

## **A Service of Healing**

The Jewish Healing Center  
141 Alton Avenue, San Francisco, CA 94116  
(415) 387-4999  
A project of The Shefa Fund

## Opening Niggun

### Blessings and Praise

#### Asher Yatzar - For Our Bodies

\* (Yeshiva-style)

ברוך אתה, יי אלהינו מלך העולם, אשר יצר אתה אתם בחכמה, וברא  
 בו נקבים ונקבים, חלולים חלולים. נלוי נודע לפני כסא כבודך, שאם  
 יפתח אחד מהם, או יסתם אחד מהם, אי אפשר להתקיים ולעמוד לפניך  
 ברוך אתה, יי, רופא כל-בשר ומפליא לעשות

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies in wisdom, creating openings, arteries, glands, and organs, marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be difficult to stand before You. Wondrous Fashioner and Sustainer of life, Source of our health and our strength, we give You thanks and praise.

#### Elohai Neshamah - For Our Souls/Spirit

אלהי, נשמה שנתת בי שהורה היא! אתה בראתה, אתה יצרתה, אתה נפתחת בי,  
 ואתה משמרה בקרבי. כל-זמן שהנשמה בקרבי, מודה/מודה אני לפניך,  
 יי אלהי ואלהי אבותי, רבון כל-המעשים, ארון כל-הנשמות  
 ברוך אתה, יי, אשר בידו נפש כל-חי, ורוח כל-בשר-איש

My God, the soul which You have placed within me 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 and restore it to me in time to come. So long as my soul is within me, I make acknowledgement before you, my God and God of all generations. Blessed are You, God, who restores my soul each day, that I may once again awaken.

Nisim B'chol Yom - The Miracles of Daily Life

ברוך אתה, יי אלהינו מלך העולם, שעשני בצלמו

Blessed is the Source of Life, who has made me in the divine image.

ברוך אתה, יי אלהינו מלך העולם, שעשני ישראל

Blessed is the Source of Life, who has led me to my Jewish heritage.

ברוך אתה, יי אלהינו מלך העולם, שעשני בן/בת חורין

Blessed is the Source of Life, who has made me free.

ברוך אתה, יי אלהינו מלך העולם, פוקח עורים

Blessed is the Source of Life, who opens the eyes of those who would not see.

ברוך אתה, יי אלהינו מלך העולם, מלביש ערמים

Blessed is the Source of Life, who provides clothes for the naked.

ברוך אתה, יי אלהינו מלך העולם, מתיר אסורים

Blessed is the Source of Life, who brings freedom to the captive.

ברוך אתה, יי אלהינו מלך העולם, זוקף כפופים

Blessed is the Source of Life, whose power lifts up the fallen.

ברוך אתה, יי אלהינו מלך העולם, המכין מאצטריזבר

Blessed is the Source of Life, who makes firm each person's steps.

ברוך אתה, יי אלהינו מלך העולם, הנותן ליצפה כח

Blessed is the Source of Life, who gives strength to the weary.

(We now add blessings of our own)

## Prayer

(Silently)

My God, I thank You for my life and my soul and my body; for my name, for my sexual and affectional nature, for my way of thinking and talking. Help me realize that in my qualities I am unique in the world, and that no one like me has ever lived; for if there had ever before been someone like me, I would not have needed to exist. Help me make perfect my own ways of love and caring, that by becoming complete in my own way, I can honor Your name, and help bring about the coming of the Messianic Age.

## Hoda'ah

(Yeshiva-style)

We gratefully acknowledge that You are our God and the God of our people, the God of all generations. You are the Rock of our life, the Power that shields us in every age. We thank You and sing Your praises: for our lives, which are in Your hand; for our souls, which are in your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope. For all these things, O God, let Your name be forever exalted and blessed.

## Nishmat

Let every living soul bless Your name, O God, and let every human being acclaim Your majesty, forever and ever. Through all eternity You are God; we have no Ruler but You. God of all ages, Ruler of all creatures, Guide of all generations: all praise to You. You guide the world with steadfast love, Your creatures with tender mercy. You neither slumber nor sleep; You awaken the sleeping and arouse the dormant. You give speech to the silent, freedom to the enslaved, and justice to the oppressed. To You alone we give thanks.

