



Harav's Process Overview:

Core Concept: Harav recommends taking on a mitzvah that is challenging for an individual, suggesting that by choosing specific hardships, one can avoid or mitigate other life difficulties.

Mechanism:

- The hardship from mitzvot fills one's life, leaving no room for additional, naturally occurring hardships.
- Over time, this mitzvah becomes sweet and enjoyable.

Implementation:

- When facing difficulty in the chosen mitzvah, one should pray for relief in other areas of life.
- Harav blesses individuals, suggesting that through this mitzvah, salvation will come, without specifying why difficulties arise.

Specific Mitzvot and Practices:

General Recommendations:

- Shabbat and Kosher: Essential for those not yet observing these commandments.

For Married Women:

- Head Covering:
 - Advised to cover hair fully with a scarf, not a wig, for reasons discussed here: https://malachei26.com/book1/#flipbook-df_811/3/
 - This practice is believed to bring peace, health, and prosperity to the home.

Blessings and Eating:

- Before and After Eating:
 - Say blessings like Mezonot, Haetz, Haadama, Shehakol with full concentration.
 - Birkat Hamazon should be said with clear annunciation, not rushed.
 - Hand Washing Before Bread: Wash hands three times alternately, followed by a blessing if consuming 50 grams or more of bread.

Morning Rituals:

- Netilat Yadayim at Bedside:
 - Harav emphasizes its importance for removing negative energy ("Ruach Ra'a").
 - Instructions:
 - Prepare a cup of water by the bed before sleep.
 - Wash hands before feet touch the ground in the morning.



- Use water prepared outside the bathroom, **not left uncovered overnight.**
- After initial washing, no blessing is said until after using the restroom, then wash again and say blessings ("Al Netilat Yadayim" and "Asher Yatzar") using a sink outside the bathroom.

- Video explaining how to pour the water:

Rabbi Eliyahu Netaneli

Demonstrating Morning Netilat Yadayim

🎥 Video <https://MyTAT.me/v42553>

For Men:

- Torah Study:

- Recommended to study "Hok L'Yisrael", which includes Torah and Targum commentary on the weekly Parasha. | [Chok L'Yisrael](#)

General Spiritual Advice:

- Focus During Blessings: Stand still and concentrate fully when speaking to God.
- Spiritual Purity: Ensures protection against negative energy or the evil eye (Ayin Hara).

Prayer For Healing:

Something powerful you can do is read **Tehillim 119** in a special order. Chapter 119 is arranged using every letter in the Hebrew alphabet. Each paragraph starts with a corresponding Hebrew letter in order. Find the letters of his name followed by the word and read those chapters in order of those letters. Do not speak once started **רִפְאָה שְׁלָמָה** (בָּנָה). Just the letters below. It is very powerful .(בָּנָה) and do not do the letters **הַוְדָה יִצְחָק סִיּוֹן חִיה רִפְאָה שְׁלָמָה**

Inspirational first hand miracle stories: <https://vimeo.com/showcase/10508324>

Many physical ailments or difficulties in our lives stem from a spiritual void or deficiency. Harav systematically reviews essential spiritual practices to identify where a physical or life blockage might originate, whether it's related to health, finances, or marriage. He believes that by committing to a challenging mitzvah, one invokes Hashem's mercy, potentially alleviating hardships in other areas of life. By choosing to strictly adhere to a Torah law, we can, in essence, select our challenges, hoping this will mitigate those difficulties beyond our control.