

Healing and Health

By Custom & Craft



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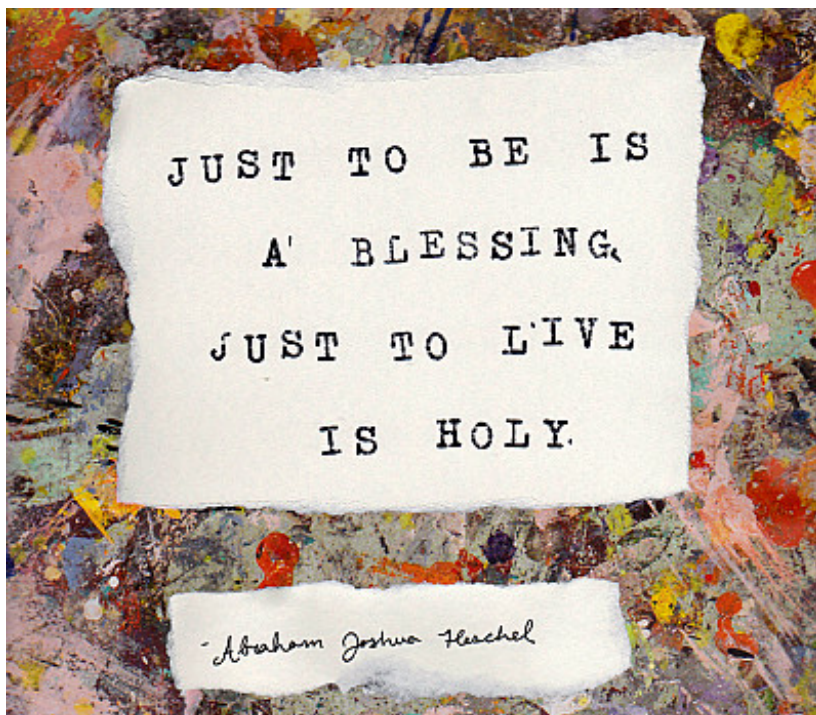
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INTRODUCTION

Just to be is a blessing

Contributed by [Custom & Craft](#)

Source: Abraham Joshua Heschel



Quote by Abraham Joshua Heschel

INTRODUCTION

MI SHEBERACH FOR THOSE IN RECOVERY

Contributed by [The Blue Dove Foundation](#)

Source:

God, there are those among us who struggle with addiction. We offer this special prayer for those in recovery:

- *Mi Sheberach*, to the one who blesses: May God bless you with the courage to conquer your cravings, the strength to stay far from temptations and from people who can lead you astray.
- *Mi Sheberach*, to the one who blesses: May God hear the cry of your soul and bless you with the knowledge that you have the power to remake your life, to repair what has been destroyed, to recover what has been lost, to receive all the blessings that have been ignored.
- *Mi Sheberach*, to the one who blesses: When you fall into despair, may God bless you with hope. If you stray from the path of recovery, may God show you how to begin again. May God renew your faith in yourself. May God open your eyes to all the miracles that surround you.

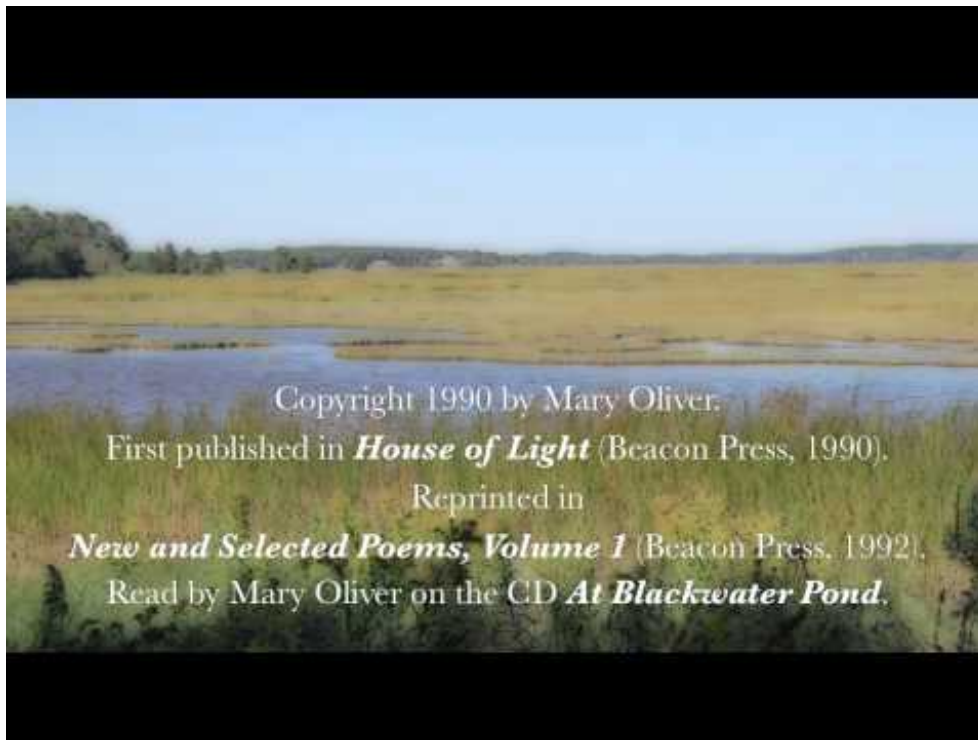
Bless all those who are living in recovery. God, lead them on the path back to life, back to love, and back to You. Amen.