*Though our mouths should overflow as the song of the sea, our tongues with melody as the roaring waves, our lips with praise as the heavens' wide expanse; and though our eyes were to shine as the sun and the moon, our arms extend like eagles' wings, our feet speed swiftly as deer -- still we could not fully thank You God, or bless Your name enough, for even one of Your infinite kindnesses to our ancestors and to us.*

Therefore, O God, limbs and tongue and heart and mind shall join to praise Your name; every tongue will yet affirm You, and every soul give You allegiance. As it is written: All my limbs shall say: "God, who is like You?" And David sang: "Bless the Almighty, O my soul, and let all that is within me bless God's holy name!"

(To connect with our whole selves and with "all that is within us," we take a few moments to stretch and breathe.)

## Affirmation of God's Presence in Our Lives

### Affirmation

(Standing)

I am a precious part of all that exists. There is no separation between God and myself. As I feel this connection, I know I am being filled with divine love and surrounded by infinite perfection. I accept this healing energy as it flows unrestricted through my body bringing strength, vitality and rejuvenation to every cell. I feel this powerful energy cleansing and healing any unbalanced condition in my body.

### There Lives a God...

There lives a God:

*God's presence is the glow in the human heart.*

There lives a God:

*We meet God in the joys of human love.*

We see God in our vision of a better world:

*When we choose life and blessing, and turn from death and destruction.*

We hear God in the still, small voice of conscience.

*We sense God in our unending search for truth.*

There lives a God, and in love we unite with God as we call God One:

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

*Sh'ma yisrael Adonai Eloheinu Adonai echad.*

Hear Israel, Adonai is our God, Adonai is One.

*Baruch Shem kavod malchuto l'olam va'ed*

Praised be God now and forevermore.

(We take time now for silent meditation on our oneness with creation.)

Torah StudyYehai ravah

יְהִי רָצוֹן קִדְמוֹךָ דְתַפְתַּח לִבִּי בְאוֹרֵי־תוֹרָה. וְתִשְׁלַם מִשְׁאַלִּי  
 דְלִבִּי, וְלִבְּא דְכָל־עַמּוֹךָ יִשְׂרָאֵל, לְטֹב וְלַחַיִּים וְלְשָׁלוֹם.

*Yehai ra-a-vah kada-mach d'tif-tach li-bi b'oh-rai-tah  
 v'ta-shleim mish-a-lin d'li-bi v'li-bah d'kohl amach  
 Yisrael l-tahv oo-l'chie-yin v'lish-lam. A-a-men*

"May it be Your will to open my heart to Torah and to fulfill the yearnings of my heart and the hearts of all your people Israel for goodness, for life and for peace. Amen.

Esah Einai

*E-sa ei-nai el he-ha-rim,  
 mei-a-yin ya-vo ez-ri.  
 Ez-ri mei-im A-do-nai,  
 o-seh sha-ma-yim va-a-rets.*

I lift up my eyes to the hills  
 From where will my help come?  
 My help is from God  
 Creator of heaven and earth.

אֶשָּׂא עֵינַי אֶל־הַהָרִים.  
 מֵאֵן יָבֹא עֲזָרִי.  
 עֲזָרִי מֵעַם ה',  
 עוֹשֵׂה שָׁמַיִם וָאָרֶץ.

Teshuvah (Turning)Return

Return again, return again, return to the ways of the soul.}2X  
 Return to who you are; return to what you are;  
 Return to where you are born and reborn again.  
 Return again, return again, return to the ways of your soul.

Psalm 86

Incline Your ear, Adonai,  
 answer me,  
 for I am poor and needy.  
 Preserve my life, for I am steadfast;  
 O You, my God,  
 deliver Your servant who trusts in You.  
 Have mercy on me, Adonai,  
 for I call to You all day long;  
 bring joy to Your servant's life,  
 for on You, Adonai, I set my hope.  
 For You, Adonai, are good and forgiving,  
 abounding in steadfast love to all who  
 call on You.  
 Give ear, Adonai, to my prayer;  
 heed my plea for mercy.  
 In my time of trouble I call You,  
 for You will answer me.

