

## The Weekly Hebrew Lesson

בֹּא אֶל-פַּרְעֹה  
Bo el-Paroh

## A Historical Fractal / Archetype

### The Plague of Darkness as a Plague of Depression

### The Book of Exodus as a Book of "Knowledge"

דַּעַת (*da'at*) - to know

אָדָם (*Adam*)

אֵם - *emunah* (faith)

דַּ - *da'at* (knowledge)

עָם - *ma'aseh* (action)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד (shema Yisrael Adonai Eloheinu Adonai echad)

## Take a Lamb

*Tenth day choose a lamb*

*Unblemished and check for blemishes until the fourteenth day*

*Sacrifice lamb at twilight (the ninth hour)*