

SPIRITUAL INSIGHTS

UNRAVEL AN ANCIENT JEWISH WISDOM

A Summer Course with Rabbi Bentzion Kravitz

Part I - DISCOVER YOUR INNER VOICE

Tap into Your Spiritual Energy and Find Happiness

1) I Kings – Chapter 19:11-12

11. “Come out,” He called, “and stand on the mountain before the LORD.” And lo, the LORD passed by. There was a great and mighty wind, splitting mountains and shattering rocks by the power of the LORD; but the LORD was not in the wind. After the wind—an earthquake; but the LORD was not in the earthquake.

12. After the earthquake—fire; but the LORD was not in the fire. And after the fire—a **small soft sound**.

וַיֹּאמֶר יְצֵא וְעַמְדָתָּ בְּהַר לִפְנֵי יְהוָה וְהִנֵּה
יְהוָה עֹבֵר וְרוּחַ גְּדוֹלָה וְחֲזָק מְפָרֵק הָרִים
וּמִשֶּׁבֶר סֻלְעִים לִפְנֵי יְהוָה לֹא בְרוּחַ יְהוָה
וְאַחַר הָרוּחַ רָעַשׁ לֹא בְרַעַשׁ יְהוָה:

וְאַחַר הָרַעַשׁ אֵשׁ לֹא בָאֵשׁ יְהוָה וְאַחַר הָאֵשׁ
קוֹל דְּמָמָה דַּקָּה:

2) Genesis Chapter 2, 7

7. and the LORD God formed man from the dust of the earth. **He blew into his nostrils the breath of life**, and man became a living being.

וַיִּצְרֶה יְהוָה אֱלֹהִים אֶת־הָאָדָם עֹפָר מִן־
הָאֲדָמָה וַיִּפַּח בְּאַפָּיו נְשִׁמַת חַיִּים וַיְהִי
הָאָדָם לְנֶפֶשׁ חַיָּה

3) What is in a name?

נְשָׁמָה = Soul
שֵׁם = Name

4) 1 Samuel 1:13-15

13. Now Hannah was praying in her heart; only her lips moved, but **her voice** could not be heard. So, Eli thought she was drunk.

14. Eli said to her, “How long will you make a drunken spectacle of yourself? Sober up!”

15. And Hannah replied, “Oh no, my lord! I am a **very unhappy** woman. I have drunk no wine or other strong drink, but I have been **pouring out my heart** to the LORD.

וְחִנָּה הִיא מְדַבֶּרֶת עַל-לִבָּהּ רַק שִׁפְתֶיהָ
נִעֲוֹת וְקוֹלָהּ לֹא יִשְׁמָע וַיַּחְשְׁבֶהָ עָלֶי לְשִׁכְרָה:

וַיֹּאמֶר אֵלֶיהָ עַד-מָתַי תִּשְׁתַּכְּרִין הֲסִירִי
אֶת-יַיְיָ מֵעָלֶיךָ:

וַתַּעַן חֲנָה וַתֹּאמֶר לֹא אָדֹנָי אִשָּׁה קִשְׁת־רוּחַ
אֲנִי וַיֵּין וְשִׁכָר לֹא שָׁתִיתִי וְאֶשְׁפָּךְ אֶת-נַפְשִׁי
לִפְנֵי יְהוָה:

5) 1 Samuel 2:1

And Hannah prayed: My heart exults in the LORD; I have triumphed through the LORD. I gloat over my enemies; **I rejoice in Your deliverance.**

וַתִּתְפַּלֵּל חֲנָה וַתֹּאמֶר עֲלָץ לִבִּי בִיהוָה רָמָה
קִרְנֵי בִיהוָה רָחַב פִּי עַל-אֹיְבֵי כִי שִׁמְחִתִּי
בִישׁוּעָתְךָ:

6) Adon Olam Prayer

Lord of the universe, who reigned before everything as created, at the time when by His will all things were made, then was His name proclaimed King, and after all things shall cease to be, the Awesome One Will reign alone. He was, he is and He shall be in glory. He is One and there is no other to compare to Him, to consort with Him. Without beginning without end, power and dominion belong to Him. He is My G-d and my ever-living redeemer. The strength of my lot in time of distress. He is my banner and my refuge, my portion on the day I call. Into His band I entrust my spirit, when I sleep and when I awake. With my soul, my body too, the **L-rd is with me, I shall not fear.**

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ / בְּטָרָם כָּל יַצִּיר נִבְרָא
לֵעֵת נַעֲשֶׂה בְחֶפְצוֹ כָּל / אֲזִי מֶלֶךְ שָׁמוּ
נִקְרָא
וְאַחֲרֵי כִכְלוֹת הַכֹּל / לְבַדּוֹ יִמְלוֹךְ נֹרָא
וְהוּא הֵיאָה וְהוּא הָיָה / וְהוּא יְהִיָה בְּתַפְאָרָה
וְהוּא אֶחָד וְאֵין שֵׁנִי / לְהַמְשִׁילוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית / וְלוֹ הַעֲזַ וְהַמְשָׁרָה
וְהוּא אֵלֵי וְחֵי גּוֹאֲלִי / וְצוֹר חֲבִלִי בְיוֹם צָרָה
וְהוּא נָסִי וּמְנַסִּי / מְנַת כּוֹסֵי בְיוֹם אֶקְרָא
בְּיָדוֹ אֶפְקִיד רוּחִי / בְּעֵת אִישָׁן וְאֶעִירָה
וְעַם רוּחִי גּוֹיִתִי / אָדֹנָי לִי וְלֹא אִירָא

7) Psalm 101:2

Worship the LORD in **gladness**; come into His presence with shouts of joy.

עֲבַדוּ אֶת-יְהוָה בְּשִׂמְחָה בָּאוּ לִפְנֵי בְרִנָּה:

8) Isaiah 13:6

Oh, shout for **joy**, You who dwell in Zion! For great in your midst is the Holy One of Israel.”

צְהִלִי יְרֵמִי יוֹשֶׁבֶת צִיּוֹן כִּי־גָדוֹל בְּקִרְבְּךָ קְדוֹשׁ
יִשְׂרָאֵל

9) Psalm 95:1

Come, let us **sing joyously** to the LORD, raise a shout for our rock and deliverer;

לְכוּ נִרְנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעֵנוּ