

תפילת רפואת הנפש  
*Tefillat Refuat Ha-nefesh*  
A Havdalah Service for the  
Healing of the Soul

Creation/Preparation

Opening *Niggun* -- Song Without Words

*Asher Yatzar* -- For Our Bodies

אשר יצר

ברוך אתה יי, אלהינו מלך העולם אשר יצר את האדם  
בחכמה וקרא בו נקבים ונקבים חלולים חלולים. גלוי  
וידוע לפני כסא כבודך, שאם יפתח אחד מהם או  
יסתם אחד מהם אי אפשר להתקיים ולעמוד לפניך.  
ברוך אתה יי, רופא כל בשר ומפליא לעשות.

*Baruch Attah Adonai, Eloheynu Melech HaOlam, Asher Yatzar et HaAdam  
B'Chochmah, u'vara vo n'kavim n'kavim, chalulim, chalulim. Galui v'yaduah lifney chisey  
ch'vodecha, sh'im y'pa'tey'ach echad meheim, o y'satzym echad me'heim, ee efshar l'itkayeim  
v'la'amod l'fanecha. Baruch Attah Adonai, Rofey Chol Basar, u'Maffi La'asot.*

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies with wisdom, creating openings, glands and organs, marvelous in structure, intricate in design. Should one of them, by being blocked or open, fail to function, well we know that it would be difficult to stand before You. Wondrous Fashioner and Sustainer of Life, we give You thanks and praise.

We Feel the Breath of Life  
Directed Breathing Exercise

*Elohai N'Shamah -- For Our Souls (The Breath of Life)*

אלהי, נשמה שנתת בי טהורה היא! אתה בראתה, אתה  
יצרתה, אתה נפחתה בי, ואתה תשמרה בקרבי. כל זמן  
שתנשמה בקרבי, סודה אני לפניך, "אלהי ואלהי אבותי"  
ואמרת, רבון כל המעשים, ארון כל הנשמות.  
ברוך אתה, "אשר בידו נפש כל חי ורחם כל בשר איש."

*Elohai N'shamah she'natatah bi, t'horah hi! Attah b'raTAH, Attah Y'tzarTAH,  
Attah N'fachTAH bi, v'attah m'shamRAH b'kirbi. Kol-z'man she'ha'n'shamah b'kirbi,  
(men say:) modeh/ (women say:) modah ani l'fanecha, Adonai Elohai veilohei avotai  
v'emotai, Ribbon kol hama'asim, Adon kol ha'n'shamot. Baruch Attah Adonai, asher  
b'yado nefesh kol chai, v'ruach kol basar ish.*

The soul that you have placed within me, O God, is pure. You have created it, You have formed it, You have breathed it into me. You preserve it within me, and You will one day take it from me. Therefore, so long as I have breath within me, I will give thanks to You, my God, and God of all generations, Source of all being, loving Guide of every human spirit.

*Kol Han'shamah -- Every thing that breathes*

כל הנשמה תהלל יה הללה:

*Kol Han-shamah t'hallel Yah, Halleluyah!*

Let every living thing that breathes praise God.

SUNG:

*Kol Han'shamah, t'hallel Yah. (2x)  
Kol Han'shamah (2x) Thallel Yah.*

*Halleluyah. (4x)  
Kol Han'shamah (2x)  
Thallel Yah.*

## Revelation/Naming

*Gesher Tzar Me'od -- A Narrow Bridge*

כל העולם כולו גשר צר מאד  
והעיקר לא לפחד כלל!

*Kol ha-olam kulo  
Gesher Tzar me'od (3x)*

*V'ha-ikar, v'ha-ikar  
Lo Yfached, lo Yfached k'lal*

"All the world is a very narrow bridge.  
The most important thing... is not to be afraid."  
Rabbi Nachman of Bratslav

*Birkat Shalom -- Blessing for Wholeness and Peace*

O God, You alone know my pain, my fears, the brokenness of my body and my spirit. Lead me now to SHALOM, a wholeness and peace profound and true. Let that which can be made whole be healed. And let not that which cannot be healed stand in the way of my affirming all that is good, beautiful and loving in my life and in the world.

Let all these be possible:

*Peace  
Goodness  
Lives that are a blessing  
Gracious acts  
The love of sharing  
The love of creating  
Light unbound  
Torah alive  
Sustenance for all  
Abounding life*

ברוך אתה יי' עושה השלום.

