TEHILLIM 23:12

Present your heart for discipline and your ears for words of knowledge.

D'VARIM 6:4-5

Hear, O Yisrael: "" is our Power, "" is the One and Only. You shall love "", your Power, with all your heart, with all your soul, and with all your resources.

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Bereishit 3:1

Now the serpent was cunning beyond any beast of the field that YHWH, The Most High, had made. He said to the women, "Did perhaps, The Most High say: "You shall not eat of any tree of the garden"?

ְוְהַ<mark>נְּחָשׁ הָיָה עָרׄוּם</mark> מִכּּל חַיַּת הַשָּׂדָּה אֲצֶער עָשָׂה יְהָוָה אֱלֹהָים וַיּאמֶר :אֶל־הָאִשָּׁה אֲף כִּי־אָמַר אֱלֹהִים לְא תְאכְלוּ מִכָּל עֵץ הַגָּן:

NACHASH=SERPENT
NACHASH=NUN CHET
SHIN=5+8+3=16=1+6=7

ARUM=CUNNING ARUM=AYIN RESH WAV MEM=7+2+6+4=19=1+9=10=1+0=1 ローン

Arum is when the power of desire in man goes against the will of \(\textit{\begin{align*}{0.5}}\). So what \(\textit{\begin*}\) is showing us in this verse is how the power of human kind's state of mind can go in the negative state. It is called doubt. Arum is spiritual yeast and all it takes is a little bit of it to lead the human mind in a negative state that doubts \(\textit{\begin*}\) and causes man to see. Once doubt begins to grow, it takes control of the human mind just like a little bit of yeast can take control over a bowl of dough. When \(\textit{\begin*}\) gave us the feast of Matzot, he is trying to teach us about Arum and the effects of doubting him. The feast of Matzot teaches us never to doubt \(\textit{\begin*}\) because as soon as doubt starts, we will start questioning the will of \(\textit{\begin*}\) and this leads us down the wrong path because doubt leads us into disobedience and disobedience leads to death.

Notes from Part 1: Nachash is the ego in mankind. Arum is when nachash goes into the negative state. Nachash is the power of desire and when the power of desire goes into a negative state in the mind/head of man, it begins to send to the mind a question of doubt toward the will of \(\tau_1\). Doubt is spiritual leavening. (Arrogance, pride, doubt, haughtiness, jealousy, envy are all spiritual leavening that causes

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the soul to puff up and swell up the ego). People who bow down to the ego are not practicing wisdom because wisdom hates pride, haughtiness, etc.

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ARUM=AYIN RESH WAV MEM=7+2+6+4=19=1+9=10=1+0=1

コラウン = ARUM=THE NEG STATE OF THE EGO IN THE MIND=THE POWER OF DESIRE THAT GO AGAINST THE WILL OF YAHOWAH

Arum causes the mind to forget the will of [7]. which is why the Shabbat helps us to remember. Shabbat is on the 7th day to help us to crush nachash. The more nachash I have in my mind, the more I forget law. Yeast is a single cell organism like Arum.

T = SHIN BET TAV=7TH DAY

MATZOT=MEM TZADIK WAV TAV=4+9+6+4=23=2+3=5=HEY=UNIVERSAL LIFE

מַצְוֹת

m

The matzot deals with all levels of life and it deals with the mind. The matzot helps us to understand how \[\frac{1}{1} \frac{1}{1} \frac{1}{2} \] designed the mind. Our minds are supposed to be without leaven. lev: inner man, mind, will, heart

= MIND=LEV=LAMED VET=3+2=5

Matzot is the first 5 books of Torah.

Matzot is associated with being wise and listening.

WISE=SHEMA=TO LISTEN/TO HEAR/TO OBEY

A wise person listens and obeys \[\bar{1} \bar{1} \bar{1} \bar{2} \]'s Torah because a Word is enough for the Wise.

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TO LISTEN=SHEMA= SHIN MEM AYIN=3+4+7=14=1+4=5= 222

WISE=CHET CAF MEM= \(\bigcap \overline{\infty} \overline{\infty} = 8 + 2 + 4 = 14 = 1 + 4 = 5

SHEMA ALSO MEANS OBEY!

A wise man listens to/OBEYS YHWH — 777?