From the Psalms

Unto You, Adonai, I call  
 And unto You I make supplication.  
 Hear, Eternal, and be gracious unto me;  
 Adonai, be You my Helper.  
 You heal the broken-hearted,  
 And bind up their wounds.  
 You, who have done great things,  
 O God, who is like You?  
 God, hear my prayers,  
 And let my cry come to You.  
 Do not hide from me in the day of my distress;  
 Turn to me and speedily answer my  
 prayer.  
 Heal me, Adonai, and I shall be healed;  
 Save me and I shall be saved;  
 For You are my praise.

Tachanun

יְיָ יֵאלֹהִים רַחוּם וְרַחוּן. אֶרְךְ אֲפָיִם וְרַב־חַסֵּד וְאֱמֶת.  
 נִצְרָה חַסֵּד לְאֱלֹפִים. נִשְׂא עֵינַי וְנִפְשָׁע וְחִטָּאתָ וְנִקְהָה.

The Lord, the Lord God is merciful and gracious, endlessly patient, loving, and true, showing mercy to thousands, forgiving iniquity, transgression, and sin, and granting pardon.

(We take a few moments to focus on those behaviors and characteristics which we would like to change, in order to create more holy relationships with ourselves, our fellow human beings, and our Creator.)

I. God, being merciful, grants atonement from sin and does not destroy. Time and again God restrains wrath, refuses to let rage be all-consuming. God, do not withhold Your compassion from us. Let Your love and Your faithfulness constantly shield us. Help us, God, and gather us together that we may thank You and glory in Your praise. Who could endure, O God, if You kept count of every sin? But forgiveness is Yours, that we may worship You. Deal with us not in accordance with our sins; punish us not in accordance with our transgressions. When our sins testify against us, forgive us because of Your mercy. Remember Your compassion, God, and Your loving kindness, which endure forever. The God of Jacob will exalt us. O Divine Presence, help us; O Ruler, answer us when we call. *Avinu malkenu*, answer us graciously though we lack merit. Be kind to us because of Your merciful nature. Heed our plea; remember the covenant with our ancestors and help us because of Your merciful nature.

II. Out of the depths I call to You. O God, hear my cry, heed my plea. Be attentive to my prayers, to my sigh of supplication. Who could endure, God, if You kept count of every sin? But forgiveness is Yours, that we may worship You. I wait for God; my soul yearns. Hopefully, I wait for God's word. I wait for God more eagerly than watchmen wait for dawn. Put your hope in God, for God is generous with mercy. Abundant is God's power to redeem. May God redeem the people Israel from all sin.



### Avinu Malkaynu

אָבִינוּ מַלְכֵנוּ, חַנּוּנוּ וְעֲנָנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,  
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

*Avinu malkaynu, chaneinu v'aneinu ki ain banu ma'asim } 2X*

*Aseh imanu tzedakah vachessed.*

*Aseh imanu tzedakah vachessed vehosheinu.*

Our Parent our Sovereign, be gracious and answer us because we do not have the strength ourselves.

### Hashiveinu

הֲשִׁיבֵנוּ יי אֱלֹהֵי, וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Ha-shi-vei-nu Adonai, ej-le-cha v'na-shu-va. Cha-deish ya-mei-nu k'ke-dem.*

Turn us toward you, God, and we will return. Renew our days as of old.

Prayers for HealingThe God of Life

We pray that we might know before whom we stand: the Power whose gift is life, who quickens those who have forgotten how to live.

We pray for winds to disperse the choking air of sadness, for cleansing rains to make parched hopes flower, and to give all of us the strength to rise up towards the sun.

We pray for love to encompass us for no other reason save that we are human--that we may all blossom into persons who have gained power over our own lives.

We pray to stand upright, we fallen; to be healed, we sufferers; we pray to break the bonds that keep us from the world of beauty; we pray for opened eyes, we who are blind to our authentic selves.

We pray that we may walk in the garden of a purposeful life, our own powers in touch with the power of the world.

