

Symposium
Back to Basics: The Foundational Texts of Courage, Resilience, and Perspective
Rabbi Karyn Kedar
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The Blessing for the Body

Blessed are You, Lord our God, Ruler of the Universe, who created the human being with wisdom, and created in them many openings and spaces. It is revealed and known before your holy throne that if one of them is opened or closed, it would be impossible to exist and to stand before you. Blessed are you, God, who heals all flesh and does wonders.

The Blessing for the Soul

My God, the soul that you put in me is pure. You created it, you formed it, you blew it into me and you guard it within me. You will take it from me, and return it to me in the distant future. All the time that the soul is within me, I am grateful to you, Lord my God and the God of my ancestors. Master of all deeds, lord of all souls. Blessed are you, Lord, who returns souls to dead bodies.

Contemporary Mi Shebeirach Prayer, by 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,
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*, [a complete healing]
The renewal of body, the renewal of spirit,
And let us say, Amen

Love

With a great abundant love have You loved us, Lord, our God;
with a great compassion have You had compassion upon us.
Our Father, our King - for the sake of our ancestors who trusted in You
and You taught them the laws of life;
so too grace us and teach us.
Our Father, the merciful Father, the merciful One,
have mercy upon us, and place within our hearts the ability to
to understand and to comprehend,
to listen and to study,
to teach and to keep,
to do and to preserve
all of the words of Your Torah with love.

And enlighten our eyes in Your Torah, and make our heart cling to Your commandments. Unite
our hearts with love and awe to Your name;
and may we never be embarrassed or shamed.
We have trust in Your great, awesome and holy Name. I
Let us rejoice and be gladdened by Your salvation.
Bring us in peace from the four corners of the Earth, and lead us upright to our Land.
You are God who performs salvations.

You have chosen us from among all nations and languages,
and have brought us close to Your great name forever in truth,
to praise You and unify You with love.

Blessed are You, Lord, who chooses His people, Israel, with love.