



## Message from the Founder

In the beginning of Maggid we say: *"Afilu kulanu chachamim... mitzva l'saper b'yetziyas mitzrayim."* These words teach us that even if one knows the entire Torah, he still has to say over the story of *yetziyas mitzrayim*. This raises the question - what is the purpose of saying it over if he knows it already? Rav Moshe Feinstein zt"l explains that the mitzva is not to know the fact that Hashem took us out of Mitzrayim. The purpose of Pesach is to recognize that Hakadosh Baruch Hu is the one Who runs the world and is in charge of everything! Therefore, even if one is a Chacham he must say over the story in order to imbed in his heart that Hashem is the true Ruler of this world.

That being said, let's go into Pesach with the recognition that whatever happens is through Hashem's direct guidance. Additionally, whatever we want and wish for, we must pray to Him to give it to us. For He is truly the only One who is capable of providing. To conclude, *b'nissan nigalu u'b'nissan asidin lhi'gael*. May it be Your will to end this *galus* now. We are desperate.

A *Zissen* Pesach,  
Yossi Hecht

### Personal request:

Once again, could you please accept upon yourself bli'n to say Asher Yatzar for one week, from a card or poster as a *zechus* for a *refuah sheleimah* for my daughter Esther bas Sara Miriam at least once a day? We really need your help! Thank you so much!

## We Have the Keys!

This Shabbos we will iy"H read the *parsha* of "כֹּהן הַיּוֹם הַזֶּה לָכֶם - this month is for you." The *Sifsei Chaim* (*Moadim* Vol 2 page 260) explains that with this, Hashem gifted *Klal Yisroel* with unbelievable authority. He gave us the keys to the entire universe! *Chazal* tell us (*Shemos Rabbah* 15:2) that from here we learn that even if *Beis Din* made a mistake, and established *Rosh Chodesh* on the "wrong" day, Hashem will follow their decision. Meaning, Hashem gave us control over the spiritual aspects of the world.

In addition, Hashem gave us the keys to its physical aspects. First, we find in *Pesachim* (118a) that once the *Torah* was given, the continuity of blessing and kindness that Hashem showers on the world is based on us keeping the *Torah*. Second, the *Talmud Yerushalmi* (*Kesuvos* 1:2) writes that if a girl turns three and then *Beis Din* decides to make a leap year, a medical wonder will occur: Regarding a certain physical aspect she will go back to being less than three years old! This shows us that *Klal Yisroel* even determines the physical nature of the world.

This is very important to know when dealing with medical issues. Even if the doctors say something is medically impossible, that may be the case for the rest of the world. We Yidden work differently - we determine nature, not vice-versa. We are all still rejoicing with the elderly *Rosh Yeshiva* Rav Tzvi Kushelevsky *shlita* becoming a father for the first time at 88 years old! His message to the world is exactly this: Forget about what the doctors say! Turn to Hashem, and beg Him for mercy - He can do anything for us!

As you know, we started this monthly leaflet almost a year ago as a *zechus* for a *refuah sheleimah* for my daughter (**Esther bas Sara Miriam**), a young mother undergoing treatment for the *machalah*. Her medical situation seems to be quite volatile, so I went to R' Tzvi for a *beracha*. The first thing he told me was that we must know that Hashem definitely wants to give her a *refuah sheleimah*! This gave me tremendous *chizuk*. When we daven to Hashem, we are not trying to convince Him to listen to us. He wants our good even more than we ourselves

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want it. We are on the same team! He is just waiting for our *tefillos*! He then gave her a tremendous *beracha* that she should get better and told me to that it is very important to continue davening with the same amount of strength during the "ups," as during the "downs." So please, continue to daven and be *meschazek* in Asher Yatzar as a *zechus* for a *refuah*

*sheleimah* for my daughter, for R' Yossi Hecht (**Yosef Chaim ben Devorah Leah**) founder of *ashertotheyatzar.com*, and for all our brothers and sisters who have been wounded during these difficult times. May we be *zoche* to the גאולה שלימה בקרוב,

Eliezer M. Niehaus

Editor



## What Do The Words Mean?

### Part III

אשר יצר את האדם בַּחכְמָה - Who fashioned man with *wisdom*

In a past issue we saw that the basic understanding of the word "*b'chochma*" is that Hashem used unfathomable wisdom to create the human body. The *beracha* proclaims that and then goes on to delineate the wonders of that creation. However, many *meforshim* give a different explanation, and say that we are thanking Hashem for giving **man** wisdom. What is the connection between our having wisdom and the rest of this *beracha* which addresses the wonders of the physical human body?

