---tap into the dimension of your life that will not ever be put out---that dimension that outlasts life in this world---the spiritual dimension of reality---the Torah and Mitzvot, the love and compassion and all else that connects to the realm of the Divine.....relate to these timeless realms with the proper respect and awe that one would towards anything that will last forever

2nd ALIYA[Monday] PSYCHIC WISDOM Healing

Exodus Chapter 28/30

אֶת-מִשְׁפַּט בְּנֵי-יִשְׂרָאֵל עַל- נְהִיּוֹ עַל-לֵב אֶהְרֹן, בְּבֹאֹ אוֹ לִפְנֵי יְהוָה; וַנִּשְׂא אֶהְרֹן, וַנִּנְתַּת אֶל-חֹשֶׁן הַמִּשְׁפָּט, אֶת-הָאוּרִים וְאֶת-הַתְּמִיּוֹם לְבוֹ, לִפְנֵי יְהוָה---תָּמִיד

And thou shalt put in the breastplate of judgment the Urim and the Thummim; and they shall be upon Aaron's heart, when he goeth in before the LORD; and Aaron shall bear the judgment of the children of Israel upon his heart before the LORD continually

Just as the Urim V'Tumim [the Divinely lit Prophetic letters on the High Priest's Breast Plate] required a whole set of conditions to fully convey their Divine Guidance future clarifying effect, namely, they required that the High Priest be a man possessing the fear of Heaven and that he be a man with Ruach HaKodesh [Holy spirit] and a few other preconditions -----so too by you-----know that any type of psychic wisdom that a person professes to possess, comes as a gift from Heaven, and unless that person has the proper attributes of self nullification and ultimate humility and altruistic intentions [just to name a few], the psychic information that this person receives, is not necessarily to be trusted [in part or in whole]

3rd ALIYA[Tuesday] KNOCK FIRST Healing

Exodus Chapter 28/35

וְהָיָה עַל-אֶהְרֹן, לְשִׁרְתוֹ; וַנִּשְׁמַע קוֹלוֹ בְּבֹאֹ אוֹ אֶל-הַקֹּדֶשׁ לִפְנֵי יְהוָה, וּבְצֵאתוֹ--וְלֹא יָמוּת

And it shall be upon Aaron to minister; and the sound thereof shall be heard when he goeth in unto the holy place before the LORD, and when he cometh out, that he die not

Just as the High Priests vestment was fitted with bells to announce his presence [in the midst of his Divine Temple service] to those that were either meant to not get close to him or to those who could eventually, and one of our Sages lessons that is derived from this, is that one must not suddenly appear

to someone, but must give them at least some minimal advanced notice -----so too by you----- have the sensitivity to announce your immanent arrival [this may, for example, be an email prior to a call or a phone call or knock prior to a live appearance]....allow them the ability to absorb the fact that you are about to show up---allow them to prepare themselves to meet you in a calm and considered way, just as you would like and appreciate others to do for you

4th ALIYA[Wednesday] HOLY DRESSING Healing

Exodus Chapter 29/5

וְלָקַחְתָּ אֶת-הַבְּגָדִים, וְהַלְבַּשְׁתָּ אֶת-אַהֲרֹן

וְאֶפְדֹת לּוֹ, בְּחֹשֶׁב הָאֵפֹד; אֶת-הַכֹּתֶנֶת, וְאֶת-מְעִיל הָאֵפֹד, וְאֶת-הָאֵפֹד דְּנֶאֱתָה-חֹשֶׁן

And thou shalt take the garments, and put upon Aaron the tunic, and the robe of the ephod, and the ephod, and the breastplate, and gird him with the skilfully woven band of the ephod

Just as the wearing of garments by the Priest in the Temple, was a holy activity that was infused with special rectifications and intentions and atonements that were designed to purify and perfect all kinds of imperfections that are associated with clothes wearing-----so too by you-----

as much as is possible, sanctify the mundane in your life...this is a goal to aim for in general, and specifically, emulate the Priest's intentions in dressing---seek to dress in a way that conveys your highest self—your morality and your modesty and the other values that you uphold and respect

5th ALIYA[Thursday] FOCUS ON FUTURE WORLD Healing

Exodus Chapter 29/37

שִׁבְעַת יָמִים, תִּכַּפֵּר עַל-הַמִּזְבֵּחַ, וְקִדְשָׁתָּ, אִתּוֹ

וְקִדַּשׁ וְהָיָה הַמִּזְבֵּחַ קֹדֶשׁ קְדוֹשִׁים, כָּל-הַנֹּגֵעַ בַּמִּזְבֵּחַ

Seven days thou shalt make atonement for the altar, and sanctify it; thus shall the altar be most holy; whatsoever toucheth the altar shall be holy

Just as the period referred to as the Sheva Yemi Miluyim [the 7 days of Temple Preparations] had partial and whole sacrificial rituals that had very specific intentions with regard to preparing the Temple to be a vehicle for maximal Divinity, and these preparatory rituals alluded to a person's actions in this world that they take in order to prepare themselves for their World to Come -----

-so too by you----- weigh the eternal value of your actions----would you speak or act

in the same way that you normally do if you were aware that your words and actions and their impact would have eternal ramifications?.....when you engage your world with this kind of sensitivity and carefulness, the effect of what you do becomes very profound not only in the next world, but in this world as well

6th ALIYA [Friday] EVERY DAY'S FORGIVENESS Healing

Exodus Chapter 29/42

עֲלֹת תָּמִיד לְדֹר וָדֹר, תִּיכַם, פֶּתַח אֹהֶל-מוֹעֵד לְפָנַי יְהוָה, אֲשֶׁר אֹנֵעַד לָכֶם שָׁמָּה, לְדַבֵּר אֵלַיךְ שָׁם

It shall be a continual burnt-offering throughout your generations at the door of the tent of meeting before the LORD, where I will meet with you, to speak there unto thee

Just as the twice daily 'Olat Tamid' \ 'Continual Burnt Offering' had the healing power of clearing away everyone's negativity and sin from the previous 1/2 day—an incredible display of Divine forgiveness -----so too by you-----search out the wrongs that you have done to others or to Hashem and forgive others of the wrongs that they have done to you on a daily [or even twice daily]basis....emulate the trait of the Righteous ones who were never suspected of carrying over

a sin from the previous day to the following one [having repented already]...immerse yourself in forgiveness, and see how others will be more eager to forgive you as well

7th ALIYA [Shabbat]INNERMOST DIMENSION Healing

Exodus Chapter 30/1

וַעֲשִׂיתָ מִזְבֵּחַ, מִקְטָר קֹטֶרֶת; עֲצֵי שֵׁטִים, תַּעֲשֶׂה אֹתוֹ

And thou shalt make an altar to burn incense upon; of acacia-wood shalt thou make it

Just as this Altar's incense description came at the end of the Temple's sacred rituals, and therefore represented the final fine tuning of purifications, the innermost dimension being rectified after the previous more external dimensions were refined-----so too by you----- after you have undergone a personal healing or growth process---look again—look closer at the fine subtle points that you perhaps overlooked the first time around....there is no end to the self-perfection process, and though there is no end to it--- that one extra push that you take in examining the more inner dimensions will always prove to be very beneficial

KI TISA

Aliya Healings

****HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] SHABBAT G-D AWARENESS Healing

Exodus Chapter 31/13

וַאֲמַתָּה דַבֵּר אֶל-בְּנֵי יִשְׂרָאֵל, לֵאמֹר, אַךְ אֶת-שַׁבַּת תִּי
תִּשְׁמְרוּ: כִּי אוֹת הוּא בֵּינִי וּבֵינֵיכֶם,
לְדֹרֹתֵיכֶם--לְדַעַת, כִּי אֲנִי יְהוָה מְקַדְּשְׁכֶם

'Speak thou also unto the children of Israel, saying: Verily ye shall keep My sabbaths, for it is a sign between Me and you throughout your generations, that ye may know that I am the LORD who sanctify you.

Just as Shabbat represents a Future World reality—a reality of perfection---human perfection, and this perfection is based on a knowing---a knowing that all that people accomplish is the perfect fusion of G-d and the person—G-d doing it through the person, and Shabbat enables us to experience this Divine fusion experience-----so too by you-----step into Shabbat...step into G-d Fusion [even if it's not Shabbat].....see how all that you have accomplished and continue to accomplish is part you and part Hashem...Realize that all that you do best—all that you do with a flare is really Hashem enabling and empowering you to do it---every aspect of it ---the atmosphere, the role that's played by the people in your accomplishment, the correct decisions you make along the way and the results that you come up with in the end

2nd ALIYA[Monday] SUPREME EFFORT ACQUISITION Healing

Exodus Chapter 32/1

וַיִּקְרָא הָעָם, בֵּי-בְנֵי יִשְׂרָאֵל לְהַדָּת מִן-הָהָר; וַיִּקְהָל
הָעָם עַל-אַהֲרֹן, וַיֹּאמְרוּ אֵלָיו קוּם עֲשֵׂה-לָנוּ אֱלֹהִים אֲשֶׁר
יֵלְכּוּ לְפָנֵינוּ--כִּי-זֶה מַה שָׁעָשָׂה הָאִישׁ אֲשֶׁר הֶעֱלֵנוּ מִמִּצְרָיִם
מִצְרַיִם, לֹא יָדָעְנוּ מָה-הָיָה לוֹ

And when the people saw that Moses delayed to come down from the mount, the people gathered themselves together unto Aaron, and said unto him: 'Up, make us a god who shall go before us; for as for this Moses, the man that brought us up out of the land of Egypt, we know not what is become of him.'

Just as Bnei Yisrael attained perhaps the highest spiritual levels known to mankind, and very soon afterwards, in the episode of the Golden Calf, they lost practically all that they had gained, and one of the reasons that they lost it all so fast and easily, is because what they had acquired was, for the most part, a Divine Gift [though they had prepared and refined themselves over the course of the Omer period, but this preparation was not the type that enabled their gifts to be fully earned spiritual acquisitions] and not something that they earned with Mesirat Nefesh [great self sacrificial efforts], and the principle that applies here, is 'easy come, easy go' - so too by you -- identify the spiritual strengths that you have that are a solid part of yourself---parts that don't fade away when the going gets tough....contemplate how you acquired these permanent fixtures of your personality....learn from the way that you acquired these immovable parts of yourself....learn how to repeat this type of acquisition, so that you can repeat it in the future, so that you can approach many more spiritual acquisitions with a sense of self sacrificial effort ---and thereby become more of a solid person ---a deeper person- a higher quality person

3rd ALIYA [Tuesday] ASKING THE ESSENCE QUESTION Healing

Exodus Chapter 33/13

וְעַתָּה אִם-נָא מְצָאתִי חֵן בְּעֵינֶיךָ, הוֹדַעְנִי נָא

כִּי עַמְּךָ הַגּוֹי הַזֶּה, אֶת-דַּרְכֶּךָ, וְאֶדְעָךָ, לְמַעַן אֶמְצָא-חֵן בְּעֵינֶיךָ; וּרְאֵה

Now therefore, I pray Thee, if I have found grace in Thy sight, show me now Thy ways, that I may know Thee, to the end that I may find grace in Thy sight; and consider that this nation is Thy people.

