

Oh Wondrous Healer

by Rabbi Shefa Gold

רוֹפֵא כָּל בָּשָׂר וּמַפְלֵי לַעֲשׂוֹת

Rofay kol basar umaflee la'asot

Oh wondrous Healer of all flesh! (from the Morning liturgy)

As part of our morning blessings we acknowledge the miracle of healing. It is the Divine spark within me that gives my body the intelligence to heal itself. That amazing intelligence is at work at this very moment. With this practice, I recognize my body's capacity for self-healing and I activate that Divine Healing power that is latent within each and every cell.