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Dear Editor,

Dear Editor,

What image should we conjure up to guide our daily lives? Noted writer David Sacks addresses this issue with wondrous Torah observations on Bereishis. Bereishis contains many references to dreams and images, maybe the famous one being of Yosef seeing the image of his father. But it goes deeper. Yaakov dreamt a dream of angels going up and down a ladder from the Heavens to earth. Sacks explains that the angels were confirming if, in fact, Yaakov's image up high, on the Kisei HaKavod, matched his image down below, on earth. Amazingly, both images matched, equally holy, an astonishing reality for the angels to see. This, Sacks explains, is what it meant when the angel said to Avraham by the Akeidah, "Avraham, Avraham." It was a declaration by the angel that now the Avraham of Above matched the Avraham of Below.

Sacks applies this to our lives. Out of the five parts of our soul, the highest parts, *chaya* and *yechida*, are in *Shamayim*. We want to match our parts of the soul down below, the *nefesh*, *ruach* and *neshama*, to our *chaya* and *yechida* parts Above.

If we approach everything with the goal of keeping our earthly soul in tune with our Heavenly one, we can live a halowed life.

Steven Genack

Dear Editor,

I greatly appreciate last week's article discussing Dr. Marcy Forta and her *Atzmi* program, doing her utmost to cultivate a positive body image for our young women. This is actually a relevant issue for women of all ages, and even for men of

all ages. Eating disorders can be complex and painful, impacting both genders, all ages, with ramifications for the entire family dynamic.

In my own research many years ago into eating disorders, I had chanced upon a novel approach. Please forgive me; I no longer recall the source. It had been wisely suggested that we view our bodies in terms of function, not form. Do our legs work well, enabling us to walk down the street, easily do our errands, whilst enjoying the fresh air and sunshine? Can we join in the joyous dancing at family *simchas*? How can we not love our legs! Are we snuggling our babies within our arms, children/grandchildren, holding them tight, tight, perhaps balancing them on our hips? How could we not appreciate our arms and our hips!

It's all a matter of reframing. Especially as the years swiftly fly by, and we are thankfully still able to function well, how grateful we must be, every minute of every day. Truthfully, at every age, at every stage, we must be grateful when all works well, when all body parts function properly. We dare not take anything for granted. Remember, function, not form, that's the key! *Hodu l'Hashem ki tov!*

Kudos to Dr. Forta for tackling such an important issue! *Hatzlacha rabbah* in your crucial work!

Miriam Liebermann, MSW

Dear Editor,

I read Dr. Marcy Forta's article on raising children with a positive body image with interest. I think the most important point that Dr. Forta touched upon was that our girls will feel more confident

Continued on page 10

Readers Poll

How often do you eat takeout/ food from restaurants?

47%
Once a week

38%
Barely ever

15%
Once a month