Just as Moshe was not satisfied with merely receiving forgiveness—this he had already been promised....he wanted more---he wanted to know what the essence of Hashem’s actions were all about....he wanted to know why Hashem had led the children of Israel to the highest heights at Sinai and then set them up [as a result of their own free willed decisions] for the greatest of falls with the Golden Calf....and this question elicited from Hashem, some of the most brilliant insights regarding Hashem’s ways that have ever been known to mankind -----so too by you----- know what to ask....search deep into your heart for what is really important for you to know....ask the most essential question with regard to what your heart and soul need to know....ask from the essence point, whether you are questioning yourself or others or Hashem [in Torah clarifications or in a direct questioning way]....know that when you ask the right question, then you get the right answer....when you ask the question that comes from the depth of your heart, you’ll get an answer that will satisfy the longing that you have to know

4th ALIYA [Wednesday] SEEING HASHEM'S BACKSIDE Healing

Exodus Chapter 33/23

וְהִסַּרְתִּי, אֶת-כַּפִּי, וּרְאִיתָ, אֶת-אָחֳרַי; וּפְנֵי, לֹא יֵרְאוּ

And I will take away My hand, and thou shalt see My back; but My face shall not be seen

Just as Hashem answered Moshe’s request to know His ways and His Glory, by replying that although His Face isn’t fathomable, yet His Backside is, and this is explained as meaning that We cannot see why Hashem does what He does at the time that He does it, but we can study carefully his Providential dynamic AFTER THE FACT, and thereby make great headway in understanding some of the whys and wherefores -----so too by you-----make it a practice to study Hashem’s Ways....study them in the Torah...study them in nature....study them in the way that Hashem’s masterpiece of Creation, a human being, is constructed—body and soul...study Hashem’s ways by contemplating all that Hashem does for you in your life at all times....keep studying Hashem’s Ways until you begin to understand them on deeper and deeper levels, and you are able to emulate them

5th ALIYA [Thursday] EMULATING HASHEM’S BENEVOLENCE Healing

Exodus Chapter 34/ 6 AND 7

וַיַּעֲבֹר יְהוָה עַל-פָּנָיו, וַיִּקְרָא, יְהוָה יְהוָה, אֵל רַחוּם וְחַנּוּן--אֲרֹךְ אַפַּיִם, וְרַב-חַסֵּד וְנֶאֱמַת

בְּיַצֵּר חַסֵּד לְאֱלֹפִים, נִשְׂא עוֹן וְנִפְשַׁע וְחַטָּאת

לֹא יִנְקָה--פֹּקֵד עוֹן אָבוֹת עַל-בְּנֵים וְעַל-בְּנֵי, וְנִקְחָה

בְּנֵים, עַל-שְׁלִישִׁים וְעַל-רִבְעִים

And the LORD passed by before him, and proclaimed: 'The LORD, the LORD, God, merciful and gracious, long-suffering, and abundant in goodness and truth keeping mercy unto the thousandth generation, forgiving iniquity and transgression and sin; and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and unto the fourth generation.

Just as Hashem replied to Moshe [in his request to know Hashem's glory] his thirteen traits of Mercy[in the verses above], which when said properly, evoke the greatest of Divine energies into the world, namely guaranteed positive response to prayers & unconditional love & benevolence & miraculous healing-----so too by you-----emulate G-d's benevolence by going through each

one of the thirteen traits, as taught in the classic work, 'Tomer Devorah' ['The Palm Tree of Deborah']----each one of these traits depicts a Divine trait that is based on unconditional, undeserved love and chesed , and when you practice each one of these traits, beside fulfilling the Mitzvah of emulating Hashem's benevolence, you also plug into a very very high and pure form of healing and love that will break through the greatest obstacles that can possibly exist

**6th ALIYA [Friday] G-D-ING 24/7 Healing
Exodus Chapter 34/10**

וַיֹּאמֶר, הִנֵּה אָנֹכִי כִּי פָרַת בְּרִית, נָגַדְתָּ כָּל-עַמְּךָ אֲעֲשֶׂה
וְנִפְלְאֹת, אֲשֶׁר לֹא-נִבְרָאוּ בְּכָל-הָאָרֶץ וּבְכָל-הַגּוֹיִם
וְרָאָה כָּל-הָעַם אֲשֶׁר-אַתָּה בְּקִרְבּוֹ אֶת-מַעֲשֵׂה יְהוָה
כִּי-נִוְרָא הוּא, אֲשֶׁר אָנֹכִי, עֹשֶׂה עִמָּךְ

And He said: 'Behold, I make a covenant; before all thy people I will do marvels, such as have not been wrought in all the earth, nor in any nation; and all the people among which thou art shall see the work of the LORD that I am about to do with thee, that it is tremendous

Just as this covenant conveys the Divine promise of permanent Shechina indwelling of the Divine Presence [both in the Mishkan and afterwards], revealing the Eternal purpose of the Chosen people , to serve as a full-time channel for G-d connection -----so too by you----- set yourself a life-long goal of being a Merkava [an earthly vessil or channel] for the Shechina[Divine Presence]....Become a G-d-ing person 24/7....Seek out constantly, new ways to channel G-d into your life at all times, in all ways, in all forms of empowerment, in all forms of healing, in all forms of communication—in all places where that Divine Presence is not normally felt

**7th ALIYA [Shabbat] INTERNALIZED SPIRITUALITY Healing
Exodus Chapter 34/35**

וַרְאוּ בְּנֵי-יִשְׂרָאֵל, אֶת-פָּנָי מִשָּׁה, כִּי קָרַן, עוֹר פָּנָי
מִשָּׁה; וַיְהִי שִׁיב מִשָּׁה אֶת-הַמַּסָּנָה עַל-פָּנָיו, עַד-בֹּאֹ
לְדַבֵּר אִתּוֹ.

And the children of Israel saw the face of Moses, that the skin of Moses' face sent forth beams; and Moses put the veil back upon his face, until he went in to speak with Him

Just as Moshe's face sent forth light beams only after he had personally etched out the second Tablets of the 10 Commandments, unlike the First tablets that were a Divine gift, illustrating the lesson that Torah and spirituality that is internalized and acquired with one's own efforts, transplants their corresponding light inside of our bodies literally -----so too by you----- seek out to internalize the Torah and spiritual lessons that you learn---so much so, that you and others actually experience a physical intake of the light---where you glow , on the inside and outside.....this is usually accomplished by struggling with the lesson or source of wisdom until it becomes crystal clear—until it feels like you have been transformed somehow, until it feels as if you are not quite the same person that you were before

VAYAKHEL/PIKUDEI

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] BEYOND CREATIVITY Healing

Exodus Chapter 35/2

שֵׁשׁ יָמִים תַּעֲשֶׂה מְלָאכָה, וּבְיוֹם הַשְּׁבִיעִי יִהְיֶה
לְכֶם קֹדֶשׁ שַׁבַּת שַׁבַּת, לַיהוָה; כֹּל-הַעֹשֶׂה בּוֹ מְלָאכָה
יּוּמָת

Six days shall work be done, but on the seventh day there shall be to you a holy day, a sabbath of solemn rest to the LORD; whosoever doeth any work therein shall be put to death

Just as the work that went into building the Holy Temple, was Holy work and represented the epitome of human creativity [it was a mini-Universe model and human model at the same time that it served as Hashem's Earthly Dwelling place], nevertheless, the juxtaposition of the verses of Shabbat to the Temple verses, teach us that all of this creativity needed to be set aside when Shabbat comes in, because Shabbat represents a place above creativity—or the source of Creativity---where we recognize that all of our creativity is only made possible by G-d -----so too by you----- meditate on the Divine source of your creativity—the realization that all that you presently and retrospectively accomplish creatively, is really G-d-sent.....so stop all your creativity for a moment , and focus on the fact that all of your creativity is empowered and enabled by the One Above....the more that you are able to see this, the more you will be able to fuse with Hashem in all of your creative acts and thereby infinitely empower all that you do

2nd ALIYA[Monday] SEEING THE INNER SOUL OF REALITY Healing

Exodus Chapter 35/31

וַיִּמַּלֵּא אֱלֹהִים, בְּרוּחַ אֱלֹהִים, בְּחָכְמָה בְּתוּבוֹנָה וּבְדַעַת, וּבְכָל-מְלָאכָה

And He hath filled him with the spirit of God, in wisdom, in understanding, and in knowledge, and in all manner of workmanship

Just as Betzalel was capable of fathoming the essential Holy Letters that make up the essential D.N.A. of Creation, and then manipulate these letters in forming the most magnificent dwelling on Earth—G-d's place of Dwelling -----so too by you-----see the essence of what you encounter in life....see the inner Soul of reality....do this by looking beyond the surface into essence—the essence of the people that you connect to—not their present, surface self, but who they were, and who they are , and who they most likely will be.....do this by seeing the essential purpose of things—why did Hashem create them? What's their essential purpose? What distinguishes them from anything else?

3rd ALIYA[Tuesday] DIVINE FAVOR AT THE TIME OF DESPAIR Healing

Exodus Chapter 37/ 7 & 8

וַיַּעַשׂ שֵׁנֵי כְרָבִים, זָהָב; מִקֶּשֶׁה עֹשֶׂה אֹתָם, מִשְׁנֵי קְצוֹת הַכֹּפֶרֶת
כִּי רוּב-אֶחָד מִקְצֵה מִזֶּה, וְכָרוּב-אֶחָד מִקְצֵה מִזֶּה
(מִן-הַכֹּפֶרֶת עֹשֶׂה אֶת-הַכְרָבִים, מִשְׁנֵי קְצוֹתָיו)

And he made two cherubim of gold: of beaten work made he them, at the two ends of the ark-cover one cherub at the one end, and one cherub at the other end; of one piece with the ark-cover made he the cherubim at the two ends thereof

Just as the Cherubs were invested with the Holy spirit enabling them to serve almost a quasi prophetic role, indicating in their movement towards each other when Hashem's favor rested with the Jewish people, and the opposite when it didn't.....and when the destruction of the Temple was immanent [apparently indicating Hashem's disfavor with His People], the role of the Cherubim went beyond merely mirroring the divine sentiment, and took on a role of strengthening the Jewish people, by amazingly aligning themselves face to face---thereby conveying the message that even in the midst of the worst despair, our people is meant to know that Hashem is very close to us in our broken and desperate state -----so too by you-----whenever you yourself feel despair in your life, or when you encounter someone else in your life who does, let yourself or them know how close Hashem is to depressed and despairing and dejected people...let it be known that there is no such thing as total despair, and that no matter how low and hopeless things look, there is always a new day, a new way, a new possibility, and most importantly, Hashem is very close and is infinitely rooting for you!

