



Mosaic from the floor of the ancient Shalom Al Yisrael Synagogue in Jericho



Shalom Al Yisrael

Rab Hensch Dov Hoffman

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Sunday Torah Class 9:30 to 12 Noon

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Please Note: This is a work in progress and will receive frequent updates and corrections. You will see some blank spots, they are awaiting answers.



Books for Study -

1. Chumash by Rabbi Moshe
2. Conscious Community – Rabbi Kalonymos Kalmish Shapira
3. Sacred Fire, Torah From The Years of Fury, 1939-1942 – Rabbi Kalonymos Kalmish Shapira
4. Living Water by: Rabbi Mordechai Itzbitzer
5. The Babylonian Talmud
6. The Holy Zohar

Rabbi Hoffman's Rules of Life

- If you want to know your life purpose look to the mistake you make most often
- Man is plagued with original Drek (Blame/Shame)
- I am committed to ambiguity (Uncertainty & Choice)
- You can't be lost if you don't care where you are

This is a graphic arrangement of notes compiled by Mordechai Levinson over several years during the Sunday Torah learning group. It has now become a collaborative effort with Rafi Metz, who has webified it and will fill in some blanks.

Premises

- Shabbat's number one priority is to clarify
- Torah is not linear
- If you move 1/8th of an inch G-d can do the rest
- Our deficits are our strengths
- Our rigidity becomes our idol worship
- There is no Teshuvah (Return) without Simcha (Joy)
- Gap Teaching
Torah tells a story, but leaves a gap to let you make the connections to other Torah stories and to let you make the connection to your life stories
- Repeated mistakes made in Torah echoes patterns in your life
- We find G-d in the **DETAIL** & the **TRANSITIONS**
- Amalek is the force of competition in the world (it's a dog eat dog world & I am wearing milk bone underwear)
- The 4 Worlds, Kabalistic construct/lens through which Torah is focused (see chart)
- The purpose of the ten plagues in Egypt was to dissolve the slavery/habits of Israel
- The main tool of Will is prayer
- We **live** our faith and **pray** our doubts
- Key elements of Temple service are most apparent in our eating and prayers
- Secret of the Temple Service is that people can use objects to connect with G-d
- G-d created darkness so that He could bestow His love (Tzimtzum)
- Shemos/Exodus 32-32 is the moment of Teshuva
32 Gematria is Lev (heart)
- 1 Linen (flax, Farmer) & 2 Wool (Shepard)
Cain, Killer, 2nd best offering & Abel, Killed, best offering
- We are always bouncing between our **Desires** and our **Fears**
- The Red Sea was not a miracle,. The Red Sea was a test (see Nes in word list).
- Turn every pain into a birth pain (see **Teshuvah**, see **Nes**)
- Rage occurs when your back is against the wall
- The antidote to rage is to behave outrageously/differently than your usual pattern
- Two Types of Paradise 1 Lost (Garden Eden), 2 Return (Sinai)
- Fear of Abandonment proceeded making the Golden Calf It was not an idol, it was an attempt to replace Moses
- Your pain is the alter of your sorrows
- It is important to know when to do the wrong thing at the right time (Esther)
- G-d creates the solution before the problem is created
- Hashem does not change over time, **Our Perceptions** of Hashem change over time
- Amalek's main force is fragmentation – "It's all good" or "It's all bad"
- The time of eating and the time of prayer is a time of battle (Shulchan Aruch)

Prepare for Pesach

Yud Week 4 M Chodesh (New Moon)
 Heh Week 3 F Para (Red Heifer)
 Vav Week 2 M Zakor (Memory)
 Heh Week 1 F Shekalim (1/2 Shekel)

Steps of the Bal Shem Tov

1 Humility
 2 Separation
 3 Sweetening Unity

M Masculine

1 Charity
 2 Fasting
 3 Torah

F Feminine

1 Blood (Nidah)
 2 Shabbat Candles (Menorah)
 3 Challah (Sacrifice)

Steps of Creation

1 Infinite Light
 2 Tzimtzum
 3 Teshuvah
 4

3 Ways to Deal With Conflict

(See Well #1)
 1 Appeasement (**Chesed**)
 2 Warfully (**Gevurah**)
 3 Prayerfully (**Tiferet**)

