

# HIGHER HOLIDAYS

## Mindful Eating on Yom Kippur when fullness is holy

For many people, Yom Kippur is a day of fasting. However, for others, fasting is neither safe nor healthy. It is important for our physical, emotional, and spiritual wellbeing that we engage in holy practices that are right for us. If, for any reason, you find yourself needing/wanting to eat today, here are some blessings for food (reminders that food is holy, too), a guided meditation, and a few personal accounts to make you feel less alone in these already isolating times. Be kind to yourself. Take deep breaths. Nourish yourself in a way that works for you. Today is a day of fullness — full hearts, full minds, and, for some, full bodies. Cherish the fullness.

### **blessing for preserving life:**

“Baruch ata Adonai, Eloheinu Melech ha’olam, asher kidshanu bemitzvotav vetzivanu al pikuakh nefesh.”

Blessed are you, adonai, ruler of the universe, who makes us holy through your commandments and commands us to preserve life

### **blessings for food:**

#### **bread**

“Baruch ata Adonai Eloheinu melek ha’olam hamotzi lehem min ha’aretz.”

Blessed are You, Lord our God, Ruler of the universe, who brings forth bread from the earth.

#### **fruit**

“Baruch ata Adonai Eloheinu melek ha’olam borei p’ri hagafen.”

Blessed are You, Lord our God, Ruler of the universe, who creates the fruit of the vine.



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### vegetables

“Baruch ata Adonai Eloheinu melekh ha’olam borei p’ri ha’adamah.”

Blessed are You, Lord our God, Ruler of the universe, who creates the fruit of the ground.

### grains

“Baruch ata Adonai Eloheinu melekh ha’olam borei minei mezonot.”

Blessed are You, Lord our God, Ruler of the universe, who creates varieties of nourishment.

### guided meditation:

<https://www.ritualwell.org/ritual/meditation-yom-kippur-one-who-cannot-fast>

**resources:** <https://www.ritualwell.org/ritual/when-fasting-not-teshuvah-yom-kippur-eating-disorders>

<https://forward.com/scribe/410058/i-cant-fast-on-yom-kippur-and-thats-nothing-to-be-ashamed-of/>

source created by Rachel Bell, a junior at NYU and a community member at the NYU Bronfman Center for Jewish Student Life