

Healing Prayers & Meditations

Congregation B'nai Israel – Emerson, NJ

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1. *Mi Shebeirach* (Debbie Friedman)

Mi shebeirach avoteinu [may the One who blessed our fathers]
M'kor hab'racha l'imoteinu [the Source of blessing for our mothers]
May the Source of strength, who blessed the ones before us,
Help us find the courage to make our lives a blessing [Genesis 12:2]
and let us say, Amen.

Mi shebeirach imoteinu [may the One who blessed our mothers]
M'kor hab'rachah l'avoteinu [the Source of blessing for our fathers]
Bless those in need of healing with *r'fuah sh'leimah* [complete healing]
The renewal of body, the renewal of spirit,
And let us say, Amen.

2. *El Na Refa Na Lah* (Numbers 12:13)

Ana el na refa na lah [Please God, heal her – referring to Miriam and all of us]
Heal our bodies, open our hearts, awaken our minds, *Eheyeh* [a name of God - “I Will Be”].
Heal our bodies, open our hearts, awaken our minds, *Shechinah* [another name - “CloseOne”].

3. *Amidah* Healing Prayer

Heal me Eternal One, and I am healed. Save me and I am saved.
For you are, for your are, for you are my Praise.

4. Traditional Blessing for Bodily Functions

Blessed are You, Adonai, Sovereign time and space, Who has created us with ultimate wisdom and intricacy of design. It is known and revealed before Your throne of glory that if even one our valves were closed when meant to be open, or open when meant to be closed, it would be impossible for us to survive and stand before You.

Blessed are You, God, Healer of all flesh, Creator of great wonders.
Baruch ata Adonai, rofeh kol basar, umafla la'asot.

5. Wisdom on Endurance

Rabbi Yitzchak Eisik, head of the rabbinical court in Cracow, said the following about enduring pain: “It is always a question of a moment, for the pain which has passed is no longer, and who would be so foolish as to concern oneself with future pain?” Healing, like suffering, comes one moment at a time, one breath at a time.

6. Psalms

The biblical Book of Psalms is a great resource for prayer, and most of our prayer book is made up of psalms. It is traditional to recite psalms when you are ill or on behalf of someone else who is seeking healing. Rabbi Nachman of Bratslav recommended reciting 10 particular psalms in the following order, as a *tikkun kelali* (general cure) for ailments of all kinds. Psalms 32, 41, 42, 59, 77, 90, 105, 137, and 150. The book *Healing of Soul, Healing of Body* explores these psalms.

7. Psalm Selections (Psalms 102:2-3, 20)

Rabbi: Adonai, hear my prayer, let my cry come before You. Do not hide your face from me in my time of trouble.

Cantor: Turn to me when I cry – and answer me speedily.

Rabbi: May Adonai answer you in time of trouble, may the name of Jacob's God keep you safe.

Cantor: May God send you help from the sanctuary of Divine holiness. May God sustain you from Zion.

Rabbi: May God receive and approve all your offerings. Selah!

Cantor: May God grant you according to your desire and fulfill your every plan.

Rabbi: May we shout for joy in your victory, arrayed by standards held in the name of our God.

Cantor: May Adonai fulfill your every wish.

Rabbi: Now I know that Adonai will give victory to God's own anointed, the Mashiach. God will answer the anointed from the heavenly sanctuary with mighty victories.

אֵלֶּה בָּרִכְבּ וְאֵלֶּה בַּסּוּסִים וְאֲנִי־נִקְרָא בְּשֵׁם־יְהוָה אֱלֹהֵינוּ נִזְכָּר

Others [call] on chariots, they [call] on horses, but we call on the name of Adonai our God.

Cantor: Calling upon what is false leads to collapse, but we will rally and gather strength.

Rabbi: יהוה הוֹשִׁיעָה הַמְלִיךָ יַעֲנֵנוּ בְיוֹם־קְרָאנוּ God who saves and rules will answer us when we call!

8. Narrow Bridge (Rabbi Nachman of Bratslav)

Kol ha'olam koolo gesher tzar me'od, gesher tzar me'od, gesher tzar me'od.