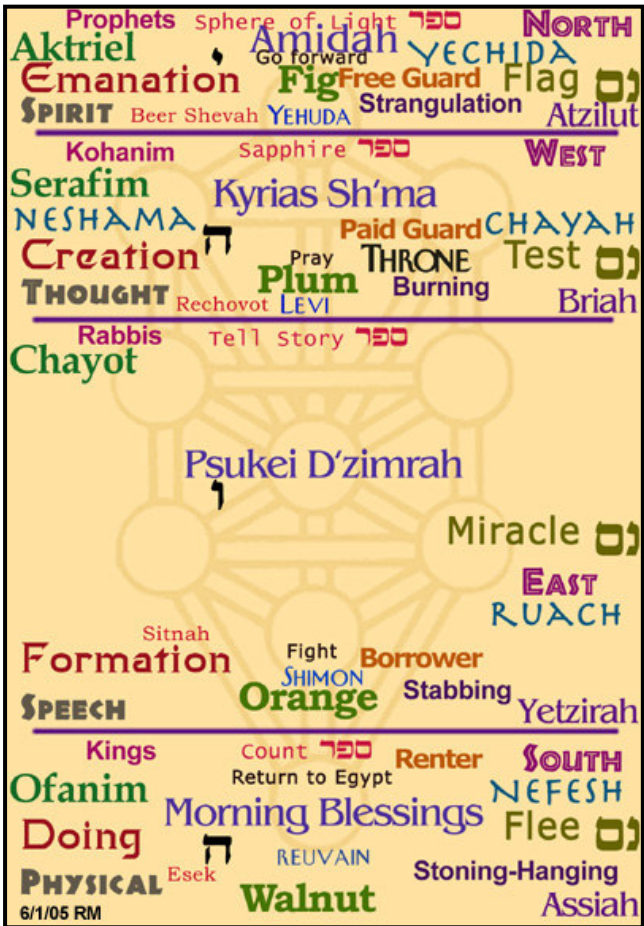
The Four Worlds

	Avot	Fruits	Red Sea	Shomer	Court Death Penalties	Natural Results (death penalties)	Antidote to Death Penalties	
4 Atzilut	Intimacy	Joseph	Fig	Go Forward	Free Guard	Strangle	Sustain	
3 Briah	Creation	Jacob	Olive	Prayer	Paid Guard	Burning	Illuminate	
2 Yetzira	Formation	Isaac	Orange	Fight	Borrower	Sword	Guard	
1 Asiyah	Concrete	Abraham	Walnut	Return to Egypt	Renter	Stoning/Hanging	Carrying	
	Nes	Nechaim	Wells	Prayers	Wedding	Birth	Omer	Life
	וַי	וַי						
4 Atzilut	Flag	Relent	Satisfaction	Standing/Amidah	18 minutes	Push	Sphere	Speaking
3 Briah	Test	Leadership	Breadth	Sitting/Sh'ma	Bedekan	Hold Back	Shine (sapphire)	Animal
2 Yetzira	Miracle	Comfort	Hatred	Pesukei D'Zimra	Give Ring	Conception	Story Tell/Book	Plant
1 Asiyah	Run Away	Regret	Conflict (see 3 ways Below)	Morning Blessings & Korban	A Void	Count	Counting	Mute
Worlds	Soul Consciousness	Sefir		Fruit	At Yam Suph	Death Penalties	4 Weeks	
4 Atzilut	Yechiuda/Unity	Sphere of Light/Sefira	Yehuda	Fig	Go Forward	Strangle	Ha Chodesh	
3 Briah	Neshama	Sapphire/Shining	Levi	Plum	Pray	Burning	Parah	
2 Yetzira	Ruach	Tell Story	Shimon	Orange	Fight	Stabbing	Zachor	
1 Asiyah	Nefesh	Count	Reuvain	Walnut	Return to Egypt	Stoning Hanging	Shekalim	



Life is about tshuvah and is a gamut of circles or spirals, all determined by your choices and the tests you pass with tshuvah or fail by projection and scape-goating. Circles represent scape-goating. Spirals represent tshuvah.

If you move 1/8th of an inch G-d can do the rest



10 Sefirot Related Feeling, Plagues, Barriers & Hard Sayings Five Faculties of People

1. I =

2. I = Imagination + & - (B) The Heart Desires
T = Thought + & -
3. W = Will/Desire + & - (A) The Eye Sees
4. A = Action + & - (C) The Mouth Rationalizes
5. S = Speech + & -

Five + Commandments relate to expanding, five - are contracting.
 Five + get up and do & five - sit and don't do.