4th ALIYA[Wednesday] RIGHTEOUSNESS CAUSES REALITY Healing

Exodus Chapter 38/21

אלה פְּקוּדֵי הַמִּשְׁכָּן מִשְׁכַּן הָעֵדוּת, אֲשֶׁר פָּקַד עַל-פִּי מֹשֶׁה: עֲבַדְתָּ הַלְוִיִּם, בְּיַד אִיתָמָר, בֶּן-אֶהֱרֹן הַכֹּהֵן

These are the accounts of the tabernacle, even the tabernacle of the testimony, as they were rendered according to the commandment of Moses, through the service of the Levites, by the hand of Ithamar, the son of Aaron the priest

Just as it was discovered at a later time , that the Children of Israel's spontaneous free-will gifts towards the needs of the Tabernacle, turned out to be the exact amount that was needed for it's subsequent completion, and it's various ritual costs, revealing the important principle , that Hashem causes life to play itself out according to the actions of righteousness and righteous people-----so too by you----- notice that the more righteous that you are, the more that Divine Providence works out for you and your life's destiny, just as you need.....notice this in the 'little things' -the thank yous that you express, as well as the 'big things', such as the lives that you save

5th ALIYA[Thursday] FULL-HEARTED JUDGING Healing

Exodus Chapter 39/14

וְהָאֲבָנִים עַל-שְׁמֹת בְּנֵי-יִשְׂרָאֵל הֵנָּה, שְׁתַּיִם עֶשְׂרֵה--עַל-שְׁמֹתָם: פְּתוּחֵי חֹתָם אִישׁ עַל-שְׁמוֹ, לְשָׁנָיִם עֶשְׂרֵה שֶׁבֶט

And the stones were according to the names of the children of Israel, twelve, according to their names, like the engravings of a signet, every one according to his name, for the twelve tribes

Just as the High Priest's Breastplate [the Choshen Mishpat], had attached to it , the names and stones and colors of each one of the Tribes, and the tribal stones and their colors described the essence of each Tribe, and all of this formed the backdrop of major judgements that were carried out by the High Priest, suggesting that the process of judgement should only be carried out in a whole way, with all of the people and circumstances taken into account -----so too by you----- when you need to judge and render decisions, do so with a full heart and a whole mind, always taking

into consideration all of the people and circumstances involved—past, present and future, and just as the Cohen did it from the heart

[where his breastplate was placed] , so too make your decisions from a place of heart filled compassion.....decide in this way, and B”h, you will be able, with Hashem’s help, to arrive at just the right conclusions

6th ALIYA [Friday] FOR G-D’S SAKE Healing

Exodus Chapter 39/40

אֵת קִלְעֵי הַחֹצֵר אֶת-עַמּוּדֵיהָ וְאֶת-אֲדָנֶיהָ, וְאֶת-הַמִּסְכָּה לְשַׁע הַחֹצֵר, אֶת-מִיתְרֵיהֶן, וְיִתְּדֵיהֶן; וְאֶת, כָּל-כְּלֵי עֲבֹדַת הַמִּשְׁכָּן--לֹא הָלַךְ מוֹעֵד

the hangings of the court, its pillars, and its sockets, and the screen for the gate of the court, the cords thereof, and the pins thereof, and all the instruments of the service of the tabernacle of the tent of meeting

Just as Moshe was amazed that all of the work that was done in connection with the Tabernacle, was completed according to all of the specifications that were shown to him and only him in his Mount Sinai revelations, thereby proving the point that when people act altruistically for Heaven’s Sake—what results is Blessing of the highest kind-----so too by you----- do what you do for Heaven’s Sake---for the sake of revealing and magnifying G-d’s presence in the world---for the sake of getting and staying close to Hashem.....you will find that this type of orientation naturally elicits blessing in your personal life, and in the lives of those who you connect with as well

7th ALIYA [Shabbat] THE POWER OF BEGINNINGS Healing

Exodus Chapter 40/2

בַּיּוֹם-הַחֵדְשִׁי הָרִאשׁוֹן, בְּאֶחָד לַחֹדֶשׁ, תִּקַּים, אֶת-מִשְׁכָּן אֶל מוֹעֵד

On the first day of the first month shalt thou rear up the tabernacle of the tent of meeting

Just as we find that on this special day, the day of the dedication of the Tabernacle, there were an abundance of Blessings, blessings rooted in the power of beginnings and firsts [and newness], thus, this very day, the first day of the first month, was crowned with 10 crowns or firsts[such as the first day that the Shechina rested in the Tabernacle and the first day that A High Priest officiated and the first day that a Mitzvah was given to the entire nation of Israel in Egypt], all pointing to the power and potential of beginnings-----so too by you-----whenever you encounter a new beginning in your life, realize that it is an incredible opportunity to be tapped....realize that the way that you begin will determine the way that things play themselves out.....don’t miss the opportunity of harnessing beginnings and elevating all of their power and potential....

VAYEITZEI

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1ST ALIYA[Sunday] BRIDGING HEAVEN TO EARTH HEALING

Just as Jacob's dream ladder stood on the ground and reached up heavenward---suggesting that the ultimate way to engage the world, is to connect to the mundane, physical and worldly side of life [corresponding to the bottom of the ladder] in a heavenly, spiritual and transcendent way [corresponding to the top of the ladder], and just as the ascending and descending Angels never left the framework of the ladder---teaching that in this sacred path of binding the heavenly with the earthly aspects of life, one should do their best to never fall away from the path's essential framework, no matter how low one falls -----so too by you----- connect heaven and earthsanctify your mundane activities with holy intentions, and holy thoughtsfocus all of your attention on your day to day activities [as opposed to only engaging them in a half hearted way.....fuse your thoughts , feelings , speech and actions with G-d's own , by imagining that G-d is thinking , feeling , speaking and acting through you.....pray that all that you do finds favour in G-d's eyes....do all this in the best way that you can.....if you find yourself having a hard time or if you find yourself failing to do this holy activity as you would like, don't worry about it---just keep on the track, and know with a certainty that tomorrow is a new day---a day that will certainly lift you up to a new wonderful level

2ND ALIYA[MONDAY] TRANSCENDING LIMITATIONS HEALING

Just as Yaakov, upon first seeing his beloved Rachel, was able to remove the stone covering the well---the same stone that an entire group of shepherds could not budge-----so too by you----- focus on something or someone that you love or are inspired by in the greatest possible way, whethert they are presently accessible to you or not, but nevertheless are the object of your greatest desire and yearning.....visualize that person or thing filling you up with light and joy and energy and love and yearning.....keep up your focus until you fill yourself up with the most powerful energy possible.....notice how you are able to deal with all aspects of life with the greatest alactricity and ease and energy, and how you overcome all blocks and limitations

3RD ALIYA [TUESDAY] TRANSCENDING TIME HEALING

Just as the seven years that Yaakov worked for the hand of Rachel in marriage, seemed as if they were just a few days because of his great love for her-----so too by you----- understand that time is relative and to the extent that you immerse yourself in a state of awakened, enlightened love of whatever it is that you are engaged in---time will fly---and this fact will naturally inspire you to make the most of your time.....since time will go fast, it will be precious in your eyes, and you can thus merit to transcend all negative aspects of time and make the most of it

4TH ALIYA [WEDNESDAY] THE POWER OF A NAME HEALING

Just as we see that Leah and Rachel named their children based on the current state of the relationship that they were having with their husband Yaakov at the time---and these names---like all names given by parents, were given with Ruach Hakodesh [the Divine spirit]Therefore the essential meanings of these names prophetically defined the personal path that their children were to go in life-----so too by you-----focus on your name and contemplate on how it's essential meaning defines

the path of your life.....take great pleasure in your name and bond with it.....project how your name actually illuminates the future spiritual and healing levels that you are meant to grow into...with prayer and trust in Hashem, walk down this wondrous path set out for you by your name

5TH ALIYA [THURSDAY] VISUALIZATION HEALING

Just as Yaakov, as a shepherd, utilized the practice of visualization, not only for sheep breeding purposes [having them focus on different shapes of sticks in order to elicit different breeds of offspring such as spotted sheep or speckled sheep], but in addition to this, the Kabbalah teaches us that Yaakov's breeding visualizations were focused on crucial phases of the timeless Creation Process---one breed of sheep represented the World of Tikun, and others represented different dynamics...etc...-----so too by you-----utilize the power of visualization in order to transform your life.....visualize positive outcomes....visualize overcoming inner and outer obstacles....visualize helping people out in all kinds of situations etc..etc...

6TH ALIYA [FRIDAY] TRUTH IN THE FACE OF DECEPTION HEALING

Just as Yaakov was able, at the end of 20 year period of constant deception at the hands of his world renowned deceptive father-in-law and employer, not to veer one iota from the truth-----so too by you-----stay straight, stay pure, stay in your integrity---no matter what your employer is testing you with or your colleagues or your environment or the entire generation.....your efforts will not be ignored by the ONE who watches over us all in truth

7TH ALIYA [SHABBAT] TURNING DEEDS INTO ANGELS HEALING

Just as Yaakov, upon returning to the Land of Israel, was accompanied by an army of Angels---who were created by every good deed that he and his family had created with all of their good deeds....and in addition to these Angels, there was another band of Angels---600,000 strong, sent from Heaven to accompany Yaakov and family into the Land of Israel-----so too by you-----realize that every good deed creates an Angel and to the extent that the deed is positive and complete and holy, so too is the Angel.....multiply these Good-Deed-Angels by the number of good deeds that you've done throughout your life, and you will realize what an incredible protective presence accompanies you everywhere you go---and how much more incredible it could be if you were to continue to focus your energies on doing good deeds with all of your heart and soul

VAYISHLACH

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA[Sunday] IMMUNITY FROM A BAD ENVIRONMENT HEALING

Just as Yaakov survived 20 years with his father-in Law-Lavan, the world renowned master of deception, without being negatively affected, and was able to stand up at the end of this period and announce 'Im Lavan Garti, V'Taryag Mitzvot Shamarti'—'I've lived with Lavan, and have kept everyone one of the 613 Mitzvot'-----so too by you-----stand up to all of the deception that is rampant in the world---the lies and deception and darkness that has such a negative impact on so many people in so many ways---stand up to it all by clinging to your essential goodness and your essential beliefs and values and in a fearless way , say 'No' when the rest of the world is surrendering ---hold onto your Temimut [holy naiveté] and to your Dvaikut [clinging to Hashem] in the face of all obstacles....

