

...ASHER YATZAR...

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah' Adonai E-lo-hei'-nu Me'-lech ha-o-lam',  
blessed (are) You Adonai G-d our King (of) the universe

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה , וּבְרָא

A-sher' ya-tsar' et ha-a-dam' be-choch-mah' u-va-ra'  
Who created (d.o.) the human with wisdom and created

בּוֹ נְקֻבִים וְנְקֻבִים , חֲלוּלִים וְחֲלוּלִים .

vo ne-ka-vim' ne-ka-vim', cha-lu-lim' cha-lu-lim'.  
in him holes, perforations hollows, cavities, empty spaces

גְּלוּי וַיְדוּעַ לְפָנַי כִּסֵּא כְבוֹדְךָ שָׂאם

Ga-lui' ve-ya-du'-a lif-nei' chi-se' che-vo-de'-cha she-im'  
public and known before throne of glory, honor Your that if

יִפְתָּח אֶחָד מֵהֶם , אוֹ יִסָּתֵם אֶחָד מֵהֶם ,

yi-pa-te'-ach e-chad' me-hem', o yi-sa-tem' e-chad' me-hem'  
will be open one of them or will be closed one of them

אִי אֶפְשֶׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ .

i ef-shar' le -hit-ka-yem' ve -la-a -mod' le -fa-nei'-cha .  
not possible to raise oneself and to stand before presence Your

בְּרוּךְ אַתָּה יְהוָה , רוֹפֵא

Ba-ruch'    A-tah' ,    Adonai ,    ro-fe'  
blessed (are)    You    Adonai    You heal

כֹּל בְּשָׂר וּמַפְלִיא לַעֲשׂוֹת .

chol    ba-sar'    u-maf-li'    la-a -sot'.  
all    flesh    and wonders    to function\*

\*Although the usual translation of laasot is "to make, to do", the use in this prayer is like it is used in the Erev Shabbat Kiddush, from Bereshit 2:3: "...asher bara Elohim laasot." which G-d created to function (thenceforth). This was interpreted by Radak and Ibn Ezra. (see Etz Hayim p. 12)