

# ASHER YATZAR

*After using the bathroom, wash your hands and say:*

בְּרוּךְ אַתָּה יְהוָה	Bâruch Atâ Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olâm,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,	asher yâtzar et hå'âdâm b'châchmâ,
וּבְרָא בּוֹ נְקָבִים וְנְקָבִים,	u'vârâ voe n'kâvim n'kâvim
חֲלוּלִים חֲלוּלִים.	chalulim chalulim.
גָּלוּי וַיְדוּעַ לְפָנַי כֶּסֶא כְבוֹדְךָ,	Gâlui v'yâdu'ah lifnei chisei ch'voe'decha,
שָׁאֵם יִפְתַּח אֶחָד מֵהֶם,	she'im yipâ'taye'ach echâd may'hem,
אוֹ יִסְתֵּם אֶחָד מֵהֶם,	oe yisâ'tame echâd may'hem,
אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוּד לְפָנֶיךָ.	ee efshar l'hit'kayaim v'la'amode l'fânechâ.
בְּרוּךְ אַתָּה יְהוָה	Bâruch Atâ Adonoy,
רוֹפֵא כָּל בֶּשָׂר וּמַפְלִיא לַעֲשׂוֹת.	rofoy chol bâsâr u'mafli la'asote.



Blessed are You, Lord our God, King of the universe,  
Who fashioned man with wisdom, and created  
within him many openings and many cavities.

It is obvious and known before Your throne of glory,  
that if but one of them were to be ruptured,  
or but one of them were to be blocked, it would  
be impossible to survive and to stand before You.

Blessed are You, God, Who heals all flesh and acts wondrously.