

Songs for Healing Services

1. Nigun

It is good idea to start with a nigun that is easy to sing, that draws people in and creates a warm and intimate environment for prayer and meditation.

2. Adon Olam

Rabbi Jim Goodman of St. Louis taught this at the first R'fa'einu Conference. He calls it the "morning raga". Adon Olam can be sung both morning and evening. Look in a sidur and see how deep and mystical the words are. This slow version of a popular Sephardic 'Yigdal' melody beautifully expresses the meaning.

3. Modim

Said Rabbi Dow Marmur of Toronto, "If you want to learn how to pray, just start by saying 'Thank you'..." This melody can be sung many times, like a nigun, with improvisation between the phrases.

4. Elohim Y'choneinu

This simple melody is about blessings and light. As you sing the words "Ya'eir panav" try to feel the light entering your body. The opening theme can be sung over and over, softly, as a round, with the leader improvising melodies over the 'drone' of the congregation.

Collected & edited by Cantor Jeffrey Klepper

Nigun (D minor)

Composed for the late Lubavitcher Rebbe

Slowly at first, always with rhythm

The musical score consists of four staves of music in D minor, 4/4 time. The notes are: 1. Staff 1: Measure 1 (Dm), Measure 2 (C), Measure 3 (Dm), Measure 4 (C), Measure 5 (Dm). The notes are D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. A handwritten 'La...' is written below the first measure. 2. Staff 2: Measure 6 (Bb), Measure 7 (Amin7), Measure 8 (Bb), Measure 9 (Amin7), Measure 10 (Dm). The notes are D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. 3. Staff 3: Measure 11 (Gm), Measure 12 (Dm), Measure 13 (G), Measure 14 (Dm). The notes are D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. 4. Staff 4: Measure 15 (Gm), Measure 16 (Dm), Measure 17 (Bb), Measure 18 (Gm), Measure 19 (Am), Measure 20 (Dm). The notes are D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. The score ends with a double bar line and repeat dots.

Recorded by Jeff Kleeper on "In This Place"

Adon Olam

Arrangement by Rabbi James Goodman
Adapted from a Sephardic melody

Slow and dreamlike, with improvised harmonies

D Bmin D

A - don o - lam a - sher ma - lach b' - te - rem kol y' -
 V' - a - cha - rei kich - lot ha - kol l' - va - do yim -
 V' - hu e - chad v' - ein shei - ni, l' - ham - shil lo l' -
 V' - hu Ei - li v' - chai go'a - li, v' - tsur chev - li b' -
 B' - ya - do af - kid ru - chi b' - eit i - shan v' -

Asus4 A G D Bmin Emin A

tsir niv - ra L' - eit na'a - sa v' - chef - tzo kol a - zai me - lech sh' -
 loch no - ra V' - hu ha - ya, v' - hu ho - veh v' - hu yih - yeh b' -
 hach - bi - ra B' - li rei - shit, b' - li tach - lit, v' - lo ha - oz v' -
 eit tsa - ra V' - hu ni - si, u - ma - nos li, m' - nat ko - si b' -
 a - i - ra V' - im ru - chi g' - vi - a - ti A - do - nai li v' -

Bmin A G D

mo - nik - ra, sh' - mo nik - ra. Ah
 tif - a - ra, b' - tif - a - ra.
 ha - mis - ra, v' - ha - mis - ra.
 yom ek' - ra, b' - yom ek' - ra.
 lo i - ra, v' - lo i - ra.

ah (etc)

Recorded by Jeff Klepper on "In This Place"

MODIM ANACHNU LACH *Recorded on "In This Place"*

Words: Liturgy
Music: Jeff Klepper

Begin slowly and increase to

♩ = 116

The musical score consists of five staves of music in a single system. The key signature has one flat (Bb) and the time signature is common time (C). The tempo is marked as ♩ = 116. The lyrics are written below the notes, and guitar chords are indicated above the staff. The score includes a Coda section marked with a circled cross symbol.

Chords: Dm, C, Dm, C, Dm, C, Dm, F, A, Dm, Dm7, Gm, Eb, Dm, C, Dm, Asus4, Dm, C, Dm, Bb, Gm, C, Dm.

