

רפואת הרוח

The Renewal of Spirit

A Service of Jewish Healing



NIGGUN

WHEN OUR PRAYERS WORK-- Rabbi Amy Eilberg

Prayer may work in that one may have asked God for something which indeed came about.

Prayer may work by significantly connecting us with the Jewish community and tradition.

Prayer may work by quieting or centering the self.

Prayer may work by momentarily transporting us to a place of beauty and transcendence.

Prayer may work by focusing us on the blessings in our lives, enabling us to magnify our sense of gratitude.

Prayer may work by invoking a greater sense of God's presence, giving us strength to face the trials of our lives.



THE TIME IS NOW

The time is now.
We've gathered 'round
So bring all your gifts,
And bring all your burdens with you.

No need to hide.
Arms open wide.
We gather as one.
To make a *ma-kom ka-dosh*.

We come to tell.
We come to hear.
We come to teach, to learn,
We come to grow.
And so we say,

The time is now.
Sing to the One.
God's Presence is here,
Sh'china you will dwell among us.

We'll make this space
A holy place,
So separate, so whole,
Rejoice every soul
Who enters here.

Creator of the Universe, Teacher of prayer,
open Your lips within me, for I cannot speak.

*Send me words to help me shape Your praise,
to bring peace and blessing to my days.*

Too often the world has stifled
all the words of blessing within me.

So much has threatened to break my spirit.

Help me, God, for I have been so very low,
and You heal the broken in spirit and joy.

*In Your compassion, in Your boundless love,
give me words of prayer; then accept them from me.*

May my words, Your words, be sweet and whole before You
as the words of King David, sweet singer of psalms.

*I am so often weary, empty, dry.
In thirst, in hunger, I seek comfort, even joy.*

Transform my sorrow, O Eternal One.
Help me to renew my faith, my hopes,
as I raise my soul toward You.

*Open Your lips within me, God,
that I may speak your praises.*

♫ AL TASTEIR (DON'T HIDE YOUR FACE)

Don't hide Your face from me;
I'm asking for Your help.
I call to You;
Please hear my prayers, O God.
If You would answer me
As I have called to You,
Please heal me now.
Don't hide Your face from me.

BREATH IS A SOURCE OF HEALING

Breath is a source of healing.
As we are born into life, breath comes into our lungs.
God is the source of breath...

My heart rises and falls in time to each breath I take.
Each breath brings expansion and contraction of some aspect of my life.
I breathe in love and breathe out hate.
I breathe in calm and breathe out stress.
I breathe in acceptance and breathe out the need to judge.
I breathe in joy and breathe out sadness.
I breathe in compassion and breathe out anger.
Each breath lightens my daily burden and fills me with love and happiness.



ELOHAI N'SHAMAH

Elohai (2x) n'shama
Shenatata bi t'hora hi

אלהי נשמה
שנתת בי טהורה היא

Ata b'rata, ata y'tzarta
Ata n'fachta bi
V'ata (m'shamra) (2x) b'kirbi

אתה בראתה אתה יצרתה
אתה נפחתה בי
ואתה משמרה בקרבי

*The soul that You have given me, O God, is a pure one! You have created and formed it,
breathed it into me, and within me You sustain it.*

Nissim B'khol Yom: The Miracles of Daily Life

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂי בְצַלְמוֹ.

Baruch ata Adonai, Eloheinu melech ha-olam she-asani b'tzalmo

When I despise myself or the world, let me find Your image within me again.

Blessed are You, Eternal our God, Source of the universe, who has made me in Your image.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂי יִשְׂרָאֵל.

Baruch ata Adonai, Eloheinu melech ha-olam she-asani Yisrael

When I doubt Your existence or make a god of my desires, let me find You again.

Blessed are You, Eternal our God, Source of the universe, who has not made me a stranger to You.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂי בֶן/בַּת חוֹרֵינְךָ.

Baruch ata Adonai, Eloheinu melech ha-olam she-asani ben/bat choriyn

When I am frightened to choose or stand alone, strengthen my will to be free.

Blessed are You, Eternal our God, Source of the universe, who has made me to be free.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵינַיִם.

Baruch ata Adonai, Eloheinu melech ha-olam pokei-ach ivrim

When I blame others for the darkness within me, give me the courage to face the truth.

Blessed are You, Eternal our God, Source of the universe, who opens the eyes of the blind.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים.

Baruch ata Adonai, Eloheinu melech ha-olam malbiysh arumim

When I recognize my own insignificance, cover me with Your strength.

