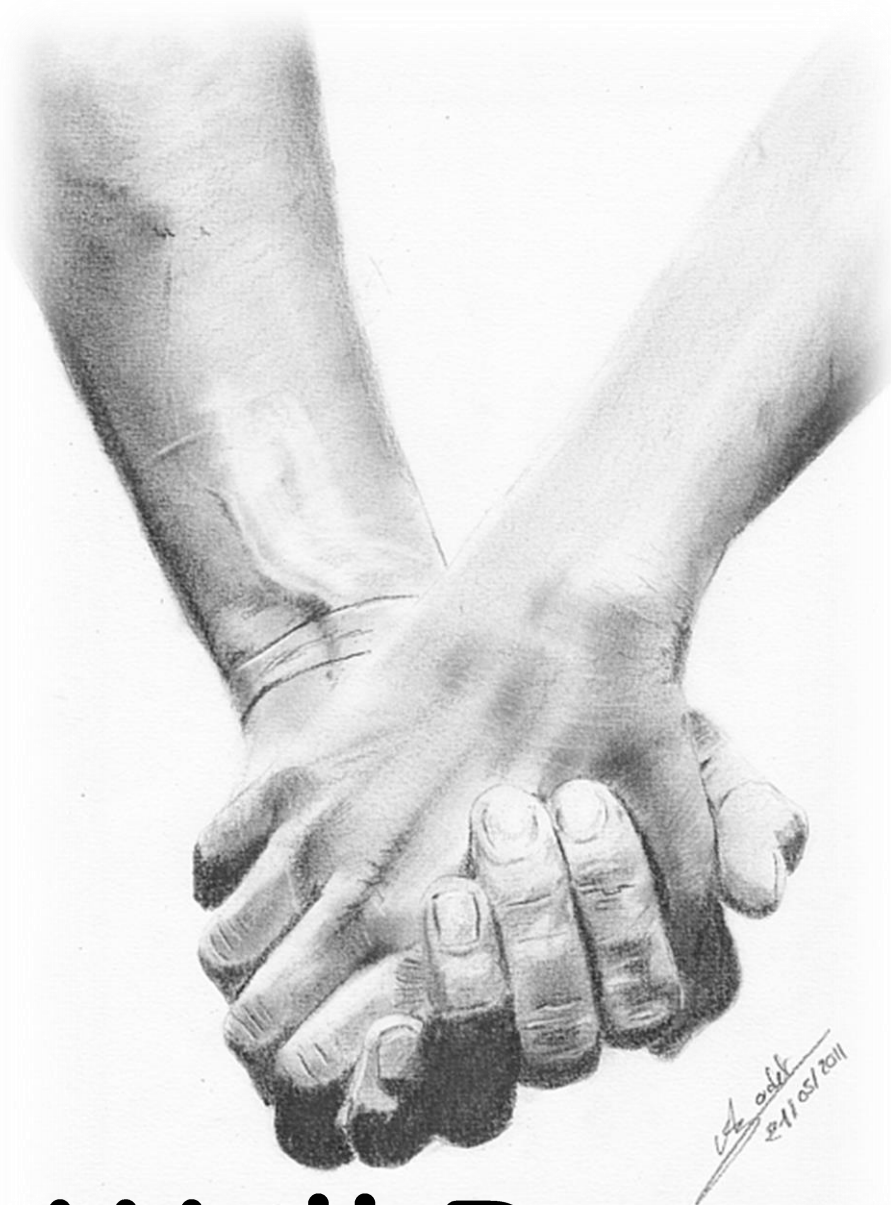


# Alyth



# Well Being Service

## Breathing In and Out

Breath. Until recently, something I never really thought about. Once I became aware of my breath, everything changed.

I had no idea how often I held my breath.

When I hold my breath I hold things in.

When I hold things in I become unwell on all levels – mentally, physically, spiritually and emotionally.

Things start piling up inside and they manifest in many unpleasant ways. Never has this been so apparent as in the last year.

After two years of chronic physical pain after the sudden and violent death of a loved one, I began monthly therapeutic breathwork sessions. My life was transformed as my body let go and unwound. Breath was the vehicle that took me to this transformation. Something as simple as breathing in and out, something I've rarely given any thought to, changed my life in the most profound ways. Not only is the pain gone, but I am filled with peace and clarity, purpose and enthusiasm once again. I am fond of saying we don't know what we don't know and sometimes I discover that I've forgotten the most simple things. Those simple things that are the most healing and life affirming. Take time to breath and see what bubbles up. You deserve it.