2ND ALIYA[Monday] LIGHT CLARITY HEALING

Just as in the all night fight that Yaakov waged against the Angel of Eisav [the representative of the Yeitzer Hara [Evil Inclination]---where Yaakov overcame the Angel when the sun began to come up---this sunrise representing the light of clarity, the light of transcending the foggy, muddled, doubt-filled confusion that fills our lives so much of the time, causing us to make bad choices and causing us to lose self confidence and to withdraw-----so too by you-----when you need to make an important decision, bring the light of clarity into your life-----see the whole picture.....see what your essential goal is....see what your core motivation is.....see what your calling in life is....then with this light of clarity, make your decision....

3RD ALIYA[Tuesday] SPIRITUAL SUPPORT HEALING

Just as Yaakov won the battle with the Angel of Eisav, but was nevertheless wounded and thus lost the ability to receive support for his [and subsequently the entire Jewish people's] spiritual endeavors [such as Torah academies and the like], and was thus constantly faced with the challenge of having to make a concerted effort in spiritual endeavors even if tangible [or monetary] support is not forthcoming-----so too by you-----prioritize your spiritual endeavors in life.....leave yourself the time and the space and the energy to engage in the areas of life that are primarily spiritualseek to give your spiritual growth at least as much importance as your non-spiritual matters.....seek to support others in their spiritual growth as much as possible as well.....

4TH ALIYA[Wednesday] OTHER HALF HEALING

Just as the Torah testifies about Yaakov , that despite his constant challenges and all encompassing difficulties, he managed to come out of it SHALEM [complete, whole, perfect] ---shalem in his Torah and in his financial situation and in body-----so too by you-----seek out and yearn to be Shalem.....do this by seeing all that you have accomplished as being fantastic and powerful and a wonderful gift from ABOVE, and being perfect just at is---and then , when you feel secure and good and grateful for it all, at that point, see all that you have accomplished, as being half completed, and seek to be Shalem, by

completing the other half....do this in all areas of life---in your role as a parent , a spouse, a friend ,a helper...etc...etc

5TH ALIYA [Thursday] EXPANDED & RESTRICTED CONSCIOUSNESS HEALING

Just as Yaakov was informed [first by Eisav's Angel, and afterwards by Hashem] that his name was no longer to be only the name Yaakov, but also the name Yisrael---and these 2 names represented respectively 2 mindstates copes---when in a low state --a Yaakov mindstate of small-mindedness, minimal effort...etc...and a Yisrael mindstate for the high times when one is able to strive for an expansion and transcendence and total self expression-----so too by you-----be versatile and flexible in the way that you engage life---when things are difficult, and when you are low---don't take on too much or make too many big decisions---lay low, and when things are going well and you feel expansive and 'in your element', then allow yourself to explore and express and transcend and jump into the thick of life , knowing that you are being guided intensively by the One Above.....

6th ALIYA [Friday] TIPHERET HEALING

Just as the 12 sons of Yaakov are referred to as the Shivtei Kah [The G-dly tribes] since they were all unblemished [as opposed to the son of Avraham---Yishmael and the son of Yitzchak-Eisav] , and this came as a result of Yaakov representing the Sefira of Tipheret [as opposed to Avraham's Chesed and Yitzchak's Gvura which have by definition, spiritual 'fallout']---which is the trait of perfect balance and harmony---the trait that perfectly blends love and fear in a superb blend and synthesis-----so too by you-----seek to be a channel for harmony and blend and bridging and balance....walk the 'golden path' in the middle---not too much to the left or to the right....be a peace-maker , a master of proper blend and synthesis, and with Hashem's help, you too will be blessed with the fruit of your efforts being unblemished like Yaakov our Father.....

7TH ALIYA [Shabbat] TEAMWORK HEALING

Just as one of the most important features of the Tikun Olam [the cosmic rectification process which is hinted at in some of the last verses in our Parsha dealing with the reigns and subsequent deaths of the Kings of Edom] is TEAMWORK ...ie...as opposed to a person doing it all on their own with no mutual support from others, they need to do it all on their own , and in the process, often find themselves overwhelmed and broken and in despair-----so too by you-----seek the help of others in areas that they are better than you---in areas that you cannot manage on your own-----in areas where their assistance to you, and your assistance to them will make the both of you richer and happier and more successful---as the famous adage goes [both in Torah and secular sources]; '2 heads are better than one'.....

VAYEISHEIV

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [SUNDAY] DON'T GET TOO COMFORTABLE HEALING

Just as Yaakov and many other righteous people, despite their desire to the contrary oftentimes, do not have the luxury of settling into a comfortable trouble free existence at any period of their lives.....and this is the case whether they seek the comfort of home or the comfort of their homeland—in the end they live their existences like temporary residents, constantly in preparation for their ultimate future [when they'll come to the real bliss of the hereafter]-----so too by you-----see this world's comforts not necessarily as ends in themselves, but as preparations for a greater end----see the world as a preparation for a future world, and that which is painful will be pain well worth going through

2ND ALIYA [MONDAY] COSMIC FORESIGHT HEALING

Just as Yaakov's fateful sending of Yoseph to go see his brothers [which wound up in Yoseph being tossed by them into a hole and sold into slavery] was motivated [at least in a superconscious way] by a cosmic plan to set into motion the ultimate fate of the Egyptian exile [which would begin by the tribal brothers being forced to go down to Yoseph in Egypt to buy food to stave off the world famine]-----so too by you-----see and experience, after making your more difficult decisions in life, that they were not only motivated by your immediate considerations, but in a deep superconscious way, feel that you were being driven by cosmic considerations, that you were perhaps not even aware of , but that you nevertheless 'knew' were right

3RD ALIYA [TUESDAY]THE HEART KNOWS HEALING

Just as Yaakov refused to be comforted of the loss of his beloved son, Yoseph--- and as our Sages teach us ---a person only receives comfort at the loss of their beloved, if indeed they have passed away, and if not , then the heart 'knows' somehow that they are still alive-----so too by you-----listen—truly listen-- to your heart, not only with regard to a tragic passing G-d forbid, but in all of life's decisions and situations that you must cope with---listen to that 'knowing place'—a place that you truly resonate with—a place that you truly feel whole and in agreement with

4TH ALIYA [WEDNESDAY] BEYOND SKIN DEEP HEALING

Just as 'Er' , the first son-in-law of Yehuda , and husband of Tamar, lost his life at the hands of Hashem, as a result of deliberately spilling his seed rather than impregnating his beautiful

wife, and thereby ruining her physical beauty [in his eyes]—teaching us the lesson not to see a person’s beauty [especially those who are as close to us as our spouse] as being only physical or ‘skin deep’---but rather to see a much deeper beauty that comes when we see with our spiritual eyes -----so too by you-----see the inner beauty of everyone that you know—especially those you are the closest too---and see how this inner beauty seeing will actually cause their physical beauty to shine much more so than a surface level, skin deep manner

5th ALIYA [THURSDAY] OVERCOMING VANITY HEALING

Just as Yoseph’s legendary and celebrated physical beauty, began to get to his head in a vain type of way—which was wrong for someone of his incredible status, in the face of his father’s current mourning and in general [for him and for anyone] it was wrong, because any inherent gift that we receive from G-d, is meant to be used in the most responsible way-----so too by you-----identify a G-d given gift that you are blessed with---rather than seeing this gift as a free ticket to be better or more powerful than others, or to be liked by others-----see this gift as being an opportunity [and responsibility] to open doors that , without this gift, you couldn’t otherwise open---and see to it that these doors that you open are doors of blessing for one and all

6TH ALIYA [FRIDAY] DON’T THINK, JUST ESCAPE HEALING

Just as Yoseph, finding himself in a very compromising situation with the wife of his master-Potifar [unclothed with the evidence of his clothes in her possession—which gave her the worst possible incriminating evidence]—upon realizing how wrong it was what he was about to do---did not hesitate to think it over or to collect any incriminating evidence—but just flew out of there as fast as he could [and he was highly praised for this by our Sages] - so too by you---if you have unfortunately gotten yourself into in a very compromising situation, and you realize that the faster that you escape such a situation , the less possible harm you will find yourself in [especially when it concerns your spiritual wellbeing—which is harder to act upon quickly and decisively]---don’t hesitate ----just escape immediately , and b’H, you will have time afterwards to see the value of your fast getaway

7TH ALIYA [SHABBAT] TRUSTING IN HASHEM HEALING

Just as Yoseph learned the lesson , that it is better to trust in Hashem, than to place trust in people---specifically when he placed his trust in the ‘Minister of Beverages’ to put in a good word to Pharaoh about Yoseph’s helping him with dream interpretation while the minister was still in prison with Yoseph---and as a result of his trust in this person, it was Divinely decreed that Yoseph stay in prison another two years---so too by you---when you have a choice of trusting in Hashem , rather than trusting in people, and you feel yourself to be ready and on a level that you can trust only in Hashem, then with a full heart, let go, and place all your trust in Hashem—and surely you will see the Divine blessings that will follow

MIKEITZ

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] IN THE BLINK OF AN EYE healing

Bereshit 41/14 וישלח פרעה ויקרא את יוסף ויר'צהו מן הבור ויגלה ויחלף שמלתיו ויבא אל פרעה

And Pharaoh sent for Yoseph, and they called him **and hastened him out of the Prison [hole]** and shaved him and changed his attire and brought him to Pharaoh

Just as Yoseph was rushed out of the prison to be ushered into greatness, as the second in command of the Egyptian empire, and his salvation came in the blink of an eye, the minute that Hashem determined that the time was ripe-----so too by you----- know that your salvation will come exactly at the right time, in the blink of an eye, and there is no need in worrying about it or trying to hurry things along-----just trust that Hashem will bring the salvation at the most auspicious time, and this 'letting go' of forcing things before their time has a very healing and comforting effect

2ND ALIYA [Monday] IT'S NOT ME, IT'S HASHEM healing

Bereshit 41/16 ויען יוסף את פרעה לאמר בלעדי אלהים יענה את שלום פרעה

And Yoseph answered Pharaoh [in response to being complimented at his dream interpreting capability] saying, **without me , Hashem answered** [dealt with] the peace of Pharaoh

Just as Yoseph replied to Pharaoh with regard to his ability to interpret dreams [an ability that he possessed more than anyone else], that it was only because Hashem enabled him to do it -----so too by you-----know with certainty that all that you are able to accomplish and to make of yourself, is only because Hashem enables you, and this very knowledge will lift you up to a whole new level of consciousness----to a mindstate of truth, humbleness and infinite potential

3RD ALIYA [Tuesday] TZADIK UNIFYING healing

Genesis Chapter 41/43

וַיַּרְכַּב אֹתוֹ, בַּמִּרְכָּבֹת הַמִּשְׁנָה אֲשֶׁר-לוֹ, וַיִּקְרָאוּ

לְפָנָיו, אֲבֹרָה; וַיִּנְתְּנוּ אֹתוֹ, עַל-כָּל-אֲרָצֵי מִצְרָיִם.