Sefirot	Feeling	Egyptian Plagues	Barriers	10 Sayings of Creation (Commandments)
Chokhma I+ Masculine	Wisdom	Killing first born	Inability to give first in a relationship	I am the Lord G-d that brings you out of the narrow places
Binah T-	Intuition	Darkness	Fear	No Idols Sin of Imagination
Da'at T+	Knowledge	Locust	Civil strife	Don't Use G-d's Name In Vain
Chesed A-	Kindness	Hail	Arrogance	Keep Shabbat
Gevurah A+	Discipline	Boils	Gossip	Honor Parents
Tiferet W-	Compassion Truth, Beauty Balance	Epidemic	Spilling innocent blood	No Murder or Wish Others Bad
Netzach W+	Victory of Truth, Eternity	Wild Beast	Evil thoughts	No Adultery
Hod S+	Yielding Splendor	Lice	Busyness, Feet run to do evil	Don't Steal
Yesod S-	Intimacy Foundation	Frogs	Distortion, Lies	No False Witness
Malchut I- Feminine	Government Kingdom	Blood	Causing strife with brother	Don't Covet

Sefirot	Personality Prayers	Body Part	Gender	Hebrew
Chokhma				ח כ מ ה
Binah				ב ' נ ה
Da'at				
Chesed	Abraham	Right Hand	M	חסד
Gevurah	Isaac	Left Hand	F	גבורה
Tiferet	Jacob	Heart	FM	
Netzach	Moses <i>Amidah</i>	Right Leg	M	נצח
Hod	Aaron <i>She'ma</i>	Left Leg	F	הוד
Yesod	Joseph	Sex Organ	MF	יסד
Malchut	David	Whole Body		מלכות

Journey of Tshuvah

Go Out	Go In
Death	Birth
Toxic	Creative
Blame/ Shame Hurt Feeling Rigidity/ Sterility/ Stuck	Study Torah Goad/ Structure/ Movement
Pain Project Out	
Goal Victim-Oppressor	Goal Compassionate Mench

6 Mitzvot of Thought (cube)

1. I am the Lord that brought you out of slavery
2. No other G-d before me (No idols)
3. Love G-d
4. Fear G-d
5. No wandering eyes
6. Do not say that there is a place without Hashem (3rd Commandment)

Key Words **There are no vowels.** Suggestions welcome...

Transliteration	Hebrew	Definition
Amalek		The People that take things lightly Decedents of Esau Doubt
Arum	ארם	Naked / Deceitful
Ayin		70=Eye/ Secret/ Wine 70 languages
Avodah Avoda zara Strange Work	אבדה	Heart Work / Subjugation of Will / Work in Mishkan / (Dialectic) [avodah zara: "strange worship" – idolatry] (Dichotomy) See Melacha
Beged	בגד	Garment / Treachery / Skins
Besharet		First Thought
Cain	קין	Mr Purchase / Farmer / City Builder
Charut	חרת	Freedom / engrave
Chereish	חרש	Plow Yourself / Be Silent / Self Examination / deaf / engrave
Chesed	חסד	Kindness / Giving / Owner / Farmer
Chet	חטא	Unconscious / Closed Heart / Sin
Chometz Remember/Forget	חמץ	Fermentation / Sour / arrogance / resentment / blockage / miscommunication / Heat Reaction
Daber	דבר	Speak Harshly (see Omer)
Dom	דמ	Blood / Silence
Emunah	אמנה	Faith / Security / Confidence
Eruv	ערב	Confusion / mixture / Arab / mixture / sunset / Sweet / barter / Shabbos boundary / Collateral / Raven
Et	את	With
Ezer K'negdo	עזר כנגדו	Helpmate in Opposition
Galut		Exile
Gevurah	גבורה	Judgement / Boundaries / Discipline
Gilgul		Wheel of Live / Reincarnation
Hakir		To know/ Recognize
Hoshech	חשך	Desire / Darkness