Lyrics:
 Mo - dim a - nach - nu lach, mo -
 dim a - nach - nu lach. We thank You,
 God, for all Your gifts, mo - dim a - nach - nu
 lach. dim a - nach - nu lach.
 Mo - dim a - nach - nu lach.

Modim a-nach-nu lach
 We thank You, God
 For all Your gifts

ELOHIM Y'GHANÉNU

Recorded on "In This Place"

Words: Psalm 67:2
Music: Jeff Klepper

Chant-like

♩ = 96

Chant-like
♩ = 96

Dm Am⁷ Dm B^b

E - lo - him y' - cho - né - nu, y' - cho - né - nu vi - var -

Am⁷ Dm Dm Am⁷ Dm

ché - nu. E - lo - him y' - cho - né - nu, y' - cho -

B^b Am⁷ Dm F Gm

né - nu vi - var - ché - nu. Ya - ér pa - nav i -

C Dm F Gm

ta - nu, se - la Ya - ér pa - nav i -

C Dm I Dm

ta - nu, se - la. E - lo - him y' - cho -

Am⁷ Dm II B^b Am⁷ Dm *Fade*

né - nu, y' - cho - né - nu vi - var - ché - nu. E - lo -

(Sing I and II as a round)

E-lo-him y'-cha-né-nu vi-var-ché-nu
Ya-ér pa-nav i-ta-nu se-la

אלהים יחננו ויברכנו
יאר פניו אתנו סלה

Songs of Healing:

1. Geshher Tzar Mo'd

Kol ha-olam kulo
Geshher tzar m'od (3x)

V'ha-i-kar (2x)
Lo l'fached
Lo l'fached klal

(The whole world is a narrow bridge.
The most important thing is not to be afraid. Rabbi Nachman of Bratslav)

2. Al Tastir Don't Hide Your Face From Me

Don't hide Your face from me
I'm asking for Your help
I turn 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.
(Words and melody: Debbie Friedman)

3. El Refah Na La

Ana El na refa na la (4x)

Heal our bodies
Open our hearts
Awaken our minds
Sh'chinah
(Text: Numbers chapter 12)

3. Shiviti

Shi'viti Adonai l'negdi
Adonai l'negdi (3x)
Tamid
(I place God before me always)

4. Mi sh'bav-rach

Mi sh'bav-rach avoteinu
M'kor habra-cha 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.

Mi sh'bav-rach imoteinu
M'kor habra-cha l'avoteinu
Bless those in need of healing
With refu-ah sh'layma
A renewal of body
A renewal of spirit
And let us say: Amen.

(text: from traditional prayer of healing; words and melody: Debbie Friedman)

5. Esa Enai

Esa enai el he-harim
ma-ayin (2x) ya'vu ezri

Ezri ma-im Adonai
Oseh shamayim u'va-aretz

(I lift my eyes to the mountains. There will I find my help
My help comes from God, maker of heaven and earth. Psalm)

6. Angel Blessing

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 vision, light our path ahead
And behind us may well being heal our way

All around us is Sh'chinah
All around us is Sh'chinah
(Words based on: Sh'ma al Mitah music: Debbie Friedman)

7. The Rainbow Blessing

What's in a rainbow that makes it so magical
Linking our present to promises of old
Eyes seeking colors
Hearts stretching far beyond the heavens
Dreams not forgotten
Memories unfold

When there's a rainbow
We thank the Holy One
Thinking of promises made long ago
So when we thank You and sing of Your miracles
We know that the rainbow is a promise we make too

Baruch Atah Adonai Eloheinu Melech ha-olam
Zocheir habrit v'ne-man bivritoh v'kayam b'ma-marom
(Words and melody: Debbie Friedman; traditional blessing for seeing rainbow.)

8. Ufros Aleinu

Ufros Aleinu sukkat
Sukkat sh'lo-meicha
(Spread over us a shelter of your peace. Liturgy)

9. V-anu Matzanu Menucha

V'anu matza-nu menucha (2x)
Mi-tachat kanfey (2x) ha-Shechina

(We are seeking rest under the wings of God's Presence.)