The Eitz Yosef (Otzer Hatefillos) explains that when we look at a human, we see he is not a two-legged animal - he is something else entirely! His face exudes intellect, he stands upright, he speaks, and he thinks! The *meforshim* say that man is really a "miniature world." All the wisdom of the universe is found in some form in the human being. This encourages us to delve into the body and study the infinite wisdom contained in it.

Rabbeinu Manoach (on the Rambam) explains differently. We thank Hashem for the wisdom He gave us, for without it we would not be able to grasp the wonders of the digestive system and the other phenomenal aspects of our bodies. Let us take this further. The Rokeach writes that we are referring specifically to the wisdom of Torah. Indeed, if we spell out the letters of "*chochma*" as "ח-י-ת כ-ף מ-ם ה-ו" the gematria is 613 - representing the Torah.

We thank Hashem for creating us in a way that our human physical mind can grasp the Torah, which in theory should be impossible, since it is the wisdom of Hakadosh Baruch Hu. Perhaps the connection to the rest of the *beracha* is that Torah literally means "teaching." The Torah teaches us how to live our lives in a way that we are constantly connected to Hashem. It is because we have the Torah that we do not live like most of mankind, who eat, digest their food and expel the waste with nary a thought about the kindness they are experiencing from their Creator.



## Letters

### A Kabbalah with Strength

*Yasher ko'ach* on your leaflet! You asked for comments or personal stories, so I will quickly share something. After Simchas Torah I felt I had to do something as a *zechus* for *Klal Yisrael*. I was looking to take a *kabbalah* in an area that would be significant and not easy for me, but on the other hand, would be something that I could really keep. After a few days of feeling lost about what to do, I thought about the fact that frequently I would need to say Asher Yatzar when I was in the middle of something. Therefore, since I wanted to rush back to what I was doing, I would tend to hurry the *beracha*. So, I accepted upon myself to say the *beracha* without rushing or starting to go to where I had to go, and then to say a short *tefillah* for the wounded and the soldiers and *Klal Yisroel*. Since I want the *zechus* for the *tefillah* to be *miskabel*, I have been successful in the *kabbala*. (If I start to hurry, it's during the

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tefillah, and not while saying Asher Yatzar.) Now that I have been saying the *beracha* more slowly, I was *zoche* to the following realization. We are thanking Hashem for the fact that our most lowly needs receive the attention to be brought before the *Kisei*

*Hakavod*, and this is because these needs are necessary for us to be able to stand in front of Him.

### Family K.

we eat, and for an extended period of time. Our churned food contains quite a bit of this powerful acid and it is crucial that every last drop of acid gets neutralized. Therefore, it is very important that only a small amount of food enters the intestines at a time. In order to make sure that there is never a large quantity of food in our small intestines at the same time, Hakadosh Baruch Hu wondrously set up a door, a valve, at the bottom of our stomach which only allows a tiny amount of food to enter at a time. Only after the first section of the small intestines takes care of that squirt of food and passes it along to the next section of the small intestines, does it reopen to allow in the next squirt.

This amazing system that Hashem gifted us with works constantly in all situations. Even if someone stuffed themselves with a five-course meal, their valve will not speed up or change its pace. This valve is there for our protection, and it only opens when it is ready. The elaborate meal waits in the waiting room - the stomach, until the intestines are ready to deal with it safely. Thank you, Hashem, for this constant protection:

שׂאם יפתח אחד מהם ... אי אפשר להתקיים  
ולעמוד לפניך!

## Wonders of Digestion

By: Rabbi Y. A.

### Part 12: The Valuable Valve

We saw in past issues that after we chew and swallow our food it enters the stomach where powerful hydrochloric acids break it down. After that it goes to the small intestines where the main part of digestion takes place. This is because here the food gets broken down chemically into its molecule form.

