

Jewish Mind, Spirit, and Body

TIKKUN LEYL SHAVUOT 5780

RABBI MICHAEL UNGAR / BETH EL – THE HEIGHTS
SYNAGOGUE

From the Torah

Genesis 1:26-27

And God said: “Let us make man [adam] in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps over the earth.”

And God created man in [God’s] own image, in the image of God, [God] created him.

From the Torah

Genesis 2:7

Then the Lord God formed man from the dust of the earth, and breathed into his nostrils the breath of life; and man became a living soul.

From the Torah

Leviticus 11:44-47

For I am the Lord your God; sanctify yourselves therefore and be holy; for I am holy; neither shall you defile yourselves with any manner of swarming thing that moves on the earth.

For I am the Lord that brought you up out of the land of Egypt to be your God; you shall therefore be holy, for I am holy.

This is the law of the beast, and of the fowl, and of every living creature that moves in the water, and of every creature that swarms upon the earth;

To make a difference between the unclean and clean, and between the living thing that may be eaten and the living thing that may not be eaten.

From the Torah

Leviticus 19:27-28

You shall not round the corners of your heads, neither shall you mar the corners of your beard.

You shall not make any cuttings in your flesh for the dead, nor imprint any marks upon you; I am the Lord.

From the Torah

Deuteronomy 4:9, 15

Only take heed to yourself, and keep your soul diligently, lest you forget the things that your eyes saw, and lest they depart from you heart all the days of your life; but make them known unto your children and your children's children.

Take therefore good heed to yourselves—for you saw no manner of form on the day that the Lord spoke to you in Horeb out of the midst of the fire—

From the Mishneh Torah, Sefer Mada, Hilchot De'ot, Ch. 4

Maimonides, 12th Century

- 1. *Since maintaining a healthy and sound body is among the ways of God—for one cannot understand or have any knowledge of the Creator, if s/he is ill—therefore s/he must avoid that which harms the body and accustom him/herself to that which is healthful and helps the body become stronger. They are as follows: a person should never eat unless s/he is hungry, nor drink unless thirsty. S/he should never put off relieving him/herself, even for an instant. Rather, whenever s/he [feels the] need to urinate or move his/her bowels, s/he should do so immediately.***

From the Mishneh Torah, Sefer Mada, Hilchot De'ot, Ch. 4

Maimonides, 12th Century

2. One should not eat until his/her stomach is full. Rather, [s/he should stop when] s/he has eaten to close to three quarters to full satisfaction.

One should drink only a small amount of water during the meal, and mix that with wine. When the food begins to be digested in his/her intestines, s/he may drink what is necessary. However, s/he should not drink much water, even when the food has been digested.

One should not eat until s/he has checked him/herself thoroughly that s/he does not need to relieve him/herself. S/he should not eat until s/he has taken a stroll which is sufficient to raise his/her body temperature.

Alternatively, s/he should work or exert him/herself in some other way. The rule is that /she should engage his/her body and exert him/herself in a sweat-producing task each morning. Afterwards, s/he should rest slightly until s/he regains composure and [then, s/he should] eat. If s/he were to bathe in hot water after exerting him/herself, it would be beneficial. Afterwards, s/he should wait a short while and eat.

From the Liturgy

Birkat Asher Yatzar

Praised are You, Lord our God, Ruler of the universe, who with wisdom fashioned the human body, creating openings and organs. It is known before Your exalted Throne that should but one of them, by being blocked or opened, fail to function, it would be impossible to exist. Praised are You, Lord, healer of all flesh who performs wonders.