

Blessing After Going to the Bathroom

Blessed are You, Adonai, our God, sovereign of the universe, who has formed us in wisdom, and created within us numerous orifices and cavities. It is revealed and known before the Throne of Your Glory that if but one of them were to be blocked, or one of them were to be opened, it would be impossible to exist even for a short while. Blessed are You, Lord, who heals all flesh and performs wonders.

Asher Yatzar

Baruch atah Adonai eloheinu
melech ha-olam, Asher yatzar et
ha-adam b'chochmah, u'vara vo
n'kavim n'kavim, chalulim
chalulim, galui v'yadua lifnei
chisei ch'vodecha, she'im
yipateiach echad meihem o
yisatem echad meihem, ee
efshar l'hitkayeim v'la'amod
l'fanecha afilu sha'ah echat.
Baruch atah Adonai, rofeh chol
basar u'mafli la'asot.

אֲשֶׁר יָצַר

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר יָצַר אֶת
הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ
נְקָבִים נְקָבִים חֳלוּלִים
חֳלוּלִים. גָּלוּי וַיְדוּעַ לְפָנָי
כִּסֵּא כְבוֹדְךָ, שְׂאֵם
יִפְתַּח אֶחָד מֵהֶם אוֹ
יִסְתֵּם אֶחָד מֵהֶם, אִי
אֶפְשָׁר לְהִתְקַיֵּם וּלְעִמּוֹד
לְפָנֶיךָ אִפְלוּ שָׁעָה אֶחָת.
בָּרוּךְ אַתָּה אֲדֹנָי, רוֹפֵא כָּל
בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת