

ברכת אשר יצר

"סