

## Angel Blessing

*The angel blessing is found in our liturgy in the traditional night time prayers. This prayer reflects the concern that going to sleep may appear similar to death and responds to our desire for protection through the night.*

*How do we understand angels? Some people might understand angels as angels. For others, angels might be a constellation of energy. For others, angels might be different aspects of humanity such as love, strength, hope and healing.*

*In offering this prayer, we evoke the sense that our patients are accompanied and surrounded by the angels, and shrink-wrapped with the presence of the Shechinah, of Holiness itself.*

B'shem A-do-nai (Ha'shem)

E-lo-hei Yis-ra-el

Mi-mi-ni Mi-cha-el

U-mis-mo-li Gavriel

U-mi-l'fa-nai U-ri-el

U-mei-a-cho-rai R'fa-el

V'al ro-shi Sh'chi-nat El

בְּשֵׁם יי  
אֱלֹהֵי יִשְׂרָאֵל  
מִיְמִינִי מִיְכָאֵל  
וּמִשְׂמָאלֵי וְגַבְרִיאֵל  
וּמִלְפָנָי אֱוִרִיאֵל  
וּמֵאַחֲרָי רַפָּאֵל  
וְעַל רֹאשִׁי שְׁכִינַת אֵל

**Michael** = love, kindness

**Gavriel** = strength, resilience, discernment

**Uriel** = what lights our way, hopes for the future, what life hopes for you.

**R'fael** = healing, that which is incomplete becomes complete, moving toward wholeness.

**Sh'chinah** = God's imminent presence, present at the head of the bed of one who is sick.

In the name of Adonai:

May the angel Michael be at your right

And the angel Gabriel be at your left

And in front of you the angel Uriel

And behind you the angel Rafael

And above your head the Shechinah (Divine Presence).

### *Alternative Translation*

In the name of the One,

The God of all Israel.

And on your right is Michael

On your left Gabriel

Before you now is Uriel

Behind you Rafael

Upon your head, upon your head,

The Shechinat of God.

## **An Approach to Presenting the Angel Blessing**

### **Suggestions for when this blessing is appropriate.**

You might choose this prayer for a patient in need of protection and healing. For example, someone who is going into surgery or is just scared.

### **“May I offer you a blessing?”**

Ask the patient, “May I offer you a blessing?”

### **“Let me tell you a little about this blessing.”**

“Did you know that there are angels in our tradition?” Explain that the angel blessing comes from the traditional night time prayers and explain a little about each of the angels and what they represent.

### **“What would you like this to mean for you?”**

After a brief explanation and before you begin the blessing, stop and ask your patient: “What would you like this prayer to mean for you?” Listen to what they say—this is their prayer.

### **“I would like to sing/say this for you. While I recite/sing the prayer, may I touch you?”**

Ask if the patient is comfortable with touching. If the patient says “yes,” you could touch the right hand, the left hand, the top of the chest, motion to the back, and touch the top of the head while saying the prayer. Be cautious of medical treatments and equipment.

### **Make this prayer your own.**

While you are saying/singing this prayer, you may, at the same time and to yourself, offer your private hopes and wishes for the patient and their family.

### **Concluding the prayer**

Allow time for silence at the end until the patient is ready to move on.

### **At Sukkot**

This prayer can be integrated with shaking of the lulav and etrog, lightly shaking the lulav around the patient in the directions of the angels as you sing.