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**Jewish Healing Guide for Women with Cancer:  
Blessings for the Journey Released by Mayyim Hayyim**

Newton, MA - In Jewish thought, there is a difference between "healing" and "cure." "Cure" is a medical term, while "healing" is an emotional and spiritual one. The wholeness of spirit, *shleimut*, is always within reach regardless of diagnosis or prognosis. When Paula Rayman was diagnosed with breast cancer six weeks after celebrating her marriage, she sought *shleimut* in Jewish writings and rituals.

Unable to find a comprehensive guide for Jewish women facing the disease, she turned to Mayyim Hayyim, a community mikveh and education center in Newton, MA that promotes Jewish learning and creative ritual. Together with a dozen other women who called themselves the Sixth Day Group because they met on Fridays, the "sixth day" of the Jewish calendar, she created [Blessings for the Journey: A Jewish Healing Guide for Women with Cancer](#).

**Blessings for the Journey: A Jewish Healing Guide for Women with Cancer** is a resource for Jewish women coping with cancer and their caregivers. Filled with personal stories, poems, songs, rituals and prayers, **Blessings for the Journey** traces the process of diagnosis, treatment, healing and recovery from the perspective of what Judaism can offer someone with cancer, her family and support community

**Blessings for the Journey** is written by women who had faced cancer themselves or as health care professionals. The healing guide offers suggestions for each stage of the journey for using mikveh, meditation, visualization, chanting, and psalms. The healing guide also provides Tools for the Journey, which includes journaling suggestions and an extensive resource list of books, music and websites.

"By identifying rituals that can provide spiritual healing, this healing guide can help readers gain some sense of control during a time when life feels overwhelming, chaotic, and entirely out of control. At Mayyim Hayyim we repeatedly observe that mikveh, the ritual of immersion, can provide a meaningful experience for people facing the challenges of both *refuat haguf*, the healing of body, and *refuat hanefesh*, the healing of the soul," observes Mayyim Hayyim Executive Director Aliza Kline.

**Blessings for the Journey** makes an excellent resource for clergy or medical personnel working with cancer patients, a thoughtful gift for someone experiencing the impact of cancer, and an important item to offer for sale in gift shops or on-line carts.

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**Blessings for the Journey** can be purchased through Mayyim Hayyim's on-line store for \$36, with wholesale rates available. For more information, please call 617-244-1836 x 202 or visit: [www.mayyimhayyim.org/Store/Blessings-for-the-Journey](http://www.mayyimhayyim.org/Store/Blessings-for-the-Journey).

**For a review copy or to arrange interviews** with the authors, or with women who have use the mikveh or other suggestions from the book, please contact Sue Dorfman at [sdorfman@mayyimhayyim.org](mailto:sdorfman@mayyimhayyim.org).

**About Mayyim Hayyim Living Waters Community Mikveh and Paula Brody & Family Education Center**

[Mayyim Hayyim](http://www.mayyimhayyim.org) is an intimate center for spirituality, learning, celebration and community, an international model of Jewish creativity and vitality.

Read more about Mayyim Hayyim at [www.mayyimhayyim.org](http://www.mayyimhayyim.org).

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