

Jewish Energy Healing (Connecting to the Source of Life)

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<https://www.youtube.com/watch?v=s0HbjuEvdFE>

Jewish sages teach that each body part connects us to Hashem, the Source of Life. These connections run along energy pathways which are called *mitzvot*. Sometimes these connections are weakened or severed, sometimes they are blocked. But we are able to improve these connections and infuse our mind, body and soul with a greater level of health. The *mitzvot* are the channels of healing. Chaya Rivka explains.