Lack of Wisdom leads to death

Muth: to die (This is the word used in Bereishit 3:3-4)

777-MEM WAW TAV=4+6+4=14=1+4=5

COMMANDMENTS= MITZVOT=MEM TZADIK WAV TAV=4+9+6+4=23=2+3=5=

WISE=CHAKAM= TO BE WISE

Tehillim 119

CHET

I hastened and I did not delay to keep Your commandments

All Your commandments are faithful;

MEM Each of Your commandments makes me wiser than my enemies, for it is ever with me

SHIN

I hoped for your salvation 7,3,3, and I performed Your commandments.

MEM

Each of Your commandments makes me wiser than my enemies, for it is ever with me.

Therefore I have loved your commandments more than gold, even more than fine gold

-HEY=UNIVERSAL LIFE-It is the only letter in the Alef-Bet that deals with universal life!

The Hey is a seed of Sh'ma

Teach me, O ,, the way of Your statues, and I will cherish it to the utmost. Grant me

I MUST TRUST YHWH WITH MY WHOLE MIND AND WORSHIP HIM ONLY. I **CANNOT SHARE MY MIND** WITH ANY POWER OTHER THAN YHWH OR IT WILL BE **DOUBLE MINDED THINKING**

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understanding so that I may cherish Your Torah, and keep it with my whole heart.

Lead me on the path of Your commandments, for that is my desire. Incline my heart toward

Your testimonies and not to greed. Avert my eyes from seeing futility; through

Your ways preserve me. Fulfill Your Word to Your servant regarding fear of You.

Remove my disgrace, which I dreaded, for Your ordinances are good. Behold, I yearn For Your precepts; preserve me through Your righteousness.

Tehillim 119:33-40

Our power of desire is supposed to be kana-humbleness.

12 KANA=CAF NUN AYIN=2+5+7=14=1+4=5

KANA=HUMBLE

The MATZOT signifies humbleness.

Leviticus/Vayikra 26:41

I, too, will behave toward them with casualness and I will bring them into the land of their enemies-perhaps then their unfeeling heart will be humbled and then they will gain appearaments for their sin.

This is why Mosheh was chosen. He was a symbol of the Matzot.

B'midbar 12:3

Now the man Mosheh was exceedingly humble, more than any person on the face of the earth!

The feast of Matzot promotes humility. Which is why you then count 50 days (5+0=5=Hey) until the feast of Shavuot.

THE EGO WORKS WITH THE EYES OF MAN

EGO=7 EYES=AYIN=70=7

This is why \overline{a} ; tells us not to eat fat because it swells up the body and is a sign that we do not have control over our desires. Fat swells up the belly and causes obesity.

Kares: belly

W = KAF RESH SHIN=2+2+3=7

Qanah: to be jealous or zealous

X = QUPH NUN ALEF=1+5+1=7

B'midbar 25:10-13

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back My wrath from upon the Children of Yisrael, when he zealously avenged My vengeance. Therefore, say: Behold! I give him My covenant of peace. And it shall be for him and his offspring after him a covenant of eternal priesthood, because he took (was zealous-word used qineh is past tense) for his Power, and he atoned for the Children of Yisrael."

Esau was filled with Nachash and Arum which is why he sold his birthright.

Bereishit 25:24

When her term to bear grew full, then behold! There were twins in her womb. The first one emerged red, entirely like a hairy mantle; so they named him Esau. After that his brother emerged with his hand grasping on to the heel of Esau; so he called his name Yaakov; Yishaq was sixty years old when she bore them. The lads grew up and Esau became one who knows hunting, a man of the field; but Yaakov was a wholesome man, abiding in tents. Yishaq loved Esau for game (flesh/meat) was in his mouth; but Rebecca loved Yaakov.

Yeast/leavening = Candida

It is the source of where man diseases that affect mankind such as cancer, yeast infections, etc. Yeast is the seed of diseases and diseases come from disobedience. Seor: leaven

=LEAVENING=SEOR=SIN ALEF RESH=3+1+2=6=WAV

WAW=UNIVERSAL KNOT=JOINS TO OPPOSITES AND MAKES THEM ONE=BUDDING

- SIN ALEF=THE OPPOSED IDEA OF TUMULT AND OF THE CALM WHICH IT DEVELOPS
- SIN RESH=ALL IDEAS OF STRENGHT VIGOR DOMINATION POWER WHICH RESULTS FROM THE ELEMENTARY PRINCIPLE. A SYSTEM OF GOVERNMENT-ITS PATTERN AFTER AN EMPIRE THAT EXTENDS AND MODELED UPON THE UNCHANGEABLE LAWS OF ORDER
- ALEF RESH-THAT WHICH BELONGS TO THE ELEMEENTARY PRINICIPLE THAT WHICH
 IS STRONG FORCEFUL ABLE TO PRODUCE, GENERATIVE, CREATIVE