We learned that our stomach has a lining that prevents it from being harmed by these powerful acids, but the walls of our intestines do not have such a lining and could not survive these acids. To protect our intestines, Hakadosh Baruch Hu phenomenally set up our bodies that when we eat, a message is sent to our pancreas. The pancreas then secretes a neutralizing juice which is poured into our small intestines. This juice neutralizes the acids arriving from our stomach and keeps the walls of the intestine safe. This kindness from Hashem takes place every single time

To receive a daily 2-minute audio shiur by phone about the wonders of the human body please text 313-NIFLAOS (313-643-5267).



## One day or day one? You decide...

Let today be day one of your enhanced journey through the Torah! The Daily Aliyah by Rabbi Shlomo Ressler presents a Torah insight for every aliyah, corresponding to the seven days of the week. Whether you're a seasoned learner or just starting on your journey, this unique book will empower you to reflect, introspect, and engage with the Torah by focusing on one aliyah a day.

## A Dose of Chizuk

### One Hundred Thousand Operations

We saw in last month's issue that one of the best ways to acquire the life changing *midah* of simcha is to pay attention to the myriads of constant kindnesses that Hashem is doing for us. At first, they may not seem so exciting, but if we imagine life without them, we will quickly change our minds. For example, did you ever sprain or hurt one of your fingers? Suddenly, buttoning your shirt became a daunting task! So, isn't it lots of fun to have fingers that move swiftly and painlessly?

Let us develop this idea with the following story (which hopefully never happened): *Little Yankel was crawling on the floor, enjoying his freedom after being cooped up in his crib. His mother was trying to prepare lunch and at the same time keep an eye on her little guy. Suddenly, she heard a squeal of joy as Yankel noticed a small, glittery object. Knowing that little people discover the world through their mouth, she ran towards him, but he saw her coming. With supersonic speed he stuck it in his mouth and swallowed it. His mother picked him up and tried getting him to cough it out, but to no avail. She called her friend who told her not to worry, as whatever it was will pass through his system. Unfortunately, it wasn't so simple, as Yankel soon began to scream in pain. His worried parents called hatzalah and they rushed him to the emergency room. After looking at the x-rays the doctors told Yankel's parents that they saw a small screw lodged in his small intestine.*

*He would need an emergency operation to get the foreign object out of his little body. After a several-hour operation under full anesthesia, the team of surgeons managed to get the screw out. They had to make several incisions and the recovery was not so simple, but Yankel's parents were thankful for the happy ending.*

Rav Elya Lopian zt"l would say that in truth, this is what happens each time we eat. We are in essence putting foreign matter into our bodies, and if it would stay there, we would be in mortal danger. We really should run to the emergency room to have the waste product removed. Instead, Hashem created our bodies in a way that it is removed safely and painlessly. Rav Elya said that before we say Asher Yatzar we should bear in mind six wonders: 1) The best "Doctor" in the world 2) is removing foreign objects from our bodies 3) in the easiest manner 4) without anesthesia 5) without pain 6) and with no charge! Since Asher Yatzar was so dear to him, Rav Elya would always put on his hat and upper garment when saying it. He would add that really, a person should have so much simcha from the wonders that Hashem is performing for him, that he should put on his *streimel* and *bekesha* (or other Shabbos clothing) before saying this beracha.

And now for a little math. An average person uses the restroom six to seven times a day, which means 210 times a month and 2520 times a year. So, by the time he has reached the age of 40, he has undergone 100,000 operations without doctor visits, medical forms, pre-ops, fasting, recovery rooms, hospitalizations, morphine, pain killers, and follow-up visits!

### Internalize It!

We can use the above to not only say Asher Yatzar with simcha, but also to be able to walk around with joy in our hearts all day long. Before using the restroom, take a moment to picture that you are entering an operating room, and try to imagine how you would feel. Then, before you say Asher Yatzar, imagine how you would speak if you would be thanking the surgeon for the successful operation that he just performed for you!

### We love feedback!

To receive this leaflet in your Shul or by email or if you have any comments or personal stories we can share with our readers please email us at [ashertotheyatzar@gmail.com](mailto:ashertotheyatzar@gmail.com) or visit: [www.ashertotheyatzar.org](http://www.ashertotheyatzar.org)