

# Healing Meditations

*Ariel Neshama Lee*

## I. Living Waters, Mayim Chayyim Meditation

Take a few moments to become comfortable. Close your eyes. Let your body relax. Shake out any tightness, constriction, tension. Focus your attention on your breathing. Take a few deep breaths, inhaling and exhaling slowly. As you inhale, imagine that you are breathing in waves of healing energy. Envision this energy as it flows throughout your entire body, permeating every cell. As you exhale, envision anything that represents tightness and constriction being released from your body, carried away on the soft wind of your breath. Envision these narrow places opening and expanding with every exhalation. With every breath you feel anything that constricts you, anything that holds you back, leave each part of your body — you feel waves of healing energy flowing throughout your body. With every breath, you are filled with deep relaxation. Feel this happening in your feet, your legs, your hips, your abdomen, your spine, your chest, your hands, your arms, your shoulders, your neck, your head, your face.

Imagine you are walking along the shore of the ocean. Note the ebb and flow of the water, the waves, the sea foam. First one wave, then another, gently caresses the shore, mingling with the sand. Feel the soft caress of the water as it washes against your feet.

Now imagine individual droplets of water turning into rainbow-colored liquid jewels. Envision these liquid jewels penetrating your feet, then flowing upward throughout your body — like sap flowing through a tree. Feel this liquid jewelled water as it flows into your feet, your legs, your hips, your abdomen, your spine, your chest, your hands, your arms, your shoulders, your

neck, your head, your face. Note the color of these liquid jewels as they flow through your entire body — cleansing you, healing you.

These are living waters, *mayim hayim* — waters of healing.

In the beginning, God's voice hovered over the waters. We are birthed into being through water. These waters flowing through you are the very same waters — the waters of Bereishit, the waters of the beginning, the waters of creation. These are the waters of Gan Eden — living waters — *mayim hayim*.

Legend says that as long as Miriam lived, a mysterious well — an ever flowing source of sustenance, strength, abundance, and healing — accompanied the Children of Israel on their journeys. This healing well contained the primordial waters, the waters of creation, the waters of Eden.

Feel these jewelled waters of healing flow like a river of light through every pore and every part of you. Feel these waters of healing flow through your arteries and veins — touching every cell of your body — reaching to any part of you that is in need of healing. Feel these waters of healing wash away the debris of any pain, fatigue, distress, and dis-ease you may be experiencing.

Now envision these jewelled waters flowing outward from the top of your head like a fountain or a waterfall. Note the crystal clarity of the jewelled water as it cascades gently all around you. Envision these waters of healing flowing from you to all those in need of healing of any kind — whether it be physical, emotional, mental, or spiritual. Visualize these waters of healing gently expand, envelop, and merge with them — bringing hope, courage, strength, balance, harmony, wholeness, and blessing — bringing complete healing, *refuah shleimah*, healing of body and healing of spirit.

Know that this well of living waters — *mayim hayim* — is always there for you whenever you are in need of it. It is within you. The ancient well of living waters, Miriam's Well, still lives within each of us. Within each person is an internal well of healing waters, an internal pool of blessing. Know that God, the Divine Flow, the Shefa, is always there for you, filling you with hope, healing, abundance, and blessing — whenever you are in need of it.

Hold onto this image as you now become aware once more of your breath and the boundaries of your body. As you take a few deep breaths, become aware of the gentle rise and fall of your chest. Become aware once more of your presence in the room. Then, when you are ready, slowly open your eyes.

## II. Shofar of Light — A Meditation for Rosh Hashanah

Take a few moments to become comfortable. Close your eyes. Let your body relax. Shake out any tightness, constriction, tension. Focus your attention on your breathing. Take a few deep breaths, inhaling and exhaling slowly. As you inhale, imagine that you are breathing in waves of healing energy. Envision this energy as it flows throughout your entire body, permeating every cell. As you exhale, envision anything that represents tightness and constriction being released from your body, carried away on the soft wind of your breath. Envision these narrow places opening and expanding with every exhalation. With every breath, you feel anything that constricts you, anything that holds you back, leave each part of your body — you feel waves of healing energy flowing throughout your body. With every breath, you are filled with deep relaxation. Feel this happening in your feet, your legs, your hips, your abdomen, your spine, your chest, your hands, your arms, your shoulders, your neck, your head, your face.

Imagine that you are walking along the shoreline of the ocean. Envision a shofar made of pure light spanning the skyline. It is a light so bright that it dims the light of the sun. It is a light that is so bright it dims the starlight of the constellations at night. Note the color and shape of the shofar. Note how it twists and turns as it makes its spiral configurations. Now imagine this shofar of light as it weaves and wraps around you like a protective blanket. Now feel the light from the shofar flow through you, penetrating all the cells of your body. Imagine the light connecting with the substance of your DNA, the molecule of life within every cell, with its twin spirals that mirror the shape of the shofar.

Now imagine that each of your cells contains a microscopic shofar of light. They are everywhere, inside every cell of your body. Imagine that these tiny microscopic shofars are all connected to one another as they merge to form one shofar of light that is imprinted on your body, imprinted on your soul. Envision this shofar of light merging and melding with the shofar in the sky.

In the beginning, the Holy One blew the breath of life into the nostrils of the first human being. Now envision the breath of God being blown into the shofar of light. As you take a deep breath, feel the Divine breath as it fills the shofar of light within you. Know that this shofar of light is always there for you.

Whenever you are in need of healing — when you experience pain, fatigue, distress, disease — all you need to do is look within. The light is in you.

Feel, sense, and know your inner light. This is a light of hope, healing, and wholeness. And with your inner light, you may bring healing and blessings to others. Envision your light within shining out to all those in need of healing of any kind — be it physical, emotional, mental, or spiritual. You may wish to think of a particular person or persons in need of healing. As you hold the image of this person or persons in your heart and in your mind, imagine that your inner light extends from you to them — bringing hope, healing, courage, strength, and wholeness — bringing complete healing, *refuah shleimah*, healing of body and healing of spirit.

Hold onto this image as you now become aware once more of your breath and the boundaries of your body. As you take a few deep breaths, become aware of the gentle rise and fall of your chest. Become aware once more of your presence in the room. Then, when you are ready, slowly open your eyes.



*ARIEL NESHAMA LEE has written and published Jewish poems, prayers, and rituals, and is a lay leader at Temple Shalom in Winnipeg, Canada. She holds degrees in biology, nursing, and law, and has a master's degree in medical law and bioethics. She has extensive experience working in the health care field. Ariel has studied the guided imagery techniques of Colette Aboulker-Muscat as taught by Carol Rose.*