*Deb Karpak – Reiki Master/Teacher*

## Asher Yatzar

**Dan Nichols**

I thank you for my life, body and soul  
Help me realise I am beautiful and whole  
I'm perfect the way I am and a little broken too  
I will live each day as a gift I give to you

Baruch atah Adonai, rofei chol  
basar umafla la'asot

בָּרוּךְ אַתָּה יְהוָה. רוֹפֵא כָּל־בָּשָׂר.  
וּמַפְלִיא לַעֲשׂוֹת:

*Blessed are You God, who heals our flesh and performs such wonders*

## I martyr myself when I don't prioritise ME

Little is known about the person, Jabez. What we do know is that his name means, “born of sorrow” and that he was one of many siblings. He did not appear to be blessed with much and whilst in his moment of despair seemed to still hold on to his faith, turning to God and asking for help. His direct request for personal help shows us that before we ask for others, we should ask for ourselves so that we have the strength to help those around us who are in need.

Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm, so that I will be free from pain.” And God granted his request.

*1 Chronicles 4:10*

### Pirkei Avot 1:14

הוּא הָיָה אוֹמֵר, אִם אֵין אָנִי לִי, מִי לִי. וְכִשְׁאֲנִי לְעַצְמִי, מָה אָנִי. וְאִם לֹא  
עַבְדִּי, אֵימָתִי:

Rabbi Hillel used to say: If I am not for myself, who is for me? But if I am only for myself, what am I? And if not now, when?

The Rabbi of Berditchev saw a man hurrying along the street, looking neither right nor left. “Why are you rushing so?” he asked the man. “I am after my livelihood,” the man replied.

“And how do you know,” continued the Rabbi, “that your livelihood is running on before you, so that you have to rush after it? Perhaps it is behind you, and all you need do to encounter it is to stand still – but you are running away from it!”

*Martin Buber*

The purpose of life is a life of purpose.

Discovering and then realizing your lifework brings lasting fulfilment.

Set clearly defined personal, professional and spiritual goals, and then have the courage to act on them.

*Robin Sharma*

## Shulchan Arukh, Choshen Mishpat 427:9

וכן כל מכשול שיש בו סכנת נפשות מצות עשה להסירו ולהשמר ממנו ולהזהר בדבר יפה שנאמר השמר לך ושמור נפשך ואם לא הסיר והניח המכשולות המביאים לידי סכנה ביטל מצות עשה ועובר בלא תשים דמים:

Likewise, one has a positive duty to remove and guard oneself of any life-threatening obstacle, as it is said “beware and guard your soul”. If one did not remove said obstacles, one has cancelled a positive commandment and transgressed “do not bring bloodguilt” (Deut. 22:8).

### Song from Adon Olam Music: Debbie Friedman

<i>B'yado afkid ruchi,</i>	בְּיָדוֹ אֶפְקִיד רוּחִי.
<i>b'eit ishan v'a'irah.</i>	בְּעֵת אִישָׁן וְאֶעִירָה:
<i>V'im ruchi g'vi'ati,</i>	וְעִם רוּחִי גְּוִיֹּאתִי.
<i>Adonai li v'lo ira.</i>	אֲדֹנִי לִי וְלֹא אֵירָא:

In my Maker's hand I lay my soul  
both when I sleep and when I wake,  
and with my soul my body too,  
my God is close, I shall not fear.

As we make our way through our busy and often lonely days, may our thoughts lead us back to times of smiles and laughter. May our tears and pain be eased by the comfort of our memory. And may God offer us strength and comfort now and always. Amen

Naomi Levy

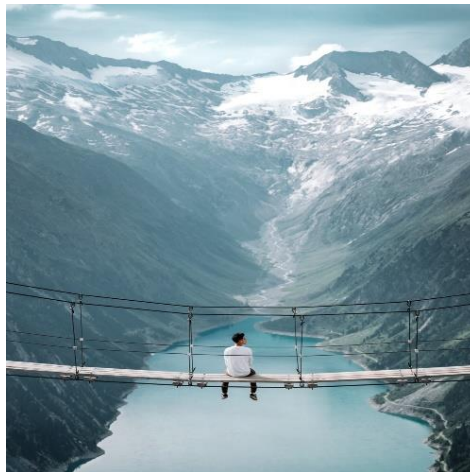
The secret of happiness is simple: find out what you truly love to do and then direct all of your energy towards doing it. Once you do this, abundance flows into your life and all your desires are filled with ease and grace.

