

## **Dvar Torah** by **Rabbi Chanoch Yeres**

to his community at

Beit Knesset Beit Yisrael, Yemin Moshe

*Graciously shared with PhiloTorah*

**Bo**

In last week's news reports, a study from the University of Cincinnati published results that wearing T'filin could be good for the heart. The study, conducted by Professor Jack Rubinstein, went on to discuss that the act of tightly wrapping leather straps around the arm daily appears to help blood flow and lower the risks of a heart attack.

Twice in this week's Parsha, is T'filin mentioned with regard to the Exodus from Egypt. First, it states (13:9), "It shall be for you a sign upon your arm and a remembrance between your eyes... that G-d took you out of Egypt."

Then again in 13:16, "It shall be for you a sign upon your arm and as a frontlet between your eyes that with a strong hand did G-d take you out of Egypt."

What is the connection between donning the T'filin and the Exodus?

Rashi seems to point out that binding the T'filin daily serves as a constant reminder of G-d's intervention that led to our Exodus, kept etched in our mind and heart.

Ezra Cohen went on to explain the connection by analyzing the meaning and symbolism of both the T'filin and the Exodus. The Exodus initiated and forged the eternal bond between G-d and the Nation of Israel. The miracles involved during the Exodus was proof to all that G-d had selected the Israelites as the chosen people. The command to remember the Exodus, is essentially the command to remember the origins of our connection to G-d.

Similarly, the command to don T'filin acts as a reminder of this connection with G-d. T'filin are basically the physical manifestation of Israel's bond with the Divine. The Talmud in Eruvin (96a) says, Man always needs a sign of his bond with G-d, on weekdays the sign is T'filin.

Rabbi Aryeh Kaplan once wrote that the T'filin straps on the hand and fingers represent a wedding ring. We bind ourselves literally with G-d's love. Through this Mitzva, we see and feel this bond. Some would say, through T'filin, we are forging the relationship consecrated on Mount Sinai.

Just like the Mitzvot of Remembering the Exodus and T'filin are a constant reminder to ourselves of this unique relationship to G-d, so too, every Mitzva that we perform deepens that

**bond and strengthens our resolve to maintain that special connection. That is why, no University study should emphasis our commitment to a Mitzva but rather our love and enthusiasm of being part of the Chosen People should give us our daily drive and motivation. 🏠**