Blessed are You, Eternal our God, Source of the universe, who clothes the naked.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים.

Baruch ata Adonai, Eloheinu melech ha-olam matir asurim

When I am caught by old guilt or destructive habits, release me from the prison of my past.

Blessed are You, Eternal our God, Source of the universe, who frees those who are bound.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זֹקֵף כְּפוּפִים.

Baruch ata Adonai, Eloheinu melech ha-olam zokeif k'fufim

When the things I possess weigh me down, teach me how to give.

Blessed are You, Eternal our God, Source of the universe, who lifts up those bent low.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה לִי כָּל צְרֻכָי.

Baruch ata Adonai, Eloheinu melech ha-olam she-asah li kol tzorkee

When I am jealous, envious or greedy, help me accept what I have.

Blessed are You, Eternal our God, Source of the universe, who provides for my every need.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִין מִצְעָדֵי גְבוּרָה.

Baruch ata Adonai, Eloheinu melech ha-olam hameichiyn mitzadei gaver

When I am tempted to cheat, help me to be honest with myself and others.

Blessed are You, Eternal our God, Source of the universe, who strengthens each person's steps.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה.

Baruch ata Adonai, Eloheinu melech ha-olam ozeir Yisrael bigvura

When I am confused about being a Jew, show me the meaning of my life.

Blessed are You, Eternal our God, Source of the universe, who crowns Israel with glory.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹתֵן לַיָּעַף כֹּחַ.

Baruch ata Adonai, Eloheinu melech ha-olam hanotein laya-eif ko-ach

When failure or frustration makes me bitter, give me the strength to overcome it.

Blessed are You, Eternal our God, Source of the universe, who gives strength to the weary.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי.

Baruch ata Adonai, Eloheinu melech ha-olam hama-avir sheina mei-einai utnuma mei-afapai

When bewildered by delusions and fooled by my own desires, open my eyes to Your teaching.

Blessed are You, Eternal our God, Source of the universe, who takes away sleep from my eyes and slumber from my eyelids.

We are loved by an unending love.
We are embraced by arms that find us
even when we are hidden from ourselves

*We are supported by hands that uplift us
even in the midst of a fall
We are urged on by eyes that meet us
even when we are too weak for meeting
We are loved by an unending love*

Embraced, touched, soothed, and counseled...
ours are the arms, the fingers, the voices;
ours are the hands, the eyes, the smiles;
We are loved by an unending love

Blessed are you, Beloved One, who loves your people Israel.

☆ ☆

♩ YOU ARE THE ONE (REB NACHMAN'S PRAYER)

You are the One, for this I pray,
That I may have the strength to be alone.
To see the world, to stand among the trees,
And all the living things.
That I may stand alone and offer prayers and talk to You;
You are the One to whom I do belong.
And I'll sing my soul,
I'll sing my soul to You
And give You all that's in my heart.

May all the foliage of the field,
All grasses, trees and plants,
Awaken at my coming, this I pray,
And send their life into my words of prayer.
So that my speech, my thoughts and my prayers will be made whole,
And through the spirit of all growing things.
And we know that everything is one,
Because we know that everything is You.
You are the One, for this I pray,
I ask You, God, to hear my words
That pour out from my heart; I stand before You;
I, like water, lift my hands to You in prayer.
And grant me strength, and grant me strength to stand alone.
You are the One to whom I do belong.
And I'll sing my soul, I'll sing my soul to You
And give You all that's in my heart.

You are the One, for this I pray,
And I'll sing my soul to You.

RESPONDING TO OUR BURDENS--Viktor Frankl

“Everyday in the camps, prisoners had moral choices to make about whether to submit internally to those in power who threatened to rob them of their inner self and their freedom. It was the way a prisoner resolved those choices, he said that made the difference.”

“A few days previously a semi-starved prisoner had broken into the potato store to steal a few pounds of potatoes. The theft had been discovered and some prisoners had recognized the “burglar.” When the camp authorities heard about it they ordered that the guilty man be given up to them or the whole barracks would starve for a day. What did these exhausted, starving people choose to do? Naturally all 2,500 of them preferred to fast.”

“We who lived in concentration camps can remember the people who walked through the huts of Auschwitz comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a person but one thing: the last of the human freedoms--to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

May it be your will
our God and God of our ancestors
that the scourge of disease soon evanesce into oblivion.
May those afflicted know only strength and wholeness.
May their families, lovers, and loved ones know words of comfort.
May their faces never forget how to form smiles.
May their thoughts abound in dreams.
May their hearts know only hope.
Grant wisdom and insight to the scientists and researchers
Grant continued strength to those who give compassionate
care to Your children.
And heal us all, dear God.