Kesef		Silver / Desire / Back of Mirror
Korban	קרבן	Draw Near / Sacrifice
Kodesh	קדש	To Prepare/ Deserving/ Set Apart/ Holy
Kapora		Reversal of Behavior
Kosher		Prepared (See Pasul)
Leshanot		Learn / Change/ Review / Sleep
Lechem	לחם	Bread/ War/
Machol		Dance / Forgive
Mayim	מים	Water, Torah, Fear, Desire
Melacha		Work (worldly) / Strange Work See Avodah
Mitzriaim	מצרים	The Narrow Places / Egypt / Anxiety / Anger
Mitzvah	מצווה	Regress / precept / commandment / good deed
Nabuk		Trapped, no escape
Nachash	נחש	Snake / 358 / Moshiach
Nes Nun=Humble Man Samech=Support (not visible)	נס	Run Away / Miracle / Test / Flag Asiyah Yetzira Briah Atzilut
Noach	נח	Mr Comfort/ Regret/ Leadership
Olah	עלה	
Olam		To Hide / Forever / World
Omer	אמר	Whisper (see Daber)
Oref [kashe oref]	קשה ערף	Stiff Necked oref=neck / kashe=hard
Osek		Buy & Sell Cain's World of Business
Pasul		<u>Not Kosher????????????</u> (See Kosher)
Pesach	פסח	The Mouth that speaks / Pharaoh-Bad Mouth / Passover / Skip over

Rachim		Wombness/ Compassion
Rasha		Superficial / Obvious
Satan	שטן	The Accuser
Sefirot	ספרות	Spheres on the Tree of Life
SFR	ספר	Counting / Story Telling Book / Shine (Sapphire) /Sphere
Shin	שן	Tooth/ Learn-repeat-review-integrate/ Change/To Sleep/Enervating Repetition
Seudah	סעודות	Meal
Shalom	שלום	Unity / Complete / Peace / Payment
Sh'ma	שמע	Deep Listening/ Sit
Shomer	שמר	Guard / Shepard
Shofar	שפר	Portal from the world of ??? to world of G-d
Shua		Deep Cry/ Salvation/ Meshua
Simcha		Joy / Same Letters as Meshiach
Shokeach		Forget
Taharah	טהור	Grateful Open Perception
Teshuvah	תשובה	Return to G-d / Vomit/ Mistake Becomes a Strength Purpose of Torah is Teshuvah (turn circles into spirals)
Tefillah		From Naftali's name. Meaning to wrestle, to struggle
Tiunah		Accident / G-d Brought It To Han
Treat		Torn
Tumah	טמא	Blocked Perception of Hashem / G-d is the barrier/ Blocked perception of Shekina within
Tzimtzum	צמצום	G-d's withdrawal / Contraction of Light /Dark space apparently Void of G-d's light
Zachor		Remember

SIX QUESTIONS ASKED BY THE HEAVENLY COURT (TALMUD Tractate Shabbath 31a)

“Raba said, When man is led in for Judgment he is asked, Did you deal faithfully [i.e., with integrity], did you fix times for learning, did you engage in procreation, did you hope for salvation, did you engage in the dialectics of wisdom, did you understand one thing from another?”

1. Did you lift & give in faith?
*Did you learn to give & take evenly?
Were you honest in business? (Symbol ½ Shekel)*
2. Did you fix a time for the study of Torah?
*Did you learn self-examination?
(Symbol Mishkan Copper Washing Laver)*
3. Did you focus on being fruitful and in multiplying
*Did you have children?
Did you try to leave a legacy?*
4. Did you expect salvation?
Did you give up hope?
5. Did you find people to debate with?
*Did you find equals to engage with in
healthy opposition? (Pilpul)*
6. Could you understand one thing inside another?
Could you operate in the paradox?

When a problem is unsolvable it may not be a problem but a fact that needs to be lived with.
Shimon Perez

Adam and Eve

Cain (farmer, city builder, killer) and Abel (Shepard, died) [Cain---Noah----Moses]

Seth

Noah (10 generations to Abraham)

Abraham—Hagar-- Sarah

Ishmael and Isaac

Esau and Jacob--Rachel

Joseph (to Egypt) + 11 Brother (12 Tribes)

Moses, Aaron, Miriam (out of Egypt)

Joshua (into the Promised Land)

Saul

David

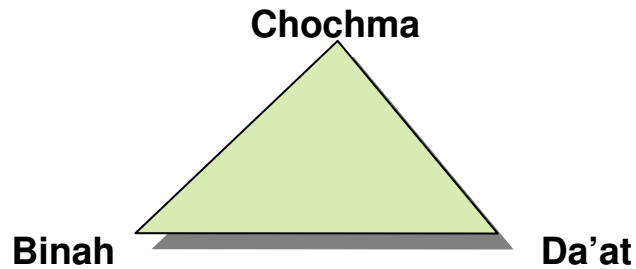
Solomon (built first Temple)

Esther/Mordechai (Purim)

Dynamic Spheres of Light

Red Line, Razor's Edge (synthesis linking Binah/Da'at & Tiferet/ Yesod)

Esau (Arrogance) *Ishmael* (Humiliation)



Circle of Malchut