POETRY

Mary Oliver reads "The Summer Day"

Contributed by Custom & Craft

Source: <https://youtu.be/16CL6bKVbJQ>



<https://www.youtube.com/embed/16CL6bKVbJQ>

A Priestess's Prayer Under Quarantine

Contributed by [Rachel Kann](#)

Source: Rachel Kann: <https://realizeparadise.com/>

A Priestess's Prayer under Quarantine by Rachel Kann

Let me be not deceived,
let me remember this
moment holds sweetness
enfolded in its deep grievousness.

Let me be a vessel for
the healing this planet
so deeply needs.

Use me
as a source of soothing
for everyone suffering
under every destructive
regime's undoing.

Use me
as a sukkat shalom,
as shelter from
the tumbling detritus
of crumbling empires,
as comfort
for those terrified
of this
natural catastrophe.

Let me awaken
the sleepers
and weave lullabies
for the sleepless.

Let me tend with
utmost tenderness.

Help me find the calm inside
so that I may grant it
expansiveness.

From within this cocoon,
use me to reveal
the mercy of retreat.

Use me as a tool
to teach
of Mother Gaia's
tremendous gentleness,
of her unfathomably vast patience
with this human race—

what unimaginable grace
she shows us.

What merciful tolerance
she bestows upon us:

to serve us
three-day-pay-or-quit papers,
rather than a
well-deserved
immediate eviction notice.

Remind me that I was born
for this moment.

Let this be the turning point,
we so desperately need,

let me be
empathy,

let me mourn
each soul's last gasp
of breath,

let me be compassion,
let me
radiate graciousness,

please,
hear this simple petition,
please
use me to priestess
the emerging world
Into existence.

POETRY

Eli, Eli

Contributed by [Custom & Craft](#)

Source: Original Design by Custom & Craft

My God, My God,

I pray that these things never end,

The sand and the sea,

The rustle of the waters,

Lightning of the Heavens,

The prayer of Man.

- HANNAH SZENES -

POETRY

Psalm 42 - Where is Your God?

Contributed by BimBam

Source: G-dcast



<https://www.youtube.com/embed/kT4hCs-iMgQ>

This adaption of Psalm 42 was made as part of The Psalms Project from G-dcast, dedicated to raising basic Jewish literacy. We invited poets to interpret the Biblical psalm of their choice, and then we animated the most compelling entries.

The Higgs Field

Contributed by [Rachel Kann](#)

Source: Rachel Kann: <https://realizeparadise.com/>

The Higgs Field: Each Green Unfurling by Rachel Kann

Can you imagine the practical grace
in your thoroughgoing pulsation?
The surge of blood toward and from,
the electric whisper of your heart's continuing?

Do you grasp the implication
of your lungs' twinned genius?
The expansion and contraction
in eternal pranic tango
with each green unfurling?

The gift of
paroxysms of laughter?

The wonder
that is your stumbling journey?

The elaborate code
of your elegant animal?

The miraculous machinery
of your is-ness,
if you could witness it,
would knock you to your knees in awe,
raise you to your toes in grateful praise

to the greatness that set the tempo,
made momentum out
of the ineffable substance
our every atom is pushing through.

POETRY

Fat is Not a Feeling

Contributed by Caroline Rothstein

Source: www.carolinerothstein.com



<https://www.youtube.com/embed/fzia-8MX4ig>

Caroline Rothstein performs Fat is Not a Feeling

<https://www.carolinerothstein.com/video/fat-is-not-a-feeling/>

Fruit

Contributed by [Rachel Kann](#)

Source: Rachel Kann: <https://realizeparadise.com/>

Fruit

By Rachel Kann

Know this:
you are wonderful-wild.
Do not deny it, contort
akimbo,
reach your glorious limbs skyward.
No more mourning
your exclusion from the orchard—
you were never meant to be regimented,
thank heaven.

The predatory parasites
who hijacked the canopy,
clawing toward your inner sugar,
have all been evicted.
They could never truly penetrate;
never rip to the center of you.
They tried to prune your shine,
you bloomed through it.
Their attempts to graft you
proved fruitless,
they carved their tags into your trunk,
underestimated your fortitude.
How could they predict
you'd claim your scars as splendor?
Your roots go deeper
than you ever imagined.
You are steadfast
and untamable.

Your leaves unfurl face-up
toward the
massive gentleness
and outrageous abundance
emanating in waves of electric radiance.
Your existence bridges
earthly with celestial.
Today, it begins.
Awaken, under cover of cold snap.
Be your sweetness, revealed.
Your glow is a holy permission slip.
Beneath the harsh winter—
hidden growth. Humble/pliant,
you are safer than you realize.

Here is a secret worth knowing:
To dance, you must let the wind
whip your branches.

To sing, permit the breeze
to whistle through you.
Your very being is a map of eternity.
You are inviolable,
fairly spilling with potential.
Come to blossom;
Come to fruit.

Mi Sheberach by Debbie Friedman

Contributed by Custom & Craft

Source:



<https://www.youtube.com/embed/pHKo3CjuzpY>

The Box Breath

Contributed by SIJCC

Source: Michael Kass, Silerlake Independent JCC



<https://www.youtube.com/embed/bAm2BoNZnCM>

Created with the generous support of the Jewish Community Foundation of Los Angeles.

The Coming Home Breath

Contributed by [SIJCC](#)

Source: Michael Kass, Silverlake Independent JCC



<https://www.youtube.com/embed/50TRNT4DwxE>

Created with the generous support of the Jewish Community Foundation of Los Angeles.