MI SHE-BEIRACH

Mi shebeirach avoteinu
 M'kor habracha l'imoteinu,
 May the source of strength,
 Who blessed the ones before us,
 Help us find the courage
 To make our lives a blessing,
 And let us say, Amen.

מי שפָּרַךְ אֲבוֹתֵינוּ
 מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

Mi shebeirach imoteinu
 M'kor habracha l'avoteinu,
 Bless those in need of healing
 With r'fua sh'leima,
 The renewal of body,
 The renewal of spirit,
 And let us say, Amen.

מי שפָּרַךְ אִמּוֹתֵינוּ
 מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

The Intention

Healing is both an exercise and an understanding
 and yet not of the will nor of the intention
 It is a wisdom and a deeper knowledge
 of the daily swing of life and death in all creation
 There is defeat to overcome and acceptance of living
 to be established and always there must be hope
 Not hope of healing but the hope which informs
 the coming moment and gives it reason
 The hope which is each man's breath
 the certainty of love and of loving
 Death may live in the living and healing rise in the dying
 for whom the natural end is part of the gathering
 and of the harvest to be expected

To know healing is to know that all life is one
 and there is no beginning and no end and the intention is loving.

Margaret Torrie

Closing Prayers

Birkat Kohanim: The Priestly Blessing

We give our blessing to one another. Please add any personal words of blessing you wish to offer.

בְּרַכָּךָ יְיָ וַיִּשְׁמְרֶךָ.
יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.
יֵשָׁא יְיָ פָּנָיו אֵלֶיךָ, וַיִּשֶׂם לְךָ שְׁלוֹם.

Y'va-reh-kh'kha Adonai v'yish-m'reh-kha.

Ya-air Adonai pa-nav ey-leh-khah veey'hoo-neh-kha.

Yi-sah Adonai pa-nav ey-leh-khah v'ya-seim l'kha shalom.

May God bless you and keep you.

May the Light of God's Presence shine on you and be gracious to you.

May God's Presence be near to you and bless you with peace.

Oseh Shalom: The One Who Makes Peace

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

O-seh shalom bimromav, Hu ya'aseh shalom aleinu, v'al kol Yisrael v'imru amen. Ya-aseh shalom, ya-aseh shalom, shalom aleinu v'al kol haolam.

May the One who makes peace in the heavens let peace descend upon us, upon all Israel and all the world and let us say: Amen.

| | |
|--------------------------------|-----------------------------------|
| בְּטֶרֶם כָּל־יִצְיֵר נִבְרָא, | אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ |
| אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא. | לָעֵת נַעֲשֶׂה בְּחַפְצוֹ כֹּל, |
| לְבַדּוֹ יִמְלֹךְ נוֹרָא, | וְאַחֲרַי כְּכֹלֹת הַכֹּל, |
| וְהוּא יִהְיֶה בְּתַפְאֲרָה. | וְהוּא הָיָה וְהוּא הוֹה, |
| לְהַמְשִׁיל לוֹ, לְהַחֲבִירָה, | וְהוּא אֶחָד וְאֵין שֵׁנִי, |
| וְלוֹ הָעוֹ וְהַמְשָׁרָה. | בְּלִי רֵאשִׁית, בְּלִי תְכָלִית, |
| וְצוּר חֲבֻלִי בְּעַת צָרָה, | וְהוּא אֵלֵי וְחַי גּוֹאֲלִי, |
| מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא. | וְהוּא נָסִי וּמְנוֹס לִי, |
| בְּעַת אִישָׁן וְאֶעִירָה, | בְּיָדוֹ אֶפְקִיד רוּחִי, |
| יִי לִי וְלֹא אֵירָא. | וְעַסְרוּחִי גְוִיָּתִי: |

A-don o-lam a-sher ma-lach b'te-rem kol y'tzir niv-ra
 l'eit na-a-sa v'chef-tzo kol, a-zai me-lech sh'mo nik-ra
 V'a-cha-rei kich-lot ha-kol, l'va-do yim-loch no-ra,
 ve-hu ha-ya ve-hu ho-veh, ve-hu yi-h'yeh b'tif-a-ra.
 V'hu e-chad, v'ein shei-ni, l'ham-shil lo, l'hach-bi-ra,
 b'li rei-sheet, b'li tach-lit, v'lo ha-oz v'ha-mis-ra.
 V'hu Ei-li, v'chai go-a-li, v'tzur chev-li b'eit tza-ra,
 v'hu ni-si u-ma-nos li, m'nat ko-si b'yom ek-ra.
 E'ya-do af-kid ru-chi, b'eit i-shan v'a-i-ra,
 v'im ru-chi g'vi-ya-ti: A-do-nai li, v'lo i-ra.