Robin Sharma

## How can I *not* martyr myself in the world I live

Have pity on me, loving God. I really do want to talk to You and tell You in my own words What is going on in my life And what I am feeling. But I find it so hard to even sometimes start. Let alone set out my thoughts. I seem so confused. And yet I have so many needs. And so much that I could say.

Dear God, help me talk to You about whatever is on my mind And especially my desire to be close to You. Give me time to be alone, To speak in my own words and language. Let me pour out my heart to You Sincerely and truthfully, And build up my spiritual strength Through my great longing for You.



## Gesher Tsar Me'od, Nachman of Bratslav

Kol ha'olam kulo  
Gesher tsar me'od  
Veha'ikar lo lifached k'lal.

כָּל הָעוֹלָם כֵּלִי  
גֶּשֶׁר צָר מְאֹד  
וְהַעֲיָקָר לֹא לִפְחֹד כָּלִל

All the worlds a very narrow bridge, but the main thing to recall is to  
have no fear at all.

What an extraordinary gift it is – what a blessing, what a miracle  
To have been raised by imperfect parents who did their very best;  
To share our life with a partner no more flawed than we are;  
To count as a friend one who understands and accepts us most of the  
time.  
How brave, how hard it is to be ‘good enough’ in our ties to one another:  
To give, even when we’re exhausted; to love faithfully;  
To receive with grace the love imperfectly offered to us.  
Can this day set us free from the tyranny of expectations?  
Can this day release us from fantasies impossible to fulfil?  
We resolve this day to embrace the practice of forgiveness:  
To forgive others who fail to be all we hoped they would to.  
To forgive ourselves when we fall short of what others hoped we would  
be.  
We declare this night that we will cherish goodness wherever it is found,  
And open ourselves to the gifts that are before us.

*Rabbi Lewis Kamrass*



Servants of time are slaves of slaves  
The servant of God alone is free  
When each one therefore seeks his lot  
My soul says, ‘God my lot shall be.’

*Yehuda Halevi*

## Kanfei Ruach – Wings of spirit

Words: Rav Kook, Orot HaKodesh 1:4:4:1 (adapted)

Music: Avigail Uziel-Amar

בן אדם עלה למעלה עלה,  
עלה למעלה עלה בן אדם  
עלה למעלה עלה

כי כח עז לך, יש לך כנפי רוח,  
יש לך כנפי רוח, כנפי נשרים אבירים.  
אל תכחש בם, פן יכחשו לך,  
דרוש אותם דרוש בן אדם וימצאו לך מיד.

Ben adam, aleh l'ma'alah aleh  
Aleh l'ma'alah aleh ben adam, aleh l'ma'alah aleh

Ki koach az l'cha, yesh l'cha kanfei ruach  
Yesh l'cha kanfei ruach, kanfei n'sharim abirim  
Al t'chachesh bam, pen y'chachashu l'cha  
D'rosh otam, d'rosh ben adam, v'yimatzu l'cha miyad

Ben adam, aleh l'ma'alah aleh  
Aleh l'ma'alah aleh ben adam, aleh l'ma'alah aleh

Bat adam, ali l'ma'alah ali  
Ali l'ma'alah ali bat adam, ali l'ma'alah ali

B'nei adam, alu l'ma'alah alu  
Alu l'ma'alah alu b'nei adam, alu l'ma'alah alu

Ki koach az lachem, yesh lachem kanfei ruach  
Yesh lachem kanfei ruach, kanfei n'sharim abirim  
Al t'chachashu vam, pen y'chachashu lachem  
Dirshu otam, dirshu b'nei adam, v'yimatzu lachem miyad

*Human being, ascend towards the heights, ascend!  
For you have the strength. You have wings of spirit  
Wings of mighty eagles.  
Do not forsake them, lest they forsake you.  
Seek them, and they will find you immediately.*

