



After relieving yourself, wash your hands and say the blessing below.
Concentrate on thanking GOD for creating and maintaining your wondrous body.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
יָצַר אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ נְקָבִים
נְקָבִים, חֲלוּלִים חֲלוּלִים. גְּלוּי וַיְדוּעַ לְפָנֶי
כִּסֵּא כְבוֹדְךָ, שָׂאם יִפְתַּח אֶחָד מֵהֶם,
אוּ יִסְתֵּם אֶחָד מֵהֶם, אֵי אֶפְשֵׁר לְהִתְקַיֵּם
וְלַעֲמוֹד לְפָנֶיךָ. בְּרוּךְ אַתָּה יי, רוֹפֵא כָל
בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Baw-ruch a-taw A-do-noy E-lo-hei-nu, Me-lech haw-O-lawm, a-she-
yaw-tzar es haw-Aw-dawm b'choch-maw, u-vaw-raw vo n'kaw-vim
n'kaw-vim, cha-lu-lim cha-lu-lim. Gaw-lui v'yaw-du-ah lif-nay Chi-say
Ch'vo-de-chaw, she'im yi-paw-sei-ach e-chawd mei-hem, oh yi-saw-seim
e-chawd mei-hem, iy ef'shar l'his'ka-yeim v'la-a-mod l'faw-ne-chaw.
Baw-ruch a-taw A-do-noy, ro-fei chol baw-sawr u-maf-li la-a-sos.

*Blessed are You, O ETERNAL (A-do-noy) our God, King of the Universe,
Who fashioned man with wisdom and created within him many openings
and many cavities. It is revealed 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, O ETERNAL, who heals all flesh and acts wondrously.*