

# מי שברך

## MI SHEBEIRACH

Healing energy is a very powerful force that restores and regenerates us at all levels. We have the power, as we tap into the Light, to create this healing energy for ourselves and for others. We take a moment to think of those who need healing. Through the Mi Shebeirach, we create a circuit for that healing energy to travel to them. We receive the most healing when we think of others first.

|   |                            |
|---|----------------------------|
| Mi shebeirach avoteinu v'imoteinu,                            | מי שברך אבותינו ואמותינו,  |
| <i>May the One who blessed our ancestors,</i>                 |                            |
| Avraham Yitzchak v'Ya-akov,                                   | אברהם יצחק ויעקב,          |
| <i>Abraham, Isaac, and Jacob,</i>                             |                            |
| Sarah Rivkah Racheil v'Lei-ah,                                | שרה רבקה רחל ולאה,         |
| <i>Sarah, Rebecca, Rachel, and Leah,</i>                      |                            |
| hu y'vareich et ha-cholim (names)                             | הוא יברך את החולים (פלוני) |
| <i>bles and heal those who are ill (names)</i>                |                            |
| ben/bat (mother's name),                                      | בן\בת (פלונית),            |
| <i>son/daughter of (mother's name),</i>                       |                            |
| ba-avur she-anu mit'pal'lim                                   | בעבור שאנו מתפללים         |
| <i>because we are praying</i>                                 |                            |
| ba-avuram.  | בעבורם.                    |
| <i>on their behalf.</i>                                       |                            |
| Hakadosh baruch hu  | הקדוש ברוך הוא             |
| <i>May the Holy Blessed One</i>                               |                            |
| yimalei rachamim aleihem,                                     | ימלא רחמים עליהם,          |
| <i>be filled with compassion towards them,</i>                |                            |
| l'hachalimam ul'rapotam                                       | להחלימם ולרפאתם            |
| <i>for their health to be restored</i>                        |                            |
| ul'hachazikam.  | ולהחזיקם.                  |
| <i>and their strength to be revived.</i>                      |                            |
| V'yishlach la-hem m'heirah r'fu-at                            | וישלח להם מהרה רפואה       |
| <i>May the Eternal One swiftly send them complete renewal</i> |                            |
| sh'leimah min hashamayim,                                     | שלמה מן השמים,             |
| <i>from up above,</i>   |                            |
| r'fu-at hanefesh, ur'fuat haguf,                              | רפואה הנפש, ורפואת הגוף,   |
| <i>renewal of soul, and renewal of body,</i>                  |                            |
| hashta ba-agala uvizman kariv.                                | השתא בעגלא ובזמן קריב.     |
| <i>quickly and speedily may it come.</i>                      |                            |
| V'nomar amein.  | ונאמר אמן.                 |
| <i>And let us say, amen.</i>                                  |                            |

*These are alternative versions of the Mi Shebeirach which may be used instead of or in conjunction with the one on page 43.*

Mi shebeirach avoteinu

*You who blessed our fathers,*

M'kor hab'racha l'imoteinu.

*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,

*You who blessed our mothers,*

M'kor hab'racha la-avoteinu.

*Source of blessing for our fathers.*

Bless those in need of healing  
with r'fuah shleima,  
the renewal of body,  
the renewal of spirit,  
and let us say, Amen.

*Written by Debbie Friedman and Drorah Setel.*

מִי שְׁבֵרַךְ אֲבוֹתֵינוּ,  
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

מִי שְׁבֵרַךְ אִמּוֹתֵינוּ,  
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

## HEAL US NOW

R'fa-einu Adonai v'neirafei,

*Heal us Hashem and we will be healed,*

hoshi-einu v'nivashei-ah.

*save us and we will be saved.*

Eil karov l'chol kor-av,

*The Eternal One is near to all who seek You,*

ach karov lirei-av yisho.

*surely help is near to all who revere You.*

We pray for healing of the body.  
We pray for healing of the soul.  
For strength of flesh and mind and spirit.  
We pray to once again be whole.

רְפֹאנוּ יְהוָה וְנִרְפָּא,  
הוֹשִׁיעֵנוּ וְנִוָּשָׁעָה.  
אֵל קָרוֹב לְכֹל קוֹרְאֵיו,  
אֶךְ קָרוֹב לִירְאֵיו יִשְׁעוּ.

Eil na r'fa na:

*Please Eternal One grant healing:*

Oh, please, heal us now.

R'fu-at ha-nefesh,

*Healing of the soul,*

ur'fu-at ha-guf,

*healing of the body,*

r'fu-ah sh'leimah.

*complete healing.*

Heal us now.

Hoshia et amecha,

*Save Your people,*

uvareich et nachalatecha.

*and bless Your inheritance.*

Ur'eim v'nas-eim ad ha-olam,

*Care for them and exalt them for ever,*

mi shebeirach avoteinu,

*You who blessed our fathers,*

mi shebeirach imoteinu,

*You who blessed our mothers,*

ana Adonai hoshiah na.

*O please help us Hashem.*

We pray for healing of our people.

We pray for healing of the land.

And peace for every race and nation,  
every child, every woman, every man.

*Written by Cantor Leon Sher.*

אֵל נָא רְפֹא נָא:

רְפוּאת הַנֶּפֶשׁ,

וּרְפוּאה הַגּוּף,

רְפוּאת שְׁלֵמָה.

הוֹשִׁיעָה אֶת עַמְּךָ,

וּבִרְךָ אֶת נַחֲלָתְךָ.

וְרַעַם וְנִשְׂאִים עַד הָעוֹלָם,

מִי שְׁבִרְךָ אֲבוֹתֵינוּ,

מִי שְׁבִרְךָ אִמּוֹתֵינוּ,

אָנָּא יְהוָה הוֹשִׁיעָה נָא.