

***R'fuat HaNefesh (Healing the Soul)***  
***adapted from Alden Solovy***

God of spirit  
God of the breath and the wind,  
Look with kindness and favor on those  
Whose heart aches,  
Crushed and fallow,  
Whose heart yearns,  
Empty and Broken.

God of the nefesh, ruach, and neshama  
Guide their souls  
Back to the wonder and mystery,  
Sacred moments and glorious days,  
So that they may know the power of your love  
And the wisdom of your words.  
May the people's soul shine,  
A light and a blessing  
For people the world over.

*Note: nefesh, ruach and neshama can be translated as soul, spirit,  
and breath.*