



ASHER YATZAR

THE PRAYER SAID AFTER USING THE BATHROOM

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם
בְּחָכְמָה, וּבָרָא בּוֹ נִקְבִים וְנִקְבִים, חַלּוּלִים חַלּוּלִים, גְּלוּי
וַיְדוּעַ לְפָנַי כִּסֵּא כְבוֹדְךָ, שֶׁאִם יִסְתֵּם אֶחָד מֵהֶם, אוֹ אִם
יִפְתַּח אֶחָד מֵהֶם, אִי אֶפְשֶׁר לְהִתְקַיֵּם אֶפִּילוֹ שְׁעָה אַחַת
בְּרוּךְ אַתָּה יי רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

Bah-rookh ah-tah ah-doh-nai eh-loh-hay-noo meh-lekh hah-oh-lahm, ah-shehr yah-
tzahr eht hah-ah-dahm bi-khokh-mah, oo-vah-rah voh ni-kah-veem ni-kah-veem,
khah-loo-leem khah-loo-leem, gah-looy vi-yah-doo-ah leef-nay khee-say khvoh-deh-
khah, sheh-eem yee-sah-taym eh-khahd may-hehm, oh eem yee-pah-tay-akh eh-
khahd may-hehm, ee ehf-shahr li-heet-kah-yaym ah-fee-loo shah-ah eh-khaht. bah-
rookh ah-tah ah-doh-nai roh-fay khohl bah-sahr oo-mahf-lee lah-ah-soht.

Blessed are You, Lord our God, King of the universe, who has formed man in wisdom, and created within him 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.