

## A Blessing for Taking Medicine

This blessing was written with the intention of helping those- who chronically take medicines or those taking medicine in an acute situation and/or especially those whose must withstand the ingestion of medicines that feel toxic to the body ie: chemotherapy- to align themselves with the healing capacity of the medicine and with its healing potential as a conduit of God's grace and wisdom upon the earth.

ברוך את ה', חי עולמים, אשר ברא את כל עשב זרע זרע ואת כל העץ אשר בו פרי העץ זרע זרע ואת כל עולם המינרלים לרפואות ולתרופות, ובחכמה נתתה בידי בני אדם לרפואת בשר ודם.  
יהי רצון שהתרופה הזאת (שהתרופות האלו) תחדש ותרפא (תחדשנה ותרפאנה) את בשרי ונפשי ותחזיר (ותחזרנה) אותי לבריאות כדי לעבוד את ה' בשמחה ובשלימות.  
ברוך אתה ה' בורא רפואות, רופא כל בשר ומפליא לעשות.

Baruch atah Adonai Chai Olamim, asher bara et kol esev zoreia zera v'et kol ha-etz asher bo p'ri ha-etz zoreia zara v'et kol olam ha-mineralim lir'phu-ot v'litruphot, u'v'chokhmah natatah b'yidei b'nei adam l'rapot basar vadam.

Y'hi Ratzon she'hateruphah hazot (hat'ruphot ha-eilu) t'chadesh u'tirafei (t'chadshenah u't'raphe-nah) et b'sari v'nafshi, v'tachzir (tachzairnah) oti la-briut k'dei la'avod et Adonai b'simchah u'b'shleimut.

Baruch atah Adonai borei r'fu-ot, rofei kol basar u'mafli la'asot.

Blessed are You Adonai, Source of Life who created every kind of seed bearing plant and every kind of tree that has seed bearing fruit and the entire mineral world as agents of healing and medicine, And with wisdom has given them into the hands of people to heal humanity.

May it be your will that this medicine (these medicines) will renew and heal my body and soul and return me to vibrant health so that I may serve God in Joy and Wholeness.

Blessed are You Adonai, Creator of Medicines, Healer of All Flesh, who Manifests Wonders.