Praise to the God whose gift is life, whose cleansing rains let parched men and women flower toward the sun.

Mi Sheberech - Prayer for Healing

I. May the One who blessed our ancestors, Sarah and Abraham, Rebecca and Isaac, Leah, Rachel and Jacob bless ... along with all the ill amongst us. Grant insight to those who bring healing, courage and faith to those who are sick, love and strength to us and all who love them. God, let Your spirit rest upon all who are ill and comfort them. May they and we soon know a time of complete healing, a healing of the body and a healing of the spirit and let us say: Amen.

II. Source of Mercy, spread your shelter of peace over all the ill amongst us and watch with special care over... Help us, as we seek ways of healing; share Your kindness with us, that the bonds of love and caring be increased; and grant courage and hope to the sick and the well together.

Reveal Your compassion and Your blessing upon all who are ill and comfort them. Speedily and soon, let us all see together a day of complete healing, a healing of body and a healing of spirit, and let us say: Amen.

Prayer for Those Who Help

May the One who blessed our forbearers be present to those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair, and continue to find within themselves the will to reach out to those in need. And in their love of others, may they know the blessing of community, and the blessing of renewed faith.

## A Litany for Healing

When Miriam was sick her brother Moses prayed: "O God, pray, heal her please!" We join in this responsive prayer based on Moses' words:

We pray for those who are now ill.

*Source of Life, we pray: Heal them.*

We pray for those who are affected by illness, anguish and pain.

*Heal them.*

Grant courage to those whose bodies, holy proof of Your creative goodness, are violated by the illness and pain of illness.

*Encourage them.*

Grant strength and compassion to families and friends who give their loving care and support and help to overcome despair.

*Strengthen them.*

Grant wisdom to those who probe the deepest complexities of Your world as they labor in the search for treatment and cures.

*Inspire them.*

Grant clarity of vision and strength of purpose to the leaders of our institutions and our government. May they be moved to act with justice and compassion and find the courage to overcome fear and hatred.

*Guide them.*

Grant insight to us, that we may understand that whenever death comes, we must accept it - but that before it comes, we must resist it, by prolonging life and by making our life worthy as long as it is lived.

*Bless and heal us all.*

## Grief, Memory and Sanctification

We remember those who have died. We begin with one of the following selections:

### Dirge without Music

I am not resigned to the shutting away of loving hearts in the hard ground.

So it is, and so it will be, for so it has been, time out of mind:

Down, down, down into the darkness of the grave  
Gently they go, the beautiful, the tender, the kind;  
Quietly they go, the intelligent, the witty, the brave.

I know.

But I do not approve.

And I am not resigned.

### Psalm 139

O God, You have searched me and know  
me well.

You understand all my thoughts  
and every word upon my tongue.

Your presence surrounds me;

You touch me with Your hand.

It exceeds my own perception;

it is a wonder beyond imagining.

If I say "Let darkness hide me and turn  
the light to darkness,"

even the darkness is not dark for You;

the night shines forth like day;

the darkness is as light for You.

How precious are Your thoughts to me,

O God, how endless their number,

more numerous than the grains of sand.

When I awake, I am still with You.

Search my soul, O God, and know my  
heart.

If there is sorrow in me,

lead me in Your everlasting ways.

### '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 things 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.

Yit-ga-dal v'yit-kadash sh'may ra'bah.  
 B-almah di-v'rah chi-ru-tay  
 v'yamlich mal-chu-tay.  
 B'cha-yay-chon u-ve-yo-may-chon  
 u-v'cha-yay d'chol bayt yis-ra-el.  
 Ba-a-ga-la u-veez'man ka-reev.  
 V'imru Amen.

Y'hay sh'may ra-ba me-vo-rach  
 L'olam ul-almay al-ma-ya.

Yit-ba-rach v'yish-ta-bach  
 v'yitpo-ar v'yit-ro-man  
 v'yit-na-say v'yit-ha-dar  
 v'yit-a-lel v'yit-halal  
 sh'may de-ku-desha b'rich hu.  
 L'ay-lah meen kol bir-cha-ta  
 v'shi-ra-ta, tush-be-chata  
 v'ne-cha-ma-ta da-a-miran  
 b'alma v'imru amen.

