Elohai,  

n'shamah she-nata-ta bi t'horah hi.  

At-tah v'ra-tah,  

At-tah y'tzar-tah,  

At-tah n'la'ch-tah bi,  

v'At-tah m'sham m'ra' b'khir bi.  

V'At-tah a'tid li'tlah mim'ni,  

[u'la cha-zi'rah li'mko'-rah,  

u'la cha-zi'rah bi le-a'tid la-vi.]

Kol z'man she-ha'n'shamah b'khir bi,  

[ modeh (m) | modah (f) ] ani l'man'e-cha,  

Adonai Elohai v'e-lo-hei avotai vim-mot-tai,  

Ribon kol ha-ma-a-sim,  

Adon kol ha'n'shamot.  

Baruch At-tah Adonai,  

[ ha'mach yehi n'shamot b'chol yom. ]  

ha ma'cha zir n'shamot lif-gavim meitim. ]

2 We respond “Amein” after each b'rabah recited aloud.

1 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. ]

2 We respond “Amein” after each b'rabah recited aloud.