

1.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה
וּבְרָא בוֹ
נְקָבִים וְנְקָבִים חֲלוּלִים חֲלוּלִים.

Barukh atta Adonai,
Eloheinu, melekh ha'olam,
asher yatzar et ha'adam be'chokhma
u'vara vo
ne'qavim ne'qavim, chaloolim chaloolim.

Blessed are You God,
our Lord, King of the world,
who fashioned humankind with wisdom
and created within it
many openings and many cavities.

2.

גָּלוּי וְיָדוּעַ
לְפָנֶי כְּסֵא כְבוֹדְךָ
שָׂאם יִפְתַּח אֶחָד מֵהֶם
אוֹ יִסְתֵּם אֶחָד מֵהֶם
אִי אֶפְשֶׁר לְהִתְקִים
וְלַעֲמוֹד לְפָנֶיךָ.

Galooy v'yadoo
lifney khi'seh khivodekha,
sh'im yipateyach echad meyhem,
oh yisatem echad meyhem,
ee efshar le'hitqayyem
v'laamod lefanekha.

It is obvious and known
before Your Throne of Glory
that if but one of them were to be ruptured
or but one of them were to be blocked
it would be impossible to survive
and to stand before You.

3.

בְּרוּךְ אַתָּה יְהוָה
רוֹפֵא כָּל בָּשָׂר
וּמַפְלִיא לַעֲשׂוֹת.

Barukh atta Adonai,
Rofeh chol basar
u'maflee la'asot.

Blessed are You God,
who heals all flesh
and acts wondrously.