Kol ha'olam koolo gesher tzar me'od, gesher tzar me'od.

Veha-eekar, veha-eekar lo lefached, lo lefached klal.

Veha-eekar, veha-eekar lo lefched klal.

All the world is a very narrow bridge, very narrow bridge, very narrow bridge.

All the world is a very narrow bridge, just a narrow bridge.

And above all, above all is not to fear, not to fear at all.

And above all, above all, is not to fear at all.

9. Oseh Shalom (from the liturgy)

Oseh Shalom bimromav, hu ya'aseh shalomaleyenu ve'al kol yisrael ve'imru amen.

May the One who makes peace in the heavens, make peace for us, all Israel, and the world.

10. Daily Gratitude Blessings (from the liturgy)

Baruch ata Adonai eloheyenu melech ha'olam zokef kefuim/matir asurim/noten layef koach.

Blessed are You, Adonai, Sovereign of time and space, who lifts up the bent, frees the bound, and gives strength to the weary.

11. Return Again (Rabbi Shlomo Carlebach)

Return again, return again, return to the land of your soul.

Return to who you are, return to what you are, return to where you are

Born and reborn again.

12. Holy Spirit (adapted by Rabbi Debra Orenstein)

“*Ruach kodshecha al tikach mimeni*—Do not take your Holy Spirit away from me.” – *Shema Koleynu*
Rain on me, rain on me, Holy Spirit, rain on me.

Yesterday’s gone; today I’m in need. *Ruach Hakodesh*, rain on me.

Shine on me... Breathe on me... Dwell in me...

Loving me, loving me, Holy Spirit is loving me.

Yesterday’s gone; today I believe. *Ruach Hakodesh, barchi oti* (Holy Spirit, bless me).

Ruach Hakodesh, barchi oti. (Holy Spirit, bless me).

13. Bedtime Shema Blessing (Debbie Friedman)

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 the paths ahead.

And behind us may well-being heal our way.

CHORUS: All around us is *Shechinah*. (4x)

14. Bedtime Shema Blessing (Rabbi Shlomo Carlebach)

Beshem Hashem, beshem hashem, elohei yisrael. [In the name of the God of Israel]

Mee-mee-ni mee-cha-el [to my right is Michael- meaning, Who is like God?]

oo-mee-smo-lee gav-ree-el [to my left is Gabriel – meaning God is my strength]

oo-mil-fah-na-y oo-ree-el [in front of me is Uriel – meaning God is my light]

oo-mey-ah-choh-ra-y re-pha-el [behind me is Raphael – meaning God heals]

Me'al roh-shee, me'al roh-shee [and above me, above my head]

Shechee-nat el. [is the close-dwelling, Mother-Presence of God]

15. Amidah Blessing Chant

Heal me Eternal One, and I am healed. Save me and I am saved. For You are, for You are,
for You are my Praise.

16. Full Amidah Blessing

רפאנו ה' ונגרפא. הושיענו ונגשעך פי תהלתנו אלה. והעלה רפואה שלמה לכל מכותינו

Heal us, O Lord, and we shall be healed, save us and we shall be saved, for You are our
praise. Bring complete healing to all our wounds,

תפילה בעד החולה: יהי רצון מלפניך ה' אלהי ואלהי אבותי שתשלח מהרה רפואה שלמה מן השמים. רפואת הנפש ורפואת הגוף
לחולה פב"פ בתוך שאר חולי ישראל

(Prayer for a sick person: May it be Your will, Adonai my God and God of my ancestors, that
You quickly send a complete recovery from the Heavens - a recovery of the soul and a
recovery of the body - to the sick perso [insert name, the son/daughter of insert mother's
name], among others who are ill among the people of Israel and of the world.)

כי אל מלך רופא נאמן ורחמן אלה. ברוך אלה ה', רופא חולי עמו ישראל

for You, our Ruler and God, are a faithful and merciful Healer. Blessed are You, Adonai,
who heals the sick of Your people Israel.