

The 15 Morning Blessings

(Said while standing.)

For restoring my soul in the future

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|--|---|---|---|--|-------------------------|
| Pure טְהוֹרָה T'hohRah | In me בִּי Bee | That You gave שָׁנַתָּה ShehNahTahTah | Soul נְשָׁמָה N'shahMah | My God, אֱלֹהֵי, Eh'lohHai, | |
| You אַתָּה AhTah | Formed it, יִצַרְתָּהּ, Y'tzahRtah*, | You אַתָּה AhTah | Created it, בְּרָאתָהּ, V'rahTah*, | You אַתָּה AhTah | It is. הִיא. Hee. |
| Inside me, בְּקִרְבִּי B'keerBee, | Keep it מְשַׁמְרָה M'shahM'rah* | And You וְאַתָּה V'ahTah | Into me, בִּי, Bee, | Breathed it נִפְחַתָּה N'fahchTah* | |
| From me מִמְּנִי MeeMehNee | Going to take it לְטָלוֹהָ LeeT'lah* | Are in the future עֲתִיד AhTeed | And You וְאַתָּה V'ahTah | | |
| To come. לָבֵא. LahVoh. | To (in) the future לְעֵתִיד LehAhTeed | In me בִּי Bee | And to return it וּלְהַחְזִירָהּ OohL'hahChah'zeeRah* | | |
| Is inside me, בְּקִרְבִּי B'keerBee, | That the soul שֶׁהַנְּשָׁמָה ShehHahN'shahMah | Time (As long as) | All of כָּל Z'mahn Kohl | | |