

TEFILLA TO BE SAVED FROM THE CORONAVIRUS

Ribono shel olam, I am so grateful to You for the wonderful body You gave me, designed with infinite wisdom, and for giving me a pure *neshama*. For so many years You have kept us alive, giving us sweet breaths, protecting us from all the germs in the air; and even when we got sick, You cured us.

And now, You have brought upon the world a terrible plague – the Coronavirus, which is like the “*king*” of all diseases [corona translates, crown], with which You are hinting to us that You are the King of the world, and all the diseases are but Your own hand, [“אֵין הַנֶּחֶשׁ מִמִּית” – the snake cannot kill, it’s the sins that kill].

However, since we did not realize this, we did not notice the crown on Your head – therefore You took it off and started hitting us with it, pushing us away, telling us “*here I am!*” saying, “קָרָאוּ נָא” [sounds like, corona] – call out to me! And, now that You are hiding Your kingship, all we can see is only Your quality that You feed all living beings with kindness, even in times of anger; and so, You brought upon us a disease that affects breathing – because we didn’t raise our eyes to You in gratitude when we were breathing healthy.

In the days of David Hamelech, You brought a plague upon the people, and it did not stop until David instituted for everyone to say a hundred blessings every day, with humility and gratitude, as the meaning of the word “בָּרוּךְ” (to kneel). We bless You with appreciation for food and drinks that You give us; for giving of Your wisdom to the righteous Torah sages – “שֶׁחֶלֶק מִחֻכְמָתוֹ לִירָאָיו”, out of admiration for their pure advice and their modesty which is their true greatness. And through appreciating this, one’s Torah learning is made complete. We thank You also for creating all mankind – “בּוֹרֵא נִפְשׁוֹת רַבּוֹת”, especially those that are busy providing us with means of sustenance. Only through this, were they able to stop the epidemic in the days of David.

Yet, instead of being filled with happiness for our heath that You gave us with tremendous miracles, and for being the sole provider of all our needs – we complain about all the things we imagine that we are missing.

We ask of you, Hashem, please forgive us for our sins, for our ungratefulness; and from now on we want to always thank You and dance before You in gratitude for the plenty, for our health and our sweet breaths. We will also try to stop for a minute at the beginning of every hour, to praise You and call out to You, to save us from all sicknesses and troubles. Instead of sitting in quarantine from fear of the Coronavirus, we want to sit in solitude with You alone, and open our mouths in praise and appeal to You.

At this time, we beg of You, please have mercy on us, save us from this terrible epidemic, and protect Your nation from this tragedy. Keep us always isolated from all the nations of the world, separated from their bad ways and culture – “כִּי אַתָּה ה' לְבָדָד לְבָטַח תּוֹשִׁיבֵנִי”, “*For You, Hashem, will make me dwell solitary and secure.*” And this will give us the merit to sit in peace, with no lack in heath, food or livelihood.

Have mercy on all those Jews who have already contracted this horrible disease and cure them; turn all our diseases into dance [from “מַחְלוֹת” – sicknesses, to “מְחֻלוֹת” – dance], and may we merit to hear the sound of the *shofar* of Moshiach, and be redeemed an eternal redemption, *amein*.

POWERFUL ADVICE TO BE SAVED FROM THE CORONAVIRUS

- Saying the „קטורת הקטורת“ with *kavana*, is a known *segula* to be protected from plagues. While saying the names of the spices of the *Ketores*, it is important to smell *besamim*, especially those that were used for the *Ketores* – such as cinnamon or cloves; and have in mind to thank Hashem for each and every breath.
- When we put on *tefillin shel yad*, which is opposite the heart, we should have in mind to thank Hashem for our healthy heart; and while wrapping the straps around the arm, we should have in mind with every wrap, to thank Hashem for a different limb – the windpipe, esophagus, lungs, liver, kidneys, stomach, intestines, feet, hands, etc. When we put on *tefillin shel rosh*, we should have in mind to thank Hashem for the health of our brain and mind; and its straps should remind us to thank Hashem for all the arteries and veins through which our healthy blood flows and travels throughout our body.

• WHAT DO THE OUTCOMES OF THE CORONAVIRUS, REMIND US? •

Face mask – to refrain from embarrassing others, from *lashon hara*, and other evil speech! To thank Hashem for our breaths! To dress modestly! **Gloves on the hands** – that it is not our own power that makes us succeed, but Hashem’s alone. Disinfecting our hands reminds us, to watch out from stealing and cheating in business.

Self-quarantine – to sit every day in solitude with Hashem and evaluate our ways (*cheshbon nefesh*). In addition, to live for ourselves, not to study Torah and keep *mitzvos* only because of peer pressure or prestige, which is considered “שלא לשמה”, not for Hashem’s sake. Rather, we should do it only to achieve awareness of Hashem and to fulfill His desire, for Him showering upon us kindness without end. Everybody should seek to fulfill his own purpose in the world. We should also come from this to the right choice and understanding – to keep away and separate ourselves from all technology and the internet that connects one to all the filth in the world. **Shortage of food** – to appreciate the years of plenty that Hashem has given us.

Social distance – not to enter others’ boundaries and details of their life, and not to harm anybody with competition in business. **Caution from infecting others** – to be very careful not to infect others with bad character traits – such as jealousy, anger, bad desires, etc.

Curfew – to sit with the children at home and teach them Torah with gratitude to Hashem for all His kindnesses, including the plenty of food that we always enjoy. This is what we say every day in *krias shema*: וְלִמְדֵתֶם אֹתָם: “You shall teach them to your children to discuss them, while you sit in your home...” which comes as a continuation of – “וּלְעִבְדוֹ כָּל לַבְּכֹם... וְאִסְפַּת דְּגַנְךָ וְתִירְשֶׁךָ וְיִצְהַרְךָ” – “If you listen to My commandments... then you may gather in your grain, your wine, and your oil.” Also, it comes to show how Hashem is hurt when people discriminate against fellow Jews; therefore, He separates us and make us stay home alone.

Shutting down of the hotels and restaurants – Hashem is not happy when families sit down to eat in public places, for it demonstrates a lack of modesty.

Shutting down of yeshivos – Hashem wants us to stay home and examine the way we learn Torah all year: do we come from it to awareness of Hashem and His kindness, and love of Him? Does it make us more appreciative towards our friends, to give in, to respect others and help them out? Or do we have, G-d forbid, competition, hate and disputes between us, the way there was between Rabbi Akiva’s twenty-four thousand students that were killed by the plague, because Hashem was displeased by the way they learned Torah.

Workforce shutdown – many Jews do not keep Shabbos, and even those who do, fulfill only “שָׁמוֹר” – resting from work, but without “זָכוֹר” – remembering and appreciating Hashem’s kindness throughout the week and at the creation of the world. All this we ought to teach our children. **Economic collapse** – Hashem is making the economy collapse throughout the world, to show us that only He is truly in charge of the economy, and He is the only one to support us and provide us with food – “לִי הַכֶּסֶף וְלִי הַזָּהָב נֹאֵם ה'”, “Mine is the silver and mine is the gold – says Hashem.” All this Hashem is doing, in order to teach us that we should rely only on Him.