

ברכות (דף לח.): כל האוכלין אדם אוכל לרפואה בשבת.

Whatever a healthy person eats, a person can consume on Shabbos for refuah.

צק: Whatever you eat on Shabbos will bring refuah. Shabbos heals.

רק שבתו יתן ורפא ירפא.

Drush: When it comes to Shabbos (שבתו) and you will be healed.

Zohar: By the first sin of man, two letters of Hashem's name were removed: Yud and Vav. Leaving only two hay's.

Yud and Vav are letters of rachamim. This was spoiled.

Only letters of din were left.

ברכות (דף לא.): אמרו ליה רבנן לרב המנונא זוטי בהילולא דמר בריה דרבינא לישרי לן.

מר אמר להו ווי לן דמיתנן ווי לן דמתנן. אמרי ליה אנן מה נעני בתרך? א"ל הי תורה והי מצוה דמגנו עלן.

The Rabbanen requested of Rav Hamnuna the small, at the Chasuna of Mar the son of Ravina, to sing for them.

He began to sing: Woe that we shall die. Woe that we shall die.

And they asked: How should we respond?

This is the Torah, this is the Mitzvos that protect us from harm.

P'shat: Rav Hamnuna didn't want they should 'over do it' in the celebrations.

Singing and dancing with yiras shamayim.

ביאור הגר"א: ווי לן דמיתנן ווי לן דמיתנן –

A person can undergo two deaths: 1. From this world. 2. To go to gahenom.

But Torah saves a person from death, and Mitvos from gehenom.

וי – the letters which disappeared by the sin of adam harishon.

Toldos Yaakov Yosef: on the weekday you lose the vav and yud (to temper the din of the two hey's)

Shabbos – מאין עולם הבא – tremendous Kedusha – vav and yud come back on Shabbos.

The name of Hashem is complete. וינח ביום השביעי - vav yud rest and come back down and complete the name of Hashem and takes away the midas hadin.