*Baruch Attah Adonai, Oseh Hashalom*

O God, lead us to peace. Help make us whole again.

## Listening for the Oneness

I am a precious part of all that exists. There is no separation between God and myself. To sense this connection, to tap into this power... is to be filled with divine love, and be surrounded by the pulse of the universe. May this healing energy flow in us and through us. May it bring strength, vitality and rejuvenation to every cell and every fiber of our being. May we be one with the Oneness of the world.

## Litany of Healing

When Miriam was sick her brother Moses prayed: "O God, pray, heal her please." We join our voices to his, as we pray for those who are now ill.  
*Source of life, we pray: Heal them.*

For those affected by illness, anguish and pain: *Heal them.*

Grant courage to those who suffer: *Encourage them.*

Show compassion to families and friends who give care and support in the midst of despair: *Strengthen them.*

Grant wisdom to those who probe Your world in the search for treatments, for answers and for cures: *Inspire them.*

Bless us, O God. *And heal us all.*

## Silent Meditation: Personal Prayers for Healing

### *Mi She-beyrach* -- Prayer for Healing

*Mi she-bayrach avoteynu, m'kor ha-b'racha l'imoteynu.*  
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 she-beyrach imoteynu, m'kor ha-b'racha l'avoteynu.*  
Bless those in need of healing with *r'fuah sh'leymah.*  
The renewal of body. The renewal of spirit  
And let us say: *Amen.*

Debbie Friedman

## Redemption/Separation

### *L'chi Lach*

*L'chi Lach*, to a land that I will show you.  
*Leich Lecha*, 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 Lecha*, and all shall praise your name.  
*L'chi Lach*, to the place that I will show you.  
*L'simchat chayim* (3x), *L'chi lach*.

Debbie Friedman

### 'Tis A Fearful Thing

It is a fearful thing  
to love what death can touch.  
A fearful thing  
to love, hope, dream: to be --  
to be,  
and! to lose.  
A thing for fools, this,  
and  
a holy thing,  
a holy thing  
to love.  
For your life has lived in me  
your laugh once lifted me,  
your word was gift to me.  
To remember this brings painful joy.  
'Tis a human thing, love.  
a holy thing  
to love  
what death has touched.

*Birkhot Havdalah -- Blessings of Separation/Distinction*

The sun sinks  
darkness comes upon us  
our Shabbat ends --  
Do not turn from us  
O God  
Remember us for life  
and peace for what  
is to come  
till next we again  
share the tender  
beauty of our  
lovely treasure --  
Shabbat

Twisted candles  
bound to one another  
firmly gripping, grasping  
clinging to the oneness  
that springing open in  
flames leap to  
sear before our eyes  
the ending of Shabbat and  
the promise of our lives  
renewed.

God is my deliverance; I will be confident  
and unafraid. She is my strength, my song  
and my salvation. In joy we shall drink  
from the wells of salvation. God will rescue  
and bless His people. The God of all creation  
is with us, the God of Israel is our refuge.  
The Jews of old had *ora, v'simcha, v'sasson, v'y'kar*  
light, joy, delight and honor,  
So may it be for us.

We lift up our cup of deliverance  
and call upon the Holy One.

We lift the cup of wine:

בְּרוּךְ אַתָּה	Holy One of Blessing
יְיָ אֱלֹהֵינוּ	Your Presence
מִלְדֵּי הָעוֹלָם	fills creation
בוֹרֵא	forming
פְּרֵי הַיַּיִן.	the fruit of the vine.

*Baruch Attah Adonai, Eloheynu Melech Ha-olam, Borei Pri Ha-Gaffen*  
We share the wine

We lift the spices, to revive our souls

בְּרוּךְ אַתָּה	Holy One of Blessing
יְיָ אֱלֹהֵינוּ	Your Presence
מִלֵּךְ הָעוֹלָם,	fills creation
בוֹרֵא מִיְיָ בְּשָׂמִים.	making fragrant spices.