And he made him to ride in the second chariot which he had; and they cried before him: 'Abrech'; and he **set him over all the land of Egypt.**

Just as Yoseph THE PARADIGM TZADIK [RIGHTEOUS ONE] represents the psychic trait of pulling everything together, gluing all the puzzle pieces together of reality [as we see with the male reproductive organ, which is the embodiment of the Tzadik or the Yesod, that it fulfills the function of reproducing the ENTIRE PERSON], and measure for measure , as a result , Yoseph is granted rule over THE ENTIRE NATION of Egypt -----so too by you-----awaken the Tzadik/Tzadeket inside of yourself to seek to unify all of the disparate parts---whether they be the parts of your family,

your community, a project that you are working on or the disparate parts of your own being--and in the merit of your drive to unify, perhaps you will be given the opportunity to become the Divinely chosen channel for unifying many other aspects of life

4TH ALIYA [Wednesday] TZADIK ABUNDANCE healing
Genesis Chapter 42\6

ויוסף, הוא השליט על-הָאָרֶץ--הוא
הַמְשָׁבִיר, לְכָל-עַם הָאָרֶץ;
בְּיַב אוֹ אֶחָי יוֹסֵף,
וַיִּשְׁתַּחֲוּוּ-לוֹ אַפְסִים אֲרֶצָה.

And Joseph was the governor over the land; he it was that sold to all the people of the land. And Joseph's brethren came, and bowed down to him with their faces to the earth.

Just as Yoseph, the Paradigm Tzadik, whose essence was the unifier of all aspects of life, and as such, is capable, in his holistic way, of drawing down wealth and abundance and providing it for Egypt and the whole world then and now [both as result of his being a magnet of blessing and as a result of sending a message to the world's providential forces that he is the ideal receiver of wholeness]-----so too by you-----awaken your inner Tzadik\Tzadeket....gather and unify all of the resources that are available to you ---the external resources in the world around you[people, organizations, books etc...] as well as those inside of yourself [endless wisdom that you've collected...]and focus it all towards bringing down abundance from on high---not only for your own benefit, but for all those around you nearby and faraway

5TH ALIYA [Thursday] ENOUGH IS ENOUGH PRAYER healing
Genesis Chapter 43\14

וַיֹּאֵל שְׂדֵי, יִתֵּן לָכֶם רַחֲמִים לְפָנַי הָאֵלִים,
וְשַׁלַּח לָכֶם אֶת-אֲחֵיכֶם אַחֵר, וְאֶת-בְּנֵימִין; וְאָנֹכִי,
בְּאֶשֶׁר שָׁכַחְתִּי שְׂכָלְתִּי.

And God Almighty give you mercy before the man, that he may release unto you your other brother and Benjamin. And as for me, if I be bereaved of my children, I am bereaved.'

Just as Yaakov, upon being informed that he was to suffer yet another life shattering loss [his sons needed to take their youngest brother, Binyamin, down to Egypt in order to hope to receive provisions for the famine they were trying to survive], and he realized that what he needed to do was to appeal in prayer to G-d's Providential aspect referred to as Kel Sahkkai --the ONE who said to his expanding world at creation,--'Enough'---so too [Yaakov appealed], Have mercy on my seemingly endless suffering and declare it to be enough -----so too by you-----appeal in deep prayer to Hashem and express the depth of suffering that you have been going through---and express likewise that just as Hashem has limits to what He will permit in his world, so too should He see that you have your limits, and enough is enough --and then wait confidently for the salvation to come

6TH ALIYA [Friday] TZADIK TIKUN healing
Genesis Chapter 43 /28

(וַיֹּאמְרוּ, שְׁלוֹם לְעַבְדְּךָ לְאֲבִינֹו--עֹדְנֹו חַי; וַיִּקְדְּוּ וַיִּשְׁתַּחֲוּוּ)

And they said: 'Thy servant our father is well, he is yet alive.

' And they bowed the head, and made obeisance.

Just as Yoseph , the paradigm Tzadik, was concerned not only with his own well being, but with the rectification/Tikun of all those around him, and ultimately with the whole world--- and after he and his brothers went through many years of suffering as a result of Yoseph's initial attempt [by relating to them his dreams] at demonstrating his leadership over them --- Yoseph did not hesitate later in life, to put his brothers through a full-fledged rectification -----so too by you-----awaken your inner Tzadik, and with guidance from the ONE ABOVE as well as human Sages, seek out what type of Tikun you can make in your world---perhaps amongst your family or your friends...and of course, it goes without saying that you should do a tikun first on yourself before lovingly extending a helping hand to others [with their full willing participation]

7TH ALIYA [Shabbat] ADMITTING GUILT healing

Genesis Chapter 44/16

וַיֹּאמֶר יְהוּדָה, מַה-נִּבְאֵר לַאֲדֹנָי, מַה-נִּבְדָּבַר, וַיִּמָּה

נִצְטַדֵּק; הֲאֵלֵּהִים, מִצָּא אֶת-עוֹן עַבְדֶּיךָ--הֲנִנּוּ עַבְדִּים

לַאֲדֹנָי, גַּם-אֲנִינּוּ גַם אֲשֶׁר-נִמְצָא הַגְּבִיעַ בְּיָדוֹ

And Judah said: 'What shall we say unto my lord? what shall we speak? or how shall we clear ourselves? God hath found out the iniquity of thy

servants; behold, we are my lord's bondmen, both we, and he also in whose hand the cup is found.'

Just as Yehuda, admitted the guilt of himself and his brothers to his brother Yoseph , and repeated this acknowledgement of guilt at earlier and later stages of his life, and it is of significance that we Yehudim /Jews are called by Yehudah's name---demonstrating the importance of 'owning up' and taking responsibility for who we are and what we have done -----so too by you-----admit guilt in the times and situations that you were not o.k. --- in order to bring the situation to a resolution –bring a resolution and a healing for the benefit of others and for yourself as well—and in the merit of your taking upon yourself this trait, may you be a channel of peace and goodwill in the world

VAYIGASH

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] SPEAK SOFTLY & CARRY A BIG STICK Healing Genesis Chapter 44/18

וַיִּגַּשׁ אֶלְיוֹ יְהוּדָה, וַיֹּאמֶר בִּי אֲדֹנָי, יְדַבֵּר-נָא עִבְדְּךָ
דָּבָר בְּאָזְנֵי אֲדֹנָי, וְאַל-יִחַר אַפְּךָ בְּעַבְדְּךָ: כִּי כְמוֹכְפָרַע הֵ

Then Judah came near unto him, and said: 'Oh my lord, let thy servant, **I pray thee, speak** a word in my lord's ears, and let not thine anger burn against thy servant; for thou art even as Pharaoh.

Just as Yehuda, when confronting a seemingly impossible situation with Yoseph [prior to his revelation], and therefore needing to act in a way that would not compromise his brothers destiny , nor risk the danger of crossing Yoseph, communicated in a very soft and diplomatic way that if things continue in the threatening way that they are going, he would be forced to attack --so too by you---when you are 'up against the wall', in a very delicate situation, that perhaps could go well on the one hand , but could also be disastrous on the other--- and you find that you have no choice but to let the other person know that if you are seriously threatened, you will deal with this person accordingly if forced into it—if not, not.....then, to the best of your ability, speak softly and carry a big stick

2ND ALIYA [Monday] RETROSPECTIVE REVELATION Healing Genesis Chapter 45

וַיֹּאמֶר יוֹסֵף אֶל-אֶחָיו אֲנִי יוֹסֵף, הֲעוֹד אַבְי תָּהְיֶה לְעֵנֹת אָבוֹתֵינוּ, כִּי נִבְהָלְנוּ מִפָּנָיו

And Joseph said unto his brethren: 'I am Joseph; doth my father yet live?' And his brethren could not answer him; for they were affrighted at his presence.

Just as Yoseph's self revelation stunned his brothers, because they then saw retrospectively how their past actions against him were responsible for all that they suffered subsequently and in an identical way, there will come a day in the future where Hashem will reveal Himself to the whole world, and it will become clear to one and all, that all the events that happened in the world were exactly what was needed as a means of rectification measure for measure ---so too by you-----foresee now that all that you do in life, is noticed ON HIGH and has consequences, and utilize this foresight to guide you in all the choices that you make in life, preparing for yourself a future that is filled with wellbeing and goodness

3RD ALIYA [Tuesday] ALL FROM HASHEM FORGIVENESS Healing Genesis Chapter 45\8

וְנִעְתָּה, לֹא-אֲתָתֶם שְׁלַחְתֶּם אֶתִּי הֵנָּה, כִּי הֵאֵל הַיָּם

וַיִּשְׁמַעֲנֵי לְאָב לְפָרַע הֵ, וַיִּלְאָדוֹן לְכָל-בֵּיתוֹ, וּמִשְׁלַ

בְּכָל-אֶרֶץ מִצְרָיִם

So now it was not you that sent me hither, but God; and He hath made me a father to Pharaoh, and lord of all his house, and ruler over all the land of Egypt.

