



# Asher Yatzar Blessing -

## Blessing the Fashioner of Mankind

אוֹדְךָ עַל כִּי נִרְאוֹת נִפְלִיּוֹת נִפְלְאִים מַעֲשֶׂיךָ וְנִפְשִׁי יִרְעַת מְאֹד:

I praise you, for I am fearfully and wonderfully made. Wonderful are your works;  
my soul knows it very well. - Psalm 139:24

There are Jewish blessings for everything -- including such routine activities as using the bathroom. The *Asher Yatzar* blessing thanks God for creating the complexity of the human body and for the gracious gift of its proper functioning. It is recited every morning as part of the *Birchot HaShachar* of the morning service (and after using the bathroom).



The *Asher Yatzar* is mentioned in the Talmud (*Berachot 60b*) as one of the blessings compiled by the Men of the Great Assembly (c. 410-310 BC). In addition to acknowledging God's wisdom in creating our bodies, the blessing also includes an affirmation of God's healing power, *rofei khol basar u'mafli la'asot*, "who heals all flesh and is wondrous in His doings":



בְּרוּךְ אַתָּה ה' אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר  
אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ נִקְבִים וְנִקְבִים,  
חִלּוּלִים חִלּוּלִים. גָּלוּי וְיָדוּעַ לִפְנֵי כִסֵּא כְבוֹדְךָ  
שָׂאם יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם,  
אִי אֶפְשֶׁר לְהִתְקִים וּלְעִמּוֹד לִפְנֶיךָ.  
בְּרוּךְ אַתָּה ה', רוֹפֵא כָּל בֶּשָׂר וּמִפְלְיָא לַעֲשׂוֹת.

*Blessed are You, LORD our God, Master of the universe, who formed mankind in wisdom, and created in him all manner of openings and cavities. It is manifest and known before the throne of your glory that if any one of them ruptured or were blocked, it would be impossible to survive and stand before You. Blessed are You, LORD, who heals all flesh and is wonderful in His acts.*

**Note:** Many Yeshivot (Jewish religious schools) post this prayer outside of the washroom. Since it is considered to be "bad form" to pray in that place, it is customary to wait until you have left before reciting this blessing.



*Transliterated:*

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר  
 ya-tzar a-sheer ha'o-lam me-lekh e-lo-hei-nu Adonai at-tah ba-rukh  
 formed who the universe King (of) our God Lord are you Blessed

אֵת הָאָדָם בְּחִכְמָה, וּבְרָא בּוֹ נְקֻיִּים וְנְקֻיִּים,  
 ne-ka-vim ne-ka-vim vo u-va-ra b'khoch-mah ha-a-dam et  
 all manner of openings in him and created in wisdom mankind

הַלּוּלִים הַלּוּלִים. גָּלוּי וַיֵּדוּעַ לְפָנֵי כִסֵּא כְבוֹדְךָ  
 khe-vo-de-kha khisei lifnei ve-yadua galuy cha-lu-lim cha-lu-lim  
 the throne of your glory before and known It's manifest and cavities

שֵׁם יִפְתָּח אֶחָד מֵהֶם, אוֹ יִסָּתֵם אֶחָד מֵהֶם,  
 mei-hem e-chad yis-sateim 'o mei-hem e-chad yip-pa-tei-ach she-im  
 of them any one blocked or of them any one ruptured that if

אִי אֶפְשָׁר לְהִתְקַיֵּם וּלְעֹמֹד לְפָנֶיךָ.  
 le-fa-ney-kha ve-la'a-mod le-hit-pai-yeim ef-shar 'i  
 before you and to stand to survive it would be impossible

בָּרוּךְ אַתָּה ה', רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.  
 la'a-sot u-maf-li ba-sar khol ro-fei Adonai at-tah ba-rukh  
 in His acts and is wonderful flesh all who heals Lord are you Blessed

*Barukh attah Adonai, eloheinu melekh ha'olam, asher yatzar  
 et ha'adam b'khochmah, u'vara vo nekavim nekavim,  
 chalulim chalulim. Galuy ve'yadua lifnei khisei kevodekha  
 she'im yipateiach echad meihem, 'o yisateim echad meihem,  
 'i efshar le'hitpaiyeim ve'la'amod lefaneykha.  
 Barukh attah Adonai, rofei khol basar u'mafli la'asot.*