## I martyr myself when I don't do things that bring me JOY

Jerusalem Talmud, Kiddushin 4:12

רבי חזקיה רבי כהן בשם רב. אסור לדור בעיר שאין בה לא רופא ולא מרחץ ולא בית דין מכין וחובשין. אמר רבי יוסי בירבי בון. אף אסור לדור בעיר שאין בה גינוניתא של ירק. רבי חזקיה רבי כהן בשם רב. עתיד אדם ליתן דין וחשבון על כלמה שראת עינו ולא אכל. רבי לעזר תשש להדא שמועתא ומצמית ליה פריטין ואכיל בהון מכלמילה תדא בשתא.

Rabbi Chizkiah, Rabbi Cohen [said] in the name of Rav, "It is forbidden to dwell in a city which has neither a medical man, nor a public bath, nor a court lashing and jailing." Rabbi Yose ben Rabbi Abun said, "Also it is forbidden to dwell in a city which has no vegetable garden." Rabbi Chizkiah, Rabbi Cohen [said] in the name of Rav, "Every person will have to justify themselves for everything his eye saw and which he did not eat." Rabbi Eleazar took note of this statement and saved coins from which he ate every kind once a year.

Never forget the importance of living with unbridled exhilaration. Never neglect to see the exquisite beauty in all living things. Today, and this very moment, is a gift. Stay focused on your purpose. The Universe will take care of everything else.

The Universe favours the brave. When you resolve to lift your life to its highest level, the strength of your soul will guide you to a magical place with magnificent treasures.

*Robin Sharma*

### If not now, tell me when?

Music: Carrie Newcomer

If not now, tell me when?

I see sorrow and trouble in this land

If not now, tell me when?

I see sorrow and trouble in this land

We may never see this moment

Although there will be struggle

Or place in time again.

We'll make the change we can.

If not now, if not now,

If not now, if not now,

Tell me when?

Tell me when?

We may never see the promised land.

We may never see the promised land.

And yet we'll take the journey

We'll walk it hand in hand

If not now, tell me when.



## **A Song of Healing**

From Caring for the Soul Ed: Richard F Address

Soothe this soul of troubles, my Healer  
Take my hand in courage;  
Embrace me with hope and calm,  
Lingering reminders of Your care.  
Let each new day bring progress,  
Aligning me toward wholeness.

Bring strength and healing,  
A new day of brightness  
Trouble-free nights of kind dreams.

May I walk renewed in wonder  
At the person You have created,  
Senses attuned again to beauty,  
Hate and bitterness now set aside,  
A long journey safely ended.

## **Mi Shebeirach**

*Mi shebeirach avoteinu*  
*M'kor hab'racha l'imoteinu*  
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*  
*M'kor habrachah l'avoteinu*  
Bless those in need of healing with r'fuah sh'leimah,  
The renewal of body,  
the renewal of spirit,  
And let us say, Amen

## **A prayer to forgive yourself on Yom Kippur**

Yom Kippur is here, and I churn.  
Like my ancestors, who stood at the helm of domestic technologies  
Spinning  
Weaving  
Churning  
Kneading  
I feel my insides move and dilate.  
It's hard to think straight.

Am I here to offer apology?  
To demand pardoning?  
To ask forgiveness?

Am I forgiving myself?  
Am I sorry for what I have done...  
Or sorry that I have allowed myself to be so driven by guilt,  
So stricken by these ancient mechanisms of pain  
That I've obstructed my own Divine purpose, in so many ways. Striking  
hand over heart, pounding it awake, like the bright paddle of a  
defibrillator  
Delivering shock after shock  
Pulsing, awakening, enlivening.

Al Cheit SheChatanu Lefanecha...  
The words we intone, in every synagogue, temple and sacred space.  
For these sins we've transgressed before you...

In the home  
On the street  
In the workplace  
In the bedroom  
On the internet  
On this earth  
Slach Lanu. Pardon Us. Mechal Lanu. Forgive Us. Kaper Lanu.  
Grant us that magic balm of compassionate, all-encompassing  
atonement.

And so, I begin by forgiving myself.

I forgive myself

For procrastination, for perfectionism, and for never believing in myself as much as God believes in me.