Just as Yoseph, after going through the process of putting his brothers through a major rectification, did not stand on his laurels, but rather exercised great compassion, by disassociating them from responsibility—attributing it, instead to Hashem -----so too by you-----once you see that the message got in, and the person\people that hurt you feel bad about what they have done, arouse your own compassion for them, and let them know that, in truth, it was all Hashem's doing—all for everyone's own good

4TH ALIYA [Wednesday] PEACE OF MIND EXPANSIVENESS Healing

Genesis Chapter 45\27

וַיִּדְבְּרוּ אֵלָיו, אֵת כָּל-דִּבְרֵי יוֹסֵף אֲשֶׁר דִּבֶּר אֲלֵהֶם
וַיִּרְא אֶת-הַעֲגֻלוֹת, אֲשֶׁר-שָׁלַח יוֹסֵף לְשֵׂאת אֹתוֹ
וַתְּחִי, רוּחַ יַעֲקֹב אֲבִיהֶם

And they told him all the words of Joseph, which he had said unto them; and when he saw the wagons which Joseph had sent to carry him, the spirit of Jacob their father revived.

Just as Yaakov recovered his Ruach Hakodesh [his Holy Consciousness expansiveness--which was lost to him for many pain-stricken years] upon hearing that long lost and beloved son, Yoseph, was still alive and well--so too by you--in order to recover a holy expansive mind state, do what you can do to remove the trials and tribulations that are worrying and troubling you....a simple way to do this, is to simply toss up to Hashem all of your burdens--place them on a cloud, and let them float up to Hashem, and feel complete assurance and peace of mind, that all will be taken care of properly—now let the inevitable expansive mindset fill you up

5TH ALIYA [Thursday] GREATNESS FROM LOWLINESS Healing

Genesis Chapter 46/3

וַיֹּאמֶר, אֲנִי כִי הֵאֱלֵ אֵל הַי אֲבִיךָ; אֵל-תִּירָא מִרְדָּה
מִצְרַיִמָה, כִּי-לִגְוֵי גְדוֹל אֲשִׁימְךָ שָׁם

And He said: 'I am God, the God of thy father; fear not to go down into Egypt; for I will there make of thee a great nation.

Just as G-d reassured Yaakov that not only would He would be with him for the duration of the Egyptian Exile, but that it's precisely the lowly nature of Egypt's character [referred to as the world's lustiest place and source of Teuma /Spiritual Impurity] that will bring out the greatness of Yaakov's nation—Bnai Yisrael--so too by you--reframe the way you look at the very lowly or difficult situation that you find yourself in—not as a condemned or hopeless situation, but rather as an incredible opportunity to bring out your greatness, precisely because of the difficulty that you face in coping with and transcending all of it's challenges

6TH ALIYA [Friday] TORAH—KEY TO SURVIVING EXILE Healing

Genesis Chapter 46/28

וְאֶת-יְהוּדָה שָׁלַח לְפָנָיו, אֵל-יוֹסֵף, לְהוֹרֹת לְפָנָיו
גִּשְׁנָה; וַיָּבֹאוּ, אֶרְצָה גִּשְׁן

And he sent Judah before him unto Joseph, to show the way before him unto Goshen; and they came into the land of Goshen.

Just as Yaakov foresaw that the key to the surviving and thriving of his nation in exile would be the setting up of Torah learning institutions, even more so than financial foundations or

even places of prayer -- so too by you, see to it that you integrate Torah learning, of one type or another, into your daily schedule, not only as a means of protection and spiritual survival, but also for it's own sake.....and if you happen to find yourself in a situation of deciding what are the most important foundations for setting up a new community, don't forget this lesson of our Patriarchs

6TH ALIYA [Friday] ALWAYS SEEING HASHEM GOODNESS Healing

Genesis Chapter 47/8 & 9

וַיֹּאמֶר פַּרְעֹה, אֶל-יַעֲקֹב: בְּמַה, יָמֵי שְׁנֵי חַיֶּיךָ
וּמַאת שָׁנָה: מָעוֹט וְרַעִים, הָיוּ יָמֵי שְׁנֵי חַיֶּי, וְלֹא
הִשְׁיִגוּ אֶת-יָמֵי שְׁנֵי חַיֶּי אָבִי תִי, בְּיָמֵי מְגוּרֵיהֶם

And Pharaoh said unto Jacob: 'How many are the days of the years of thy life?'

And Jacob said unto Pharaoh: 'The days of the years of my sojournings are a hundred and thirty years; few and evil have been the days of the years of my life, and they have not attained unto the days of the years of the life of my fathers in the days of their sojournings.'

Just as Yaakov, in a deeper part of himself, was expected to always be in a state of wellbeing, as a result of seeing that no matter how difficult life seemed, he could be sure that it was always all for the best, and therefore, the impression that Yaakov communicated both verbally [to prompt Pharaoh's question], as well as the express reply that Yaakov gave to him, which communicated, that for Yaakov, on his level, this 'not seeing', that all is always for the best, was considered serious enough of a lacking for him, on his level, to warrant removal of a number of years of his life [corresponding to the number of words in Pharaoh's question and Yaakov's reply]----so too by you---look deep inside of yourself, and identify an inner higher awareness or clarity or sense of wellbeing that 'knows' that no matter what happens to you in life, no matter how bad or difficult it may be, it is somehow truly for your best, because it comes from ABOVE—from ONE who only draws down to us the very best

7TH ALIYA [Shabbat] SPARKS RAISING EXILE OUTLOOK Healing

Genesis Chapter 47/27

וַיֵּשֶׁב יִשְׂרָאֵל בְּאֶרֶץ מִצְרַיִם, בְּאֶרֶץ גּוֹשֵׁן; וַיֵּצְאוּ
בָהּ, וַיִּכְרְפוּ וַיִּרְבּוּ מְאֹד

And Israel dwelt in the land of Egypt, in the land of Goshen; and they got them possessions therein, and were fruitful, and multiplied exceedingly.

Just as the purpose of the Egyptian Exile, as well as all other exiles that we've been through as a nation, has been to gather Holy Sparks [ie...to redeem all lost souls, including parts of our own souls], and this therefore, explains why the children of Israel multiplied greatly from the time of their arrival in Egypt and onwards, because each new person born, draws down another soul in need of redemption-----so too by you-----realize that the essential purpose of your own personal exile [a reality of being removed from being connected to who you really are—ie... 'spiritually being at home'] is to focus on redeeming lost parts of your soul—a way of walking through life, where you realize that all that you encounter from within or from without, are lost parts of your soul, that you can reattach to yourself, if you keep yourself righteous and make the right decisions

VAYECHI

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] LIGHT IN THE DARK Healing

Genesis Chapter 47/28

וַיְחִי יַעֲקֹב בְּאֶרֶץ מִצְרַיִם, שְׁבַע עָשָׂר שָׁנָה; וַיְהִי מִי-יַעֲקֹב, שְׁנֵי חֲדָשִׁים--שְׁבַע שָׁנִים, וְאַרְבָּעִים וּמָאתַיִם שָׁנָה

And Jacob lived in the land of Egypt seventeen years; so the days of Jacob, the years of his life, were a hundred forty and seven years.

Just as Yaakov mastered the art of seeing that all that Hashem does is for the best and thereby Yaakov brought light into the darkest of times [the beginning of Exile], and therefore enjoyed [and brought all those around him to as well] the last 17 years of his life more than any others]..... And so, this Parsha, which describes Yaakov's passing, is referred to as a 'closed' parsha—one that has no clear separation from what comes before it--a loss of perspective---symbolizing the closing of the eyes of Bnei Yisrael due to Yaakov's passing together with the dimming of the light that he lit up.....so we must all strive to learn his light-filled ways -----so too by you-----be aware that in the hardest and darkest of times, Hashem is engineering all that happens ---all in the best of all possible ways, and when you know that , then there are no questions or difficulties---all is for the best...all is light---even in the heart of the darkness

2nd ALIYA [Monday] EXPANSIVENESS IN THE EXILE Healing

Genesis Chapter 48/14

וַיִּשְׁלַח יִשְׂרָאֵל אֶת-יָמִינוֹ וַיָּשֶׁת עַל-רֹאשׁ אֶפְרַיִם וְהוּא הַצָּעִיר, וְאֶת-שְׁמֹאלוֹ, עַל-רֹאשׁ מְנַשֶּׁה: שֶׁכֵּל אֶת-יָדָיו, כִּי מְנַשֶּׁה, הַבְּכוֹר

And Israel stretched out his right hand, and laid it upon Ephraim's head, who was the younger, and his left hand upon Manasseh's head, guiding his hands wittingly; for Manasseh was the first-born.

Just as Yaakov chose to bless the younger of Yoseph's son, Ephraim prior to his brother Menashe, basing his choice on the fact that Ephraim represented the trait of love and expansiveness and positive action as opposed to his brother's trait of being guarded, and this trait of expansiveness is more important with regard to surviving and thriving in when in the midst of exile-----so too by you-----when confronting a situation of personal exile---of being removed from your natural self, from your natural resources and natural environment---live the lesson taught to us by our Patriarch, Yaakov----open yourself up and allow yourself to expand---allow yourself to do the activities , such as Torah learning and other activities that express your essential , natural self, no matter what type of environment you find yourself in

3rd ALIYA [Tuesday] SURVIVING/THRIVING IN EXILE Healing

Genesis Chapter 48/20

וַיְבָרֶכֶם בַּיּוֹם הַהוּא, לְאֵמֹר, בְּךָ יְבָרֵךְ יִשְׂרָאֵל
לְאֵמֹר, יִשְׁמַךְ אֱלֹהִים בְּאֶפְרַיִם וּבְמְנַשֶּׁה; וַיֵּשֶׁם
אֶת-אֶפְרַיִם, לְפָנָי מְנַשֶּׁה

And he blessed them that day, saying: 'By thee shall Israel bless, saying: God make thee as Ephraim and as Manasseh.' And he set Ephraim before Manasseh.

Just as Yaakov bade his posterity to bless their sons [every Friday night] to be like Ephraim and Menashe [Yoseph's sons and not the Patriarchs], as opposed to our girls, that we bless to be like the Matrtiarchs, showing that the supreme value or blessing to convey is the ability to survive and thrive in the midst of Exile [Ephraim and Menashe were born and raised in the Egyptian Exile and managed to hold onto their holy levels] -----

-----so too by you-----look into your own lives, as well as your children's and loved ones, and see what it would take to survive in the most difficult of situations --- determine which values and principles that you/they need to cling to in order to stay strong---in order to not only survive, but to thrive---and commit to do your/their best to instill these values into your/their lives

^{4th} ALIYA [Wednesday] HOPE Healing

Genesis Chapter 49/18

לִישׁוּעָתְךָ, קוֹיֵתִי יְהוָה

I wait for Thy salvation, O LORD

Just as the Midrash describes this blessing [of the tribe of Dan] of HOPE as being one of supreme importance---teaching us that everything depends upon and is attainable through hope—coping with suffering and gaining forgiveness and much much more, and to the extent that we tap into it, to that extent we benefit from it -----

----so too by you-----never despair---tap into the wellsprings of hope nested deep in your heart....when there is faith [Emuna], there is hope, and the more Faith there is, the more hope there is as well---so with all your heart and all your might, hope in Hashem bringing you salvation, and rest assured that salvation will soon come

^{5TH} ALIYA [Thursday] HOLY SEEING Healing

Genesis Chapter 49/22

בֶּן פֶּרֶת יוֹסֵף, בֶּן פֶּרֶת עֲלֵי-עֵינַי; בְּנוֹת, צִעְדָה עֲלַי

שׂוֹר

Joseph is a fruitful vine, a fruitful vine by a fountain; its branches run over the wall.