You are the Eternal, who reigned before any being had been created. When all was done according to Your will, already then, You were called Ruler.

And after all has ceased to be, still will You reign in solitary majesty;
 You were, are and will be in glory.

And You are my God, my living redeemer, my Rock in times of trouble and distress; You are my banner and my refuge, my benefactor when I call on You.

Into Your hands I entrust my spirit when I sleep and when I wake; and with my spirit my body also, the Eternal is with me, I will not fear.

♩ MODERN

V'al ni-se-cha she-b'chol yom (eit)
E-rev va-vo-ker v'tzo-ho-ra-yim.

ועל-נסיד שבכל-יום
ערב ובקר וצהרים

Mei-o-lam ki-vi-nu lach (2x) } *Chorus*

מעולם קוינו לך (2)

Ha-tov ki lo cha-lu ra-cha-me-cha,
V'ham-ra-cheim ki lo ta-mu cha-sa-de-cha.

הטוב, כי לא-כלו רחמך
והמרחם, כי-לא תמו חסדיך

Chorus

*And for the signs of Your presence every day, (at all times.)
Morning, noon and night.
You have always been our hope
You are Goodness: Your mercies never end;
You are Compassion: Your love will never fail.*



THE ANGEL'S BLESSING


Miy'mini Michaeil, umismoli Gavriell,
Umil'fanai Uriel, umei-achorai R'faeil,
V'al roshi Sh'china...V'al roshi Sh'china
V'al roshi Sh'china...V'al roshi Sh'china

מימיני מיכאל, ומשמאלי גבריאל
ומלפני אוריאל, ומאחורי רפאל
ועל ראשי שכנינה

May our right hand bring us closer to our Godliness
May our left hand give us strength to face each day.
And before us may our visions light our paths ahead.
And behind us may well-being heal our way.

All around us is Shechinah...All around us is Shechina...
All around us is Shechinah...All around us is Shechina.

*May Michael be at my right hand, Gabriel at my left,
Before me Uriel, behind me Raphael,
And above my head, the Divine Presence.*

 R'FA-EINU

R'fa-einu Adonai v'neirafei;
Hoshi-einu v'nivashei-a;
Ki t'hilateinu ata,

רפאנו יהוה ונרפא,
הושיענו וננשעה
כי תהללנו אתה.

V'ha-alei r'fua sh'leima l'chol makoteinu. (2X)

והעלה רפואה שלמה לכל-מכותינו.

Ki eil melech rofei ne-eman
V'rachaman ata.
Baruch ata Adonai
Rofei cholei amo Yisraeil.

כי אל מלך רופא נאמן
נרממן אתה.
ברוך אתה יהוה
רופא חולי עמו ישראל.


*Heal us, Adonai, and we shall be healed;
Save us, and we shall be saved;
Because we sing praises to You,
Grant us a complete healing from all our wounds.
For You, almighty Ruler, are faithful and merciful Sovereign of healing.
Blessed are You, Adonai, who heals the sick of your people Israel.*

MA GADLU (from Psalm 92)

מה גדלו מעשיך, יי! מאד עמקו מחשבתך. הללויה.

*Your deeds, O God, fill me with gladness,
Your work moves me to song.
How great are Your works, O God!
How profound Your design! Halleluyah!*

Ma gadlu, ma-a-se-cha,
Yah!
M'od am-ku
Mach-s'vo-techa. Halleluyah

 L'CHI LACH

L'chi lach, to a land that I will show you.
Leich l'cha to a place you do not know.
L'chi lach, on your journey I will bless you.
And (you shall be a blessing) (3x) l'chi lach.

L'chi lach, and I shall make your name great,
Leich l'cha, and all shall praise your name
L'chi lach, to the place that I will show you.
L'sim-chat chay-yim (3x) l'chi lach.

ALL MUSICAL SELECTIONS

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The Time is Now, 1996 Deborah Lynn Friedman and Tamara Ruth Cohen

Elohai N'shamah, 1995

You Are The One (Reb Nachman's Prayer), 1995

Modim, 1992

Al Tasteir (Don't Hide Your Face), 1995

Mi Shebeirach, 1988 Deborah Lynn Friedman and Drorah Setel

R'fa-einu, 1995

L'chi Lach, 1988