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• SIN ALEF RESH-

Chalah: beseech, to make sick, to be worn, afflicted, (be) diseased, (put to) grief, be grieved, (be) grievous, infirmity, entreat, lay to, put to pain,-Strong 2470

Meaning: beseech, to be rubbed or worn; hence (figuratively) to be weak, sick, afflicted; or (causatively) to grieve, make sick; also to stroke (in flattering), entreat -- beseech, (be) diseased, (put to) grief, be grieved, (be) grievous, infirmity, entreat, lay to, put to pain, X pray, make prayer, be (fall, make) sick, sore, be sorry, make suit (X supplication), woman in travail, be (become) weak, be wounded.

Challah: a cake (a type used in offerings) –Strong 2471

Sh'mot 29:1-2

This is the matter that you shall do for them to sanctify them to minister for Me: Take one young bull and two rams, unblemished; with unleavened breads (challah-cakes), unleavened loaves mixed with oil, and unleavened wafers smeared with oil; of fine wheat flour shall you make them.

Things I should be learning from the Feast of Matzot:

- 1. The purpose of the Feast of Matzot is to help me master the pride, haughtiness and arrogant ways in my thoughts and in my actions.
- 2. The flat and pressed down shape of the Matzo shows the no signs pride, haughtiness and arrogance.

Mem=Wisdom=40

3. The Feast of Matzot helps us to promote and return to our original diet of no fat no blood meatless diet.

Mishlei 8:12-13

I am Wisdom; I dwell in cleverness; I provide knowledge of designs. Fear of [7][7] is hatred of evil. I hate pride and haughtiness, the way of evil, and a duplicitous mouth.

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Mishlei 1:20-33

Wisdom sings out in the street; it gives forth its voice in the squares. It cries out at the head of noisy throngs, at the entrances of the gates, in the city, it speaks its words. How long, O simpletons, will you love folly? Scoffers covet mockery for themselves, and fools hate knowledge. Return to my reproof! Behold, I will express my spirit to you; I will make my words known to you. But because I have called you and you refused; because I stretched forth my hand and no one listed; and you rejected my every counsel, and desired not my reproof, I, too, will laugh at your misfortune and mock when your dread arrives. When your fear arrives as sudden darkness, and misfortune comes like a storm, when affliction and oppression come upon ou, then they will call me, but I will not answer; they will search for me, but they will not find me. Because they hated knowledge and did not choose fear of YHWH, they did not desire my counsel, they spurned all my reproof. They will eat of the fruit of their way and will be sated with their own schemes. For the tranquility of the simpletons will kill them, and the contentment of fools will destroy them. But he who listens to me will dwell securely, and will be undisturbed by fear of evil.

Vayikra 26:18-19

If despite this you do not heed Me, then I shall punish you further, seven ways for your sins. I will break the pride of your might; I will make your heaven like iron and your land like copper. Your strength will be spent in vain; your land will not give its produce and the tree of the land will not give its fruit. If you behave casually with Me and refuse to heed Me, then I shall lay a further blow upon you—seven ways, like your sins.

Tehillim 59:13

Because of the sin of their mouth, the word of their lips; and may they be ensnared by their own arrogance; and because of the curse and falsehood that they recount.

Mishlei 16:18

Pride precedes destruction, and arrogance comes before failure.

Qayin: Cain

Cain was full of nachash, nevertheless; 7777 told him that he could master it.

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Yeshaayahu 13:11

I will visit evil upon the earth and upon the wicked their iniquity; and I will end the pride of the wanton and bring low the haughtiness of the mighty.

The Amorites were mighty people who were full of pride and nachash which is why they were destroyed by $\overline{\Omega}$ and lost their land.

Amos 2:9-10

Yet I destroyed the Amorite from before them—The Amorite, whose height was like the height of cedar trees and who were mighty as oaks—and I destroyed his fruit from above and his roots from below. I brought you up from the land of Egypt and I led you through the wilderness for forty years, to take possession of the land of the Amorite.

4 Steps of healing any disease-Sh'mot 15:26

- 1. Hearken diligently to the voice of YHWH, my power
- 2. Do what is just in YHWH's eyes
- 3. Give ear (listen, perform and obey) YHWH's commandments
- 4. Observe (listen, perform and obey) all YHWH's decrees