

# Siddur Shiur

Source Sheet by Rabbi Paltiel

- 1 בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
- 2 Blessed are You, God our Lord, King of the universe,
- 3 אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה, וַיִּבְרָא בּוֹ נִקְבִּים
- 4 נִקְבִּים, חֲלוּלִים חֲלוּלִים,
- 5 Who has formed man with wisdom and created
- 6 within him many openings and hollows.
- 7 גְּלוּי וְיָדוּעַ לְפָנֵי כִסֵּא כְבוֹדָךְ,
- 8 It is revealed and known before the throne of Your
- 9 glory
- 10 נֶשְׂאָם יִסְתָּם אָחָד מֵהֶם, אוֹ אִם יִפְתְּחֵהוּ אָחָד מֵהֶם,
- 11 that if one of them were to be closed or if one of them
- 12 were to be opened,
- 13 אִי אֶפְשָׁר לְהִתְקִים אֶפִּילוֹ שְׁעָה אֶחָת.
- 14 it would be impossible to survive even for a brief
- 15 time.
- 16 בָּרוּךְ אַתָּה יי, רוֹפֵא כָּל בֶּשָׂר וּמַפְלִיא לַעֲשׂוֹת:
- 17 Blessed are You, God, Who heals all flesh and acts
- 18 wondrously.

19 אֱלֹהֵי, נִשְׁמָה שְׂנַחַת בִּי טְהוֹרָה הִיא,

20 My God, the soul that You have placed within me is  
21 pure.

22 אַתָּה בְּרַאתָהּ, אַתָּה יִצַּרְתָּהּ,

23 You created it; You formed it;

24 אַתָּה נִמְחַתָּהּ בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,

25 You have breathed it into me, and You preserve it  
26 within me.

27 וְאַתָּה עַתִּיד לְטוֹלָהּ מִמֶּנִּי, וְלִהְיוֹתָהּ בִּי לְעַתִּיד לְבָא.

28 Ultimately, You will take it from me, and restore it  
29 within me in the Time to Come.

30 כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי, מוֹדָה אֲנִי לְפָנֶיךָ יי אֱלֹהֵי  
31 וְאֱלֹהֵי אֲבוֹתַי,

32 As long as the soul is within me, I thankfully  
33 acknowledge You, God, my Lord, and Lord of my  
34 fathers,

35 רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת.

36 Master of all works, Lord of all souls.

37 בְּרוּךְ אַתָּה יי, הַמְחַיֵּה נַשְׁמוֹת לְפָגְרִים מֵתִים:

38 Blessed are You, God, Who restores souls to lifeless  
39 bodies.

