

E-lo-hai,  
n'sha-mah she-na-tát-ta bi t'ho-rah hi.

At-tah v'ra-tah,

At-tah y'tzar-tah,

At-tah n'fach-tah bi,

v'At-tah m'sham-m'rah b'kir-bi.

V'At-tah a-tid li-t'lah mi-mé-ni,

[ u-l'ha-cha-zi-rah lim-ko-rah. ]

u-l'ha-cha-zi-rah bi le-a-tid la-vo. ]

Kol z'man she-ha-n'sha-mah b'kir-bi,

[ mo-deh (m) | mo-dah (f) ] a-ni l'fa-né-cha,

A-do-nai E-lo-hai v'E-lo-hei a-vo-tai v'im-mot-tai,

Rib-bon kol ha-ma-a-sim,

A-don kol ha-n'sha-mot.

Ba-ruch At-tah A-do-nai,

[ ha-m'chay-yeih n'sha-mot b'chol yom. ]

ha-ma-cha-zir n'sha-mot lif-ga-rim mei-tim. ]

<sup>2</sup> We respond "Amein" after each b'rachah recited aloud.

אֱלֹהֵי,  
נְשָׂמָה שִׁנְתָּתָּ בִּי טְהוֹרָה הִיא.  
אַתָּה בְּרָאתָהּ,  
אַתָּה יָצַרְתָּהּ,  
אַתָּה נִפְחַתָּהּ בִּי,  
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי.  
וְאַתָּה עֲתִיד לְטַלְּהָ מִמְּנִי,  
[ וּלְהַחְזִירָהּ לְמִקְוָתָהּ. ]  
[ וּלְהַחְזִירָהּ בִּי לְעֲתִיד לְבוֹא. ]

כָּל זְמַן שֶׁהַנְּשָׂמָה בְּקִרְבִּי,  
[ מוֹדֶה | מוֹדֶה ] אֲנִי לְפָנֶיךָ,  
יְיָ אֱלֹהֵי וְאֵלֵי אֲבוֹתַי וְאֵמוֹתַי,  
רְבוֹן כָּל הַמַּעֲשִׂים,  
אֲדוֹן כָּל הַנְּשָׁמוֹת.  
בְּרוּךְ אַתָּה יְיָ,  
[ הַמְּחִיֶּה נְשָׁמוֹת בְּכָל יוֹם. ]  
[ הַמְּחִיֶּה נְשָׁמוֹת לְפָגְרִים מֵתִים. ]

<sup>1</sup> Elohai – My God,

the soul that You have given me is pure.

You created it,

You shaped it into my very own soul,

You breathed it into me,

and You watch over it within me.

One day You will take it from me,

[ to return it to its source. ]

to return it to me in time to come. ]

So long as my soul remains within me,

I will offer thanks to You,

my God and God of my ancestors,

creator of all living beings,

guardian of all souls.

We thankfully acknowledge You, Adonai,

[ for reviving our souls every day. ]

for restoring life to lifeless bodies. ]

<sup>2</sup> We respond "Amein" after each b'rachah recited aloud.