

ברכות



ברוך ... ה'
מלך העולם
God,
King of the
Universe

רופא כל בשר
ומפליא לעשות
Who heals all
flesh and acts
wondrously

Don't take life for granted!
GIVE THANKS TO GOD (Ezra 10, 11)

OUR SAGES TEACH US THAT: All *berochos* (blessings) have the ability to protect us from serious illness and insure our continued good health. This is especially true for the *berocha* of *Asher Yetzar* which was written to praise G-d for His marvelous creation, **the human body**. (*Sefer Seder Hayom*)
WE ARE TAUGHT: • It is preferable to read *berochos* rather than saying them by heart.
• *Berachos* should not be said as a matter of habit, flippantly, or without proper concentration.
• A *berocha* should be made by directing one's feelings towards G-d, thanking Him for the goodness bestowed. (*Sefer Hachassidim*)
• A *berocha* should be said with the proper devotion and in a deliberate manner. (*Mishna Berura*)
• **The Shulchan Aruch** states that it is forbidden to do any manner of work while reciting a *berocha*. Therefore, it is advisable to be **stationary when reciting *Asher Yetzar* and not engage in any other activity** such as drying the hands, walking, or getting dressed, hinting with the hands or eyes. Such activities distract a person's mind from having *kavanah* (devotion).

If we would only stop for a moment to seriously think about the wondrous and miraculous nature of the human body, we would clearly see the work of G-d. As the posuk (verse) says:
"...Through My Body I See The Creator..." (Job 19, 26)

Remember! By saying Asher Yetzar, you thank G-d for your health and well-being! So do it properly.

STOP COMPLETELY **CONCENTRATE WITH FULL DEVOTION** **PAY ATTENTION TO THE WORDS** **STOP**

FOR A DURATION OF 20 SECONDS

Just Think! 20 seconds set aside to say the *berocha* with devotion
x 6 times a day, approximately, would take only
120 seconds (2 minutes) a day to give thanks to G-d!

ברוך אתה יי אלהינו מלך העולם, אשר יצר
 <<Who formed <<the universe <<King of <<our God <<Hashem <<are you <<Blessed
 <<yotzar <<asher <<ho'olom <<mlech <<E-lo-heinu <<A-donoy <<atoh <<Boruch

את האדם בחכמה וברא בו נקבים ונקבים,
 <<many openings <<and created within him <<with wisdom <<man
 <<ne'kovim <<ne'kovim <<voh <<u'voro <<b'chochmo <<ho'odom <<es

חלולים חלולים, גלוי וידוע לפני כסא כבודך
 <<Your Throne of Glory <<before <<and known <<It is obvious <<and many hollows.
 <<ch'vodecho <<chissei <<lifnei <<v'yoduah <<goluy <<cha'lullim <<cha'lullim

שאם יפתם אחד מהם, או אם יפתח אחד מהם,
 <<or were to be opened <<one of them were to be blocked <<that if
 <<mei'hem <<echod <<yi'posei'ach <<im <<oh <<mei'hem <<echod <<yi'soseim <<she'im

אי אפשר להתקיים שעה אחת
 <<eh'chos <<even for a short period. <<to exist <<it would be impossible
 <<sho'oh <<afilu <<l'hiskayeim <<efshar <<ee

ברוך אתה יי רופא כל בשר ומפליא לעשות
 and acts wondrously. <<flesh <<all <<Who heals <<Hashem <<are you <<Blessed
 <<la'asos. <<u'maffli <<bossor <<chol <<rofei <<A-donoy <<atoh <<Boruch



אפילו שעה אחת
even for a short period of time



אי אפשר להתקיים
it would be impossible to survive



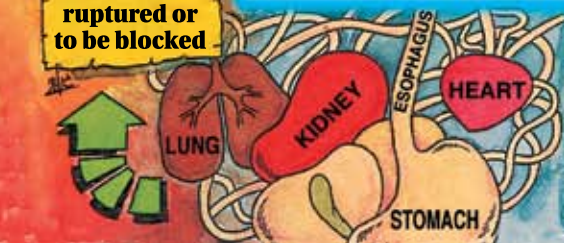
שאם יפתח... או יסתם...
...were to be ruptured or to be blocked



אשר יצר את האדם בחכמה
Who formed man with wisdom



STAGES of LIFE



וברא בו נקבים ונקבים...
and created within him openings & hollows