*Baruch Attah Adonai, Eloheynu Melech Ha-Olam, Borei Minei V'Samim*

We share the spice box

We hold the candle high,  
and see its light reflected on our fingernails

בְּרוּךְ אַתָּה	Holy One of Blessing
יְיָ אֱלֹהֵינוּ	Your Presence
מִלֵּךְ הָעוֹלָם	fills creation
בוֹרֵא	forming
סִנּוּרֵי הָאֵשׁ.	the lights of fire.

*Baruch Attah Adonai, Eloheynu Melech Ha-Olam, Borei Morei Ha'aysh*

Let me feel the warmth of the candle's glow.  
Let me hold on for a few, last precious moments  
To the peace that is Shabbat.

We hold the candle next to the wine

בְּרוּךְ אַתָּה	Holy One of Blessing
יְיָ אֱלֹהֵינוּ	Your Presence
מִלֵּךְ הָעוֹלָם	fills creation.
הַמְבַדֵּל	You separate
בֵּין קֹדֶשׁ לְחֹל	the holy from the profane

*Baruch Attah Adonai, Eloheynu Melech Ha-Olam, HaMavdil beyn Kodesh L'chol*

We extinguish the candle

אֱלֹהֵינוּ הַגּוֹבֵּי, אֱלֹהֵינוּ הַחֹשְׁבֵי,

אֱלֹהֵינוּ אֱלֹהֵינוּ אֱלֹהֵינוּ נִגְלָעֵדֵי,

בְּמִתְנַחֵה בְּקִמְנוּ וְבָא אֵלֵינוּ

עִם מְשִׁיחַ בֶּן דָּוִד, עִם מְשִׁיחַ בֶּן דָּוִד.

*Eliyahu HaNavi, Eliyahu HaTishbi*

*Ehyahu, Ehyahu, Eliyahu HaGiladi*

*B'm'heyruv v'yameynu yavo eleynu*

*Mashiach ben David, im Mashiach ben David*

Elijah the prophet, the Tishbite from Gilead,  
soon and in our day may he come to us  
with the Messiah, the child of David.

הַמְבַדֵּל בֵּין קֹדֶשׁ לְחֹל  
וְרַעַי וְכַסְפֵּי יַרְבֵּה כָּחֹל

*...yeyn Kodesh, beyn Kodesh l'chol, chatoteynu hu yimchal*  
*...v'chaspaynu yarbeh kachol, vehakochavim bala'y'lah...*

May the One who separates the holy from the profane  
ot out our sins, and make our descendants as numerous  
as the grains of sand on the shore of the sea,  
and as the stars of the night.

*Shavuah Tov (4x)*

*A good week, a week of peace*

*May gladness reign, and light increase.*



# Closing Blessings

## Ancient Priestly Blessing

יְבָרֶכֶךָ יְיָ וְיִשְׁמְרֶכָּךָ  
בְּיְהוָה רַחֲמֵינוּ  
וְאֵר יְיָ פְּנֵינוּ אֱלֹהֵינוּ וְיִחַנֶּנּוּ  
בְּיְהוָה רַחֲמֵינוּ  
וְשֵׂא יְיָ פְּנֵינוּ אֱלֹהֵינוּ וְשֵׂם לָךְ שְׁלוֹמִים  
בְּיְהוָה רַחֲמֵינוּ

*Yvarech'cha Adonai v'Yishmerecha: Kein Yihi Ratzon  
Ya'eir Adonai Panov Eylecha, v'Ychunecha: Kein Yihi Ratzon  
Yisa Adonai Panov Eylecha, v'Yaseym L'cha Shalom: Kein Yihi Ratzon*

May God bless you and keep you. *Be this God's will.*  
May God always smile on you, and through you. *Be this God's will.*  
May God's light always shine upon you, and may you come to know  
the greatness of blessings: the blessing of wholeness,  
of completeness, of peace,  
of SHALOM.  
*Be this God's will.*

## *Tfillat HaDerech* -- Prayer for the Journey

May we be blessed as we go on our way.  
May we be guided in peace.  
May we be blessed with health and joy.  
May this be our blessing, Amen.  
Amen, amen, may this be our blessing, amen.  
Amen, amen, may this be our blessing, amen.

May we be sheltered by the wings of peace.  
May we be kept in safety and in love.  
May grace and compassion find their way to every soul.  
May this be our blessing, Amen.  
Amen, amen, may this be our blessing, amen.  
Amen, amen, may this be our blessing, amen.

Debbie Friedman