I forgive myself

For labelling, judging, assuming, or naming another human— without knowing their situation fully

I forgive myself

For judging my own actions, thoughts and deeds more harshly than God or other humans could ever judge me, and carrying those stories with me, day after day

I forgive myself

For demanding gender roles of others, intentionally or unintentionally, passing judgement on someone's appearance to assume their capabilities and hurting feelings in the process

I forgive myself

For following, and sometimes perpetuating, and not yet fully being free of false standards of beauty, for all genders

I forgive myself

For self loathing, for self doubt, for hating and maligning the being that the Divine has placed on this earth; and the body I have been granted to walk in alongside Spirit

I forgive myself

For walking too hesitantly, for walking too aggressively, for thinking there is anything wrong with the way I walk in the world

I forgive myself

For staying quiet, sometimes; and for being too loud, other times; and for not knowing what to say when it was at the tip of my tongue and I was just too scared

I forgive myself

For dumbing myself down; for acting way too smart; for getting competitive and for backing off completely

I forgive myself

For apologizing all the time; for pretending I don't have a right to take up space; for carrying stories of guilt and revenge and poison with me that have only held me back

I forgive myself  
For carrying stereotypes for men as well as women that have hurt our  
own sense of the Divine  
I forgive myself  
For not being perfect all the time, for thinking I'm too perfect some of  
the time, for forgetting that I am a work in process, and even if there is  
room to improve, I can still forgive and move forward  
I forgive myself  
For not always listening, for assuming my stories are the same as  
everyone else's, and for shouting at the others that don't listen  
I forgive myself  
For believing that the only way through this is to smash it all down,  
when perhaps with compassion we can heal and rebuild I forgive myself  
Please, forgive me  
Slach lanu Mechal lanu Kaper lanu

*Adapted from a piece by Rishe Groner*

וְעַל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר לָנוּ

*V'al kulam, elohai selichot, s'lach lanu, m'chal lanu, kaper lanu*

And for all these things, forgiving God, forgive us, pardon us, and grant us  
atonement.

The quality of your life ultimately comes down to the quality of your  
contribution.

To cultivate the sacredness of each day, live to give.

By elevating the lives of others, your life reaches its highest dimensions.

## Dimensions of Well Being

*Pause & Reflect: What are you currently doing for your physical self-care?*

*Pause & Reflect: What are you currently doing for your emotional self-care?*

*Pause & Reflect: What are you currently doing for your psychological self-care?*

*Pause & Reflect: What are you currently doing for your spiritual self-care?*

Live in the “now”. Savour the gift of the present.  
Never sacrifice happiness for achievement.  
Savour the journey and live each day as your last.

We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.

*Robin Sharma*

Yihyu l'ratson imrei fi, v'hegyon libbi  
l'fanecha, Adonai tsuri v'go'ali.

יְהִי לְרָצוֹן אִמְרֵי פִי.  
וְהִגְיוֹן לִבִּי לְפָנֶיךָ.  
יְהוָה צוּרִי וְגוֹאֲלִי:

*May the words of my mouth and the meditation of my heart be  
acceptable to You, O God, my Rock and my Redeemer*



Father Mother God, thank You for Your presence during the hard and mean days. For then we have You to lean upon.

Thank You for Your presence during the bright and sunny days, for then we can share that which we have with those who have less.

And thank You for Your presence during the High Holy Days, for then we are able to celebrate You and our families and our friends.

For those who have no voice, we ask You to speak.

For those who feel unworthy, we ask You to pour Your love out in waterfalls of tenderness.

For those who live in pain, we ask You to bathe them in the river of Your healing.

For those who are lonely, we ask You to keep them company.

For those who are depressed, we ask You to shower upon them the light of hope.

Dear Creator, You, the borderless sea of substance, we ask You to give to all the world that which we need most – Peace.

Amen

*Maya Angelou*

Oseh shalom bimromav hu  
ya'aseh shalom aleinu  
v'al kol yisra'el v'al kol ha-olam,  
v'imru amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמָיו. הוּא יַעֲשֶׂה  
שָׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־  
הָעוֹלָם. וְאָמְרוּ. אָמֵן:

*May the Maker of peace in the highest bring this peace upon us and  
upon all Israel and upon all the world. Amen.*