

תְּפִילַּת רְפוּאָה שְׁלֵימָה

T'filat r'phuah shleymah

Prayers for Healing in Wholeness

I hope this resource will guide you through prayers and meditations that will enable you to pick and choose what it is you need at this time.

Wishing you a meaningful fast and that you should be written well in the Book of Life.

- Emma Weizenbluth

Guided Mindfulness Meditation on Healing - Mind, Body, and Soul

This is a guided mindfulness meditation on healing. It is for healing the mind, body, and soul. This meditation session is intended to inspire care for yourself and others, and also to help reduce anxiety and pain. It is important to take time to bring healing and focus to yourself, and thus, be more prepared to excel in your daily life. Love for yourself is just as important as your love for others. Wishing you hope and healing in this meditation session.



<http://www.youtube.com/watch?v=K4hCUt6LMZs>

Click the thumbnail or the link to view this video

Elohai N'shamah

Elohai, n'shamah shenatata bi, t'horah hi.

אֱלֹהֵי נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא

My God, the soul You have given me is pure.

There are so many beautiful renditions of this prayer. My most recent discovery is by Alexander Massey.

<https://alexandermassey.com/elohai-nshamah-its-music-and-meaning/>



Click on this link, where you will be able to listen to his rendition and read his explanation that goes with the piece of music. You can also find links to other articles about the text and music.

Kol Haneshama - Every Living Thing

Spirit of the broken-hearted; of the strong and the weak; of the angry and the grieving; of the confident and the unsure: we stand before You today in pain, in doubt, in fear, in joy and happiness, in certainty and confusion.

Many blessings have been given to us and many have been taken from us. At times we hesitate even to call out to You and yet we must, with every breath, try to speak Your praise, try to be mindful of being alive.

Spirit, thank You for the gift of this breath.

Kol Haneshama - Every Living Thing

Let every soul sing praise to the Eternal.

Kol haneshamah t'haleil Ya

כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ:

Halleluyah!

הַלְלוּיָהּ!

This prayer can seem very straightforward - everyone should praise God. However, over the past number of years now, I have begun to question who the “everyone” is. Recently, I have delved deeper into the words “every soul” and I have come to a realisation that while we may verbally praise God, it does not always mean that our soul praises God because we often say prayers by rote.

On the following page, I link to a video of one of the many versions of this prayer. I hope your soul connects to it.

Kol han'shama



Click the thumbnail
or the link to view
this video

<http://www.youtube.com/watch?v=wVRzPG9j7xE>

La'asok b'divrei Torah

Baruch atah Adonai, Eloheinu melech

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ

Ha-olam, asher kidshanu

הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ

B'mitzvotav v'tzivanu la-asok

בְּמִצְוֹתַי וּצְוִינוּ לְעִסּוֹק

B'divrey Torah.

בְּדִבְרֵי תוֹרָה.

Blessed are you Adonai, whose presence fills creation. You bring us holiness through *mitzvot* and command us to study *Torah*.

Personal Reflection

Our tradition's first prayer for healing appears in the book of **בְּמִדְבָּר**, (b'midbar) Numbers. When Miriam falls ill, her brother Moses intercedes on her behalf. Urged on by his brother Aaron to save Miriam, Moses cries out to God with just five words:

Please, God, heal her now

El na r'pha na la

אֵל נָא רְפָא נָא לָהּ

The great commentator, Rashi, offers two explanations for Moses' brief prayer for healing:

Personal Reflection continued

The great commentator, Rashi, offers two explanations for Moses' brief prayer for healing:

“Why did Moses not pray at length? [He did not] so that the people of Israel should say, ‘His sister is in a state of distress and he stands and prays a great deal.’ Alternatively, Moses did not pray at length for Miriam so that Israel should not say, ‘For his sister he prays at length, but for us he does not.’ ”

Personal Reflection continued

What does each explanation teach us about the nature of our prayers - especially those for healing?

What sort of prayer do you need at this moment, this time in your life?

Esa Eynai

Esa eynai el heharim

mei-ayin yavo ezri

Ezri mei-in Adonai

oseh Shamayim va-aretz.

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבוֹא עֲזָרִי:

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

I will lift my gaze to the mountains; what is the source of my help?

My help come from the Eternal, Maker of heaven and earth. (Psalm 121)

Esa Eynai



<http://www.youtube.com/watch?v=TRprEbPNXz4>

Click the thumbnail
or the link to view
this video

Sh'ma

Sh'ma yisrael Adonai eloyheynu Adonai Echad

Baruch shem, k'vod malchuto l'olam va-ed.

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד

בְּרוּךְ שֵׁם כְבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

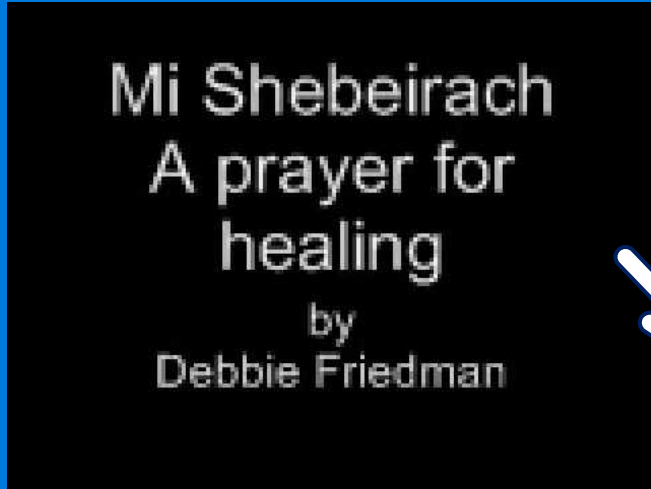


Click the thumbnail
or the link to view
this video

<http://www.youtube.com/watch?v=wxO09BUrkMk>

Mi Shebeirach

Here are two renditions of this prayer for healing. The first one is the tune and lyrics by Debbie Friedman that we use in our services at Solel. The second is one by Susan Colin.



<http://www.youtube.com/watch?v=HX5TWsfykSs>



<http://www.youtube.com/watch?v=2og0YFpzdHA>

Click either of these thumbnails or links to view these videos



Wishing you and those you are holding
in your hearts a complete healing.

גמר

חתימה

טובה

G'mar chatima tovah!