



## SIGNIFICANCE OF BEING BORN ON LAG B'OMER

### QUESTION

I was born on Lag B'Omer, so I want to know if this has any special significance, like if there's a certain part of Torah I should spend more time on learning.

### ANSWER

The general significance of this is that your soul is meant to study more the words of Rabbi Shimon Bar Yochai [Zohar, Idra, etc.]. More specifically, study any parts of Torah where the letters LaG (לג) appear.

## THE SOUL AFTER DEATH

### QUESTION

1) What does the soul see at the first moment it leaves the body?

### ANSWER

It depends on what the person's level is. If one is zocheh, he sees the light of the Shechinah and he melts into it, and then he leaves [the world]. If one is at a lower level, he sees his relatives or those whom he was close with, who come to greet him. There are others who see both [the light of the Shechinah and also their relatives/close friends].

### QUESTION

2) Is the soul afraid at death?

### ANSWER

Refer to the previous answer, regarding the soul's fear. However, that is only after the soul leaves the body. But before that, if one is not zocheh, he sees the Angel of Death wielding its sword, as the Gemara says. See sefer Raishis Chochmah, shaar haYirah, and Maseches Chibut HaKever.

### QUESTION

3) If a person sees himself as a soul (*neshamah*) even during this lifetime, will this ease the process for the soul at death?

### ANSWER

Yes, certainly. Part of the fear is because the soul is separating from the body, and therefore when one learns to identify himself as a soul already in his lifetimes, it makes the transition a lot easier.

### QUESTION

4) Is there anything the Rav can tell me to see all of this [the transition of the soul at death] in a way that's not frightening?

### ANSWER

Feel that you are with Hashem, constantly, at all times and in every place, and He is watching you, with His endless love.

### QUESTION

5) When the soul leaves the body, does it realize that it woke up from a dream, now that it has left the world and it is at the true kind of life?

### ANSWER

Yes. It is like what is written about the future, that when we return to Tziyon we will realize that during the exile "Then, we were like dreamers." Life on This World is all a dream, compared to life in the Next World. As an aside, only think about these topics for a little bit of time during the day, but for the rest of the time, be happy with all the good things that Hashem does.

## STOMACHACHES AFTER SHABBOS

### QUESTION

I have difficulty with digestion after Shabbos, what can I do about it?

## ANSWER

Chazal said, “Change of the menses [which refers to any period of change] is the beginning of stomachache”. Chazal said, “All my days were suffering and bad, even on Shabbos and Yom Tov.”

Eat less, and take large breaks between each meal.

Eat patiently and calmly.

In addition, satiate yourself more from liquids and less with solids.

Also, go for a walk after each meal.

## CHIBUT HAKEVER – BEATING IN THE GRAVE

### QUESTION

Why does a person need to undergo chibut hakever (*the beating in the grave*) after death, to purify him from even the permissible pleasures of this world? If those pleasures are permitted, why does a person need to be purified from it? Why does a person deserve to be punished for things that he was allowed to do??

## ANSWER

It is a cleansing process so that he can be able to rise to a higher world. When a person became too attached to the coarse materialism of this world, his soul remains too attached to his body and it is being prevented from rising above. That is why there is a mitzvah of “You shall be holy” – “to sanctify yourself even amongst your permitted desires”. Each person needs to sanctify himself according to his level.

## PARANORMAL VISION

### QUESTION

There are people who are able to “see” paranormal sights and reach high levels of spiritual awareness ever since they were born, and even ordinary Jews are sometimes born with these gifted abilities. What are the reasons for this?

## ANSWERS

There can be several reasons for it, and here are a few

of them: (1) Progeny. A person may have been from parents who are tzaddikim, affording him an additional garment for his soul that enables him to have spiritual visions.

(2) Or it may have to do with his shoresh neshamah – soul root. He may have a soul that is natural at comprehending high levels of awareness. An example of this is the Abuchatzeirah family [who are born with spiritual powers]. (3) Others have a certain earnestness, a peshitus to them which enables them to penetrate into the inner spiritual light. (4) Others merit this just from doing one act with *mesirus nefesh* (*going beyond themselves in order to Hashem's will*), or they are constantly connected to a certain act of holiness, and this is what makes them worthy of seeing beyond the physical. They can merit this either due to a previous lifetime or from their current lifetime. (5) Some people are born with the ability a powerful aura that can “see” things around them, however this has nothing to do with holiness or with being close to Hashem. (6) Some are born with a “crack” in their soul which enables spiritual light (*ohr*) to come through into their vessel (*kli*), between their soul and their body, and the spiritual light comes to them through this “crack”. An example of this is how the Bedouins are able to remember their previous lifetimes.

## HELPING A CULT VICTIM

### QUESTION

I have a sibling who has become a member of “Jews for J” for several years already. I have davened for her, cried for her, gone to tzaddikim for berachos for her, and she still hasn't returned to Judaism. What else can I do for her...?

## ANSWER

Shine the “light of Mashiach” upon her. For everything impure that exists, Hashem created an equally strong power in the side of holiness to counter it. The light of the true Mashiach will be the kedushah (*holiness*) that can counter the tumah created by the false Messiah. And, even “a little bit of light can push away a lot of darkness.”