Just as Yoseph, who was very much adored for his beauty and power in the public eye, yet managed to remain protected from any kind of detrimental influences [that normally happen to people whose attractiveness is exposed to the public eye], due to the fact that Yoseph SAW life and it's many pleasures, not as being something to be consumed for his personal gratification, but rather as potential resources to be raised up to Hashem—raised up to be sanctified -----so too by you-----develop in yourself the ability to SEE in a Holy Way ---see all the wonderful things of the world, not merely as a means of providing you with pleasure and gratification, but as a means of sanctifying and revealing G-d's normally hidden presence and greatness in the world....the more you are able to do this, the more that you too [like Yoseph] will be protected from any type of harmful effects that result from people's jealousy of the goodness that we possess [this is measure for measure---just as you elevate your 'seeing' so will you be protected from others 'seeing' of you]

^{6TH} ALIYA [Friday] LIFE IN THE MIDST OF DEATH Healing

Genesis Chapter 49/33

וַיִּכְלֵ יַעֲקֹב לְצַוֹת אֶת-בְּנָיו, וַיֵּאָסֶף רַגְלָיו
אֶל-הַמִּטָּה; וַיְגִיעַ, וַיֵּאָסֶף אֶל-עַמּוּיוֹ

And when Jacob made an end of charging his sons, he gathered up his feet into the bed, and expired, and was gathered unto his people.

Just as our Sages teach us regarding Yaakov , that he didn't die, though we do see that he was buried...etc., teaching us that though his body may have died, he himself, continued to live [whether it be a continuation of true life, bundled in the eternal chain of life in the post life or that he never tasted the taste of death or that his posterity carried on his legacy or many other explanations that are offered] -----so too by you-----stay alive in the face of death, whether it be literal or conceptual death---live your life in such a way that death truly has no hold over you----instead of finiteness, cling to infinity, instead of being connected to the realm of the temporary, cling to eternity, instead of focusing on how all things must pass, focus on how that which is truly connected to the spiritual lasts forever....do this for your own life and help others to do this for their lives..... and instead of focusing on those things and people that are already have passed on, focus on their traits and memories that still live on and will live on forever

^{7TH} ALIYA [Friday] EXPECTING DIVINE SALVATION Healing

Genesis Chapter 50/24.

וַיֹּאמֶר יוֹסֵף אֶל-אֶחָיו, אֲנִי כִי מוֹת; וְאֵל הַיָּמִים פָּקֹד יִפְקֹד אֶתְכֶם, וְהִעֲלֶה אֶתְכֶם מִן-הָאָרֶץ הַזֹּאת
בְּאֶל-הָאָרֶץ, אֲשֶׁר נִשְׁבַּע לְאַבְרָהָם לְיִצְחָק וּלְיַעֲקֹב ב'

And Joseph said unto his brethren: 'I die; but God will surely remember you, and bring you up out of this land unto the land which He swore to Abraham, to Isaac, and to Jacob.'

Just as Yoseph gave over to posterity, this verbal signal of the future redemption ['Pakod Yifkod'—Hashem will surely redeem you], not only as a code word for his nation to know when the Geula [redemption time] has come, but Yoseph also let his people know that the redemption would come both as a result of an awakening from below, as well as an awakening from Above [thus the double expression- 'Pakod, Yifkod'], thus reassuring the nation to be aware that no matter how low or bad life in exile became, they could be sure that the Redemption would surely come at it's proper time -----so too by you-----realize that whatever type of situation that you find yourself in---no matter how difficult it might be---not only you personally, but also our nation and the whole world---know that there surely will come a time when we will be redeemed— it may be sooner, it may be later, but it will surely come---and internalizing this knowledge and expecting the redemption at any time, all the time, is a big part of the process of actually making it happen

SHMOT

Aliya Healings

****'HaKriah

Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA

[Sunday] EXILE REFINING Healing

Exodus

Chapter 1/1

וְאֵלֶּה, שְׁמוֹת
בְּנֵי יִשְׂרָאֵל, הַבָּאִים, מִצְרָיִם: אֶת־יַעֲקֹב, אִישׁ וּבֵיתוֹ בָּאוּ

Now these are the names of the sons of Israel, who came into Egypt with Jacob; every man came with his household<>

Just as most

every elevation to a higher level is accomplished through a refining of souls---as is experienced in the lives of those people who merit Torah and merit to live in the Land of Israel and merit to inherit the World to Come---the same is true with regard to the Egyptian exile and all other exiles as well----those who have gone through the exile in one way or another are purified and refined-----so too by you-----realize that the essence of any type of personal or national exile that you may find yourself going through, as painful as it may be---as unnerving and frustrating and foreign and full of suffering that it is---there is a refining process at work---there is a purification process---it's all there for your own good and growth...with this understanding, be at peace---allow yourself to be molded an shaped and nurtured by THE ONE who saw to it that you are where you are, going through what you are going through

2nd ALIYA [Monday] TRANS GENERATIONAL
TIKUN Healing

Exodus Chapter 2/1

וַיֵּלֶךְ אִישׁ, מִבֵּית
לְוִי; וַיִּקַּח, אֶת-בֵּת-לְוִי

And there went a man of the house of Levi,
and took to wife a daughter of Levi

Just as this

verse and these Parshas hint at a current rectification of previous generations, including the generations of Adam and Eve, and the generations of the flood and the Tower of Babel and Sodom and Amora, and how every single act, such as this renewed marriage at the age of 130 year, rectifies the ancient sins of previous generations and reincarnations and the sins of Adam [losing seed for 130 years in his separation from his wife]..... and the birth of Moshe at the end of the 130 years signifies Adam's reunification with Eve and their giving birth to Seth—and all the other details of the Egyptian and all other exiles, represent massive Tikuns -----so too by you-----see all of the present trials and tribulations that you are undergoing, as being trans generational Tikunim ---all being carefully orchestrated and engineered by Hashem....Take comfort in the fact that all is moving toward rectification---nothing happens in vain....take an active part in making rectifications by trying to do what you understand to be right in the eyes of Hashem as much as possible

3rd ALIYA[Tuesday]WORDLESS SCREAM REDEMPTION Healing

Exodus Chapter 2/23

וַיְהִי בַיָּמִים הָרַבִּים הֵהָם, וַיָּמָת מֶלֶךְ
מִצְרַיִם,

וַיֶּאֱנָחוּ בְנֵי-יִשְׂרָאֵל מִן-הָעֶבֶד דָּה, וַיִּזְעֻקוּ;
וַתַּעַל

שׁוֹנְעֹתָם אֶל-הָאֱלֹהִים, מִן-הָעֶבֶד דָּה

And it came to pass in the course of those many days that the king of Egypt died; and the children of Israel sighed by reason of the bondage, and they cried, and their cry came up unto God by reason of the bondage.

Just as the

initiation of the redemption from Egypt , happened as a result of G-d stirring up the hearts of the Israelite slaves ---making them finally realize [after 209 years] that life in this way, just cannot continue---so they began to scream ---wordless screams [because they were not yet on a level of consciousness to be able to express themselves in words of prayer], and G-d heard their screams

and redeemed them -----so too by you-----reach deep into your heart---into a place that's deeper and more primal than words—and connect with the primal feeling deep inside of your heart—and when it becomes clear to you , that the present impossible situation that you find yourself in is just too difficult for you to take--- let out a scream –a scream that is so primal that you KNOW THAT IT REACHES HASHEM, and you know that it is the beginning of your case being personally dealt with by Hashem---the beginning of your own personal redemption

4th ALIYA[Wednesday]UST
THE RIGHT TIME Healing

Exodus Chapter 3/2

וַיֵּרָא
מִלְאָךְ יְהוָה אֵלָיו, בְּלֶבֶת-אֵשׁ--מִתּוֹךְ הַסִּינָה

וַיֵּרָא, וַהֲגִה הַסִּינָה
בְּעַר בְּאֵשׁ, וַהֲסִינָה, אֵינֶנּוּ אֶפְלַי

And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush; and he looked, and, behold, the bush burned with fire, and the bush was not consumed. Just as the Burning Bush –represented the fire of exile and life’s most difficult situations—would not stop burning a minute too early , nor a minute too late, but only at just the right moment that Hashem determined it was meant to end -----so too by you-----know that whatever type of difficult situation that you find yourself in, is being taken care of by THE ONE ABOVE, and though we do have an influence in determining the time frame of the scenarios that we have to go through---but when all is said and done, the true time frame is in Hashem’s hands---and let this serve as a source for peace of mind and comfort---that we need not worry too much about pushing things to happen before they are ready to happen---when Hashem wants them to come to pass, they will, in Hashem’s own good time

5th ALIYA[Thursday]ABILITY TO DO
ANYTHING Healing

Exodus Chapter 4/11

וַיֹּאמֶר יְהוָה אֵלָיו, מִי שָׁם פֶּה
לְאָדָם, אוֹ

מִי-יָשׁוּם אֵלֶם, אוֹ חֲרַשׁ אוֹ
פֶּסֶחַ אוֹ עֵגֶר--הֲלֹא אֲנִי כִי

יְהוָה.

And the LORD said unto him: 'Who hath made man's mouth? or who maketh a man dumb, or deaf, or seeing, or blind? is it not I the LORD?

Just as G-d informed Moshe, that he need not be troubled if he cannot properly speak in his role as G-d's messenger and spokesman to Pharaoh and to his people---because, despite whatever natural limitations we have—physically or emotionally, when G-d wants us to be His personal messengers [and being such a messenger, is not a 'once in history occurrence', but rather a constant calling, if we are ready for it]---then G-d can enable us to go beyond our natural limitations and do whatever it takes to get the job done-----so too by you-----never despair of being able to rise above the limitations that you believe that you have, when it comes to doing what is right and holy.....with a clarity and certainty that whatever it takes to get the job done, you will be able to do it---it's not about how [that is G-d's part]---it' just about you believing that you can, with G-d's help

6th ALIYA [Friday] BROTHERLY HELP Healing

Exodus Chapter 4/30

וַיְדַבֵּר
אַהֲרֹן וְ-אֵת כָּל-הַדְּבָרִים, אֲשֶׁר-דִּבֶּר יְהוָה

אֶל-מֹשֶׁה; וַיַּעַשׂ
הָאֵת, לְעֵינֵי הָעָם

And Aaron spoke all the words which the LORD had spoken unto Moses, and did the signs in the sight of the people.

Just as Aaron stepped up [at G-d's bidding]to help out his brother Moshe, to serve as his mouthpiece -----so too by you-----step up today to help out your brother or sister or anyone else that is in need of your help.....help them to do what they cannot normally do , but what you can do successfully---and consider yourself privileged to be able to truly help a brother or sister in need

7th ALIYA[Shabbat] PROOF OF G-D'S EXISTENCE Healing

Exodus Chapter 5/2

וַיֹּאמֶר
פַּרְעֹה הֲ--מִי יִהְיֶה אֲשֶׁר אֶשְׁמַע בְּקוֹלוֹ, לְשַׁלַּח

אֶת-יִשְׂרָאֵל: לֹא
יִדְעֵתִי אֶת-יְהוָה, וְגַם אֶת-יִשְׂרָאֵל

לֹא אֶשְׁלַח

And Pharaoh said: 'Who is the LORD, that I
should hearken unto His voice to let Israel go? know not the LORD, and
moreover I will not let Israel
go

Just as the
whole purpose of the Exile was to teach Pharaoh and the Egyptians and the Jews and the whole
world, that G-d exists---and beyond just believing in His existence, we need to believe that He watches over
and directs
and guides and runs all of the affairs of mankind and the world---and this was
THE lesson of the entire Egyptian Exile and redemption -----so
too by you-----realize that all that happens to you personally and
to everyone else at all times, whether what happens is easy or difficult or in-between,
all of it is only in order to teach us that Hashem is running the show, and
that the purpose of Creation is for all of us to purify and refine our
consciousness to the point where we truly understand this and live this reality

VAEIRA

Aliya Healings

****'HaKriah Meoreret Hazman'---the reading , or engaging in the daily Aliyah topic that corresponds to it's day of the week [as we bring below], awakens the Divine Providential healing of that day

1st ALIYA [Sunday] SIMPLE FAITH Healing

Exodus Chapter 6/3

וַאֲרָא, אֶל-אַבְרָהָם אֶל-יִצְחָק וְאֶל-יַעֲקֹב בְּ—בְּאֶל

שְׁדֵי; וַשְׁמִי יְהוָה, לֹא נִודַעְתִּי לָהֶם

and I appeared unto Abraham, unto Isaac, and unto Jacob, as God Almighty, but by My name YHWH I made Me not known to them

Just as Avraham, Yitzchak and Yaakov knew Hashem based on a simple, unsophisticated level of Emuna [faith], finding it unnecessary to have Hashem's promises be substantiated in a miraculous fashion....Hashem's Word was enough for themthis is the dynamic of the Holy Name Kel Shakai, as opposed to the Holy Y-K-V-K Name revealed to Moshe and his generation -----so too by you-----develop a level of Emuna Pshuta [Simple Faith] , whereby you simply trust in Hashem's promises and love and trustworthiness, without needing to see proofs or miracles , in order for you to deepen your trust and Faith in THE ONE ABOVE

2n2nd ALIYA [Monday] EMPATHETIC PERSUASION Healing

Exodus Chapter 6/26-27

הוּא אֶהְרֹן, וְמֹשֶׁה--אֲשֶׁר אָמַר יְהוָה, לָהֶם, הוֹצִיאוּ אֶת-בְּנֵי יִשְׂרָאֵל מֵאֶרֶץ מִצְרַיִם, עַל-צַבְאֹתָם

הֵם, הַמְדַבְּרִים אֶל-פַּרְעֹה מֶלֶךְ-מִצְרַיִם, לְהוֹצִיא

אֶת-בְּנֵי-יִשְׂרָאֵל, מִמִּצְרַיִם; הוּא מֹשֶׁה, וְאַהֲרֹן

These are that **Aaron and Moses**, to whom the LORD said: 'Bring out the children of Israel from the land of Egypt according to their hosts.'

These are they that spoke to Pharaoh king of Egypt, to bring out the children of Israel from Egypt. These are that **Moses and Aaron**.

Just as we see from the hint in these Verses—showing that sometimes Moshe precedes Aharon and sometimes the opposite---that the 2 brothers were considered to be on equal levels, despite the fact that Moshe is considered the greatest Prophet and Torah scholar of all time---nevertheless, we know that when it came to fulfilling the all-important task of convincing the Israelites that their time has come to believe in the impending Redemption [and in this realm, of people relations, Aharon was even more superior than Moshe---he was considered to be more a man of the people] -----so too by you----- whenever you need to persuade or influence or even just relate to others, make sure that you follow Aharon's lead of being a true empathetic enabler and empowerer.....See things from their perspective, not just your own....feel what others feel.....and you will find , that almost effortlessly you will have others full attention and cooperation

3rd ALIYA[Tuesday]LEADERS AREONLY DIVINE CHANNELS Healing

Exodus Chapter 7/3

וְאֲנִי אֶקְשֶׁה, אֶת-לֵב פַּרְעֹה; וְהִרְבִּיתִי אֶת-אֹתֹתַי וְאֶת-מוֹפְתָי, בְּאֶרֶץ מִצְרַיִם

And I will harden Pharaoh's heart, and multiply My signs and My wonders in the land of Egypt.

Just as Pharaoh was only a pawn in the hands of Hashem, who used him as a means for carrying out His Divine plan, and we know that the same is true by all leaders, as our Sages say, ‘The heart of the King {leader} is in the hands of Hashem’ -----so too by you-----see that the entire mega structure of world governments is solely in the Hands of Hashem.....see also that any type of leadership is really totally dependent on Hashem’s benevolent Providence.....the more that you see this at the macro and micro levels, the more that you will be able to direct all of your efforts [whether you are in the role of the leader or the one being led] toward THE ONE who is really making things happen

4th 4th ALIYA [Wednesday] SELFLESS TRAIT REFINEMENT Healing
Exodus Chapter 7/17

פֹּה, אָמַר יְהוָה, בְּזֹאת יִדְעֶה, כִּי אֲנִי יְהוָה: הִנֵּה אֲנִי כִי
מִכָּה בַמַּטֵּה אֲשֶׁר-בְּיָדִי, עַל-הַמַּיִם אֲשֶׁר בַּיָּאֵר
וַיִּהְיֶה כֵן לְדָם

thus saith the LORD: In this thou shalt know that I am the LORD--behold, I will smite with the rod that is in my hand upon the waters which are in the river, and they shall be turned to blood. Just as the Israelites were taught the lesson as slaves that the more that they realized that all is dependent on Hashem, including their own personal character development, and so too was the dynamic of the 10 plagues, the very demonstration of Hashem’s total control of all areas of life, proved to be the undoing of the control of the Egyptians and the healing of the Israelites simultaneously-----so too by you----- see that the key to healing all that needs healing in all areas of your life , is the realization that Hashem is in control , and the more that you are able to get yourself out of the way, and become a selfless channel for Hashem’s healing love and guidance, the more that you will be able to truly refine all of your character traits

5th ALIYA [Thursday] RECOGNIZING DIVINE SUPERIORITY Healing
Exodus Chapter 8/15

וַיֹּאמְרוּ הַחֹרְטָמִים אֶל-פַּרְעֹה, אֲצַבֵּעַ אֵל הַיָּם הוּא
וַיַּחֲזִק לִב-פַּרְעֹה וְלֹא-אִשְׁמַע אֲלֵהֶם, כַּאֲשֶׁר דִּבֶּר יְהוָה

Then the magicians said unto Pharaoh: 'This is the finger of God'; and Pharaoh's heart was hardened, and he hearkened not unto them; as the LORD had spoken.

Just as the Egyptians who were known to be perhaps the world’s greatest sorcerers and magicians of all time, were forced to admit their inferiority and helplessness in comparison to Hashem’s supernatural demonstration of miracles-----so too by you----- identify the limitations of your powers---all kinds of powers—natural and supernatural---and at that point, where you discover your limitation, there you can discover Hashem’s absence of limitations....the more that you discover Hashem’s unlimited power [even in the role of empowering you in your own power displays], the more that you will be able to fuse yourself with Hashem at all levels of existence

6th ALIYA [Friday] GLOBAL G-D KNOWLEDGE Healing
Exodus Chapter 9/16

וַאֲוִלָּם, בַּעֲבוּר זֹאת הָעֲמֻדָּה תִּיָּד, בַּעֲבוּר, הִרְאָתְךָ אֶת-כָּחִי; וְלִמְעַן סִפְרִי שְׁמִי, בְּכָל-הָאָרֶץ

But in very deed for this cause have I made thee to stand, to show thee My power, and that My name may be declared throughout all the earth.

Just as the main purpose of the Egyptian experience, was to show clearly that G-d is in total control of the entire Globe and the entire Cosmos, and every particular aspect of it as well , and that the Knowledge of G-

d, is the most worthwhile of all pursuits [and ultimately will be the single most overriding pursuit of one and all]----- so too by you-----discover G-d in every aspect of your life and in every aspect of the running of the Universe....study history, not merely as a collection of dates and occurrences, but rather as an ongoing revelation of HIS STORY....know that a time is soon to come when HIS STORY will be known retroactively to one and all—as well as the incredible healing that this knowledge will elicit

7th ALIYA[Shabbat]CUSTOMIZED DIVINE PROVIDENCE Healing

Exodus Chapter 9/26

רק בארץ ג'שן, אשר-שם בני ישראל--ל' א' ה'יה, ברד

Only in the land of Goshen, where the children of Israel were, was there no hail.

Just as the Israelites were constantly distinguished in the process of the 10 plagues, to not receive the same fate as the Egyptians received, and we learn from this, that G-d's Providence is customized and personalized and selective -----so too by you-----be Aware that what's coming to you [Providentially], has nothing to do with what is coming to anyone else.....be aware that the more that you believe that all that happens to you [within and from without] is all customized, personalized Divine Providence meant to bring you to your own personal Tikun and enlightenment....the more that you believe in this, the more real it will be , and the more your life will be a state of constant amazement