Y'hay sh'lama ra'ba meen  
 sh'maya v'chayim a'laynu  
 v'al kol yisrael v'imru  
 amen.

O-seh sha-lom bim-ro-mav  
 hu ya-a-seh shalom alay-nu  
 v'al kol yis-ra-el v'imru  
 amen.

Let the glory of God be extolled,  
 let the Great Name be hallowed  
 in the world whose creation God willed.

May God's kingdom soon prevail,  
 in our day, our own lives,  
 and the life of all Israel  
 and let us say: Amen

Let God's great name be praised  
 for ever and ever.

Let the name of the Holy One,  
 praised be God,  
 be glorified, exalted, and honored,  
 though God is beyond all the praises,  
 songs, and adorations that we can utter,  
 and let us say: Amen.

וַיְתַקְדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא  
 כְּרֵעוּתָהּ. וַיְסַלֵּד מִלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹסִיכוּן וּבְחַיִּי  
 דְּכָל בֵּית יִשְׂרָאֵל בְּעֵנְלָא וּבִזְכוּן קָרִיב. וְאַמְרוּ אָמֵן:

זֵהא שְׁמֵהּ רַבָּא סְבָרָךְ לְעֵלְמָא וּלְעֵלְמֵי עֲלְמֵיָא:

וַיְבָרַךְ וַיְשַׁבַּח וַיְתַפְּאֵר וַיְתַרְמֵם וַיְתַנְשֵׂא וַיְתַהַדֵּר  
 וַיְהַעֲלֵה וַיְתַהַלֵּל שְׁמֵהּ דְּקֻדְשָׁא. בְּרִידָהּ הוּא. לְעֵלְמָא מִן  
 כָּל בְּרִכְתָּא וְשִׁירָתָא תְּשַׁבַּחְתָּא וַחֲמִתָּא דְּאַמִּירָן בְּעֵלְמָא.  
 וְאַמְרוּ אָמֵן:

זֵהא שְׁלָמָא רַבָּא מִן שְׁמֵיָא הַיִּים עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל וְאַמְרוּ אָמֵן:

עֵשָׂה שְׁלוֹם בְּכִרוּסְיֵי הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
 יִשְׂרָאֵל וְאַמְרוּ אָמֵן:

For us, and for all Israel,  
 may the blessing of peace  
 and the promise of life  
 come true,  
 and let us say: Amen.

May the Source of Peace  
 in the High heavens,  
 let peace descend on us,  
 and on all Israel,  
 and let us say: Amen

ClosingThe Priestly Benediction

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

*Y-va-re-che-chah Adonai v'yish-me-re-chah*

*Ya'air Adonai pa-nav e-le-chah v'y'choo-ne-chah*

*Yi-sah Adonai pa-nav e-le-chah v'ya-seim lechah shalom*

May God bless you and keep you.

May the Divine Countenance shine upon you.

May the Beauty of Creation be lifted towards you and may you be filled with peace.

יְבָרֶכֶךְ יי וַיְשַׁמְרֶכְךָ.  
יְאֵר יי פְּנֵיו אֵלֶיךָ וַיִּחַנֶּנְךָ.  
יֵשֶׁא יי פְּנֵיו אֵלֶיךָ וַיִּשָׂם  
לְךָ שְׁלוֹם.

Towards Complete Healing/Shalom: Sim Shalom

שִׁים שְׁלוֹם, טוֹבָה וּבְרָכָה, חַן נְחָמָה וְרַחֲמִים, עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל עַמְּךָ.

*Sim shalom, tovah u'vrachah, chaim va'chesed v'rachamim aleinu v'al kol yisra'el amechah.*

Grant peace, goodness and blessing, grace, justice and mercy upon us, upon the people of Israel and upon the world.

Oseh Shalom

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

*Oseh shalom binvromav, Hu ya'aseh shalom aleinu, v'al kol Yisrael v'imru amen.*

*Ya-aseh shalom, ya-aseh shalom, shalom aleinu v'al kol ha'olam (2X)*

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.