צון מלפניה אלהינו ואלהי אבותינו שתוליכנו לשלום ותצעידנו לשלום ותדריכנו לשלום ותגיענו למחוז חפצנו לחיים ולשמחה ולשלום ות אילנו מפף פל אויב ואורב בדרד ומכל מיני פורעניות המתרגשות לבוא לעולם ותשלח ברכה בכל מעשה ידינו ותתננו לחן ולחסד ולרחמים בְעֵינֶידְ וּבְעֵינֵי כָל רוֹאֵינוּ ותשמע קול תחנונינו כי אל שומע תפלה ותחנון אתה. ברוך אתה יי, שומע תפלה. May it be your will, Adonai, our God and God of our ancestors to lead us to peace. to direct our steps to peace. to guide us to peace. and to guide us to our desired destination for life, joy, and peace. Save us from every enemy and ambush on the road. and from every type of affliction that rushes to enter the world Send a blessing on the work of our hands, and grant us favor, loving-kindness, and mercy in your eyes and in the eyes of all who see us. Hear the sound of our supplications, for you are a God who hears prayer and supplication. Blessed are you, Adonai, who hears prayer.

Yehi ratzon mil-fanecha adonai eloheinu ve'elohei avoteinu [ve'imoteinu] she-tolicheinu le-shalom, ve-tatzideinu le-shalom, ve-tadricheinu le-shalom, ve-tagj'ainu lim-choz chef zteinu le-chayim u-le-sim:cha u-le-shalom. Ve-tatzileinu mi-kaf kol oyeiv ve'oriev ba-derech u-mi-kol minei puranuyot ha-mit-rag-shot lav'o la'olam. Ve-tish-lach beracha be-ma'asei yadeinu. Ve-tit-neinu le-cheinu-le-chasedu-le-rachamim be'einecha u-ve'einei chol ro'einu ve-tish-ma kol tachanuneinu ki el shomei'a tefila ve-tachanun ata. Baruch ata adonai, shomei'a tefila.

Prayer Upon Leaving the Restroom

Blessed are you, Adonai ברוד אתה יי our God, ruler of the universe who formed humans בחכמה וברא בו with wisdom and created us נקבים נקבים with openings and openings חלולים חלולים hollows and hollows. It is clear in the presence גלוי וידוע לפני of your glorious throne that if one of them were ruptured יפתח אחד מהם or if one of them were blocked it would be impossible to exist and stand before you ולַעַמוֹד לְפָנִיד (even for one hour). (אפילו שעה אחת). צרוד אתה יי Blessed are you, Adonai healer of all flesh and performer of wonders.

Baruch ata adonai eloheinu melech ha'olam asher yatzar et ha'adam be-chochma u-vara vo nekavim nekavim chalulim chalulim. Galu'i ve-yadu'a lif-nei kisei k-vodecha she'im yipatei'ach echad me-hem 'o yisateim echad me-hem 'i efshar le-hit-kayem ve-la'amod lefanecha (afilu sha'a echat). Baruch ata adonai rofei kol basar u-maf-li la'asot.

A pocket blessing card for everyday mindfulness, gratitude, and extraordinary moments



All of the following blessings start with the formula:

Blessed are you, Adonai, our God, ruler of the universe... Baruch ata adonai eloheinu melech ha'olam

Blessings Before Food The following blessings are said before eating: Before eating bread: ... who brings forth bread from the earth מן הַאַרַץ ha-motzi lechem min ha'aretz Before eating grains: ... creator of types of nourishment בורא מיני מזונות borei minei mezonot Before drinking wine or grape juice: creator of the fruit of the vine borei p·ri ha-gafen Before eating fruit from trees: ... creator of fruit of the tree בורא פרי borei p·ri ha'eitz Before eating fruit or vegetables from the earth: בורא פרי האדמה ... creator of fruit of the ground borei p·ri ha'adamah T T T T Before eating meat, dairy, fish, and all non-grape based drinks: ... by whose word all things came to be she-ha-kol nehiveh bid-varo

The following is mentioned in the Talmud as the shortest blessing that fulfills the obligation of grace after meals:

דעלמא מריה ההאי פיתא

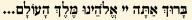
B·rich rachamana mal·ka de'al·ma marei de-hai pita

Blessed is the merciful one, ruler of the universe, creator of this bread

ברוך אתה יי אלהינו מלך העולם...

All of the following blessings start with the formula:

Blessed are you, Adonai, our God, ruler of the universe... Baruch ata adonai eloheinu melech ha'olam

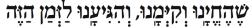


Blessings of Wonder

The following blessings are said for the following extraordinary moments:



The following is traditionally recited upon doing or seeing something for the first time (in a year):



...who has granted us life, sustained us, and brought us to this day

...she-he-chivanu ve-kivemanu ve-hiqi'anu la-z-man ha-zeh