

הרפואה העיקרית לגוף – היא המנוחה

"The primary healing for the body
is menucha"

Ancient Jewish Wisdom

What is Menucha?

Menucha is not just rest.

It is inner calm — freedom from stress, worry, and anxiety.

A settled, peaceful state of mind.

מנוחת הנפש

Peace of the soul

THE TORAH SOURCE

וַיֵּרָא מְנוּחָה כִּי טוֹב

"He saw that menucha was good"

The Torah teaches that recognizing the goodness of calm
is itself a form of wisdom.

Bereishis 49:15 · Cited in Aynei Yisrael p. 490

בראותו עד כמה טובה היא המנוחה, ויט שכמו לסבול
הכל — ובלבד שלא יאבד המנוחה

"Seeing how good menucha is, he bent his
shoulder
to bear everything — as long as he would
not lose his menucha."

Aynei Yisrael p. 490 • ל"צ ויקלאוו דוד לאומש יבר וואגה

הרפואה העיקרית לגוף — היא המנוחה

Take care of your mind.

Your body will follow.

Reduce stress. Find calm. Seek peace of mind.

This is not just wellness advice —
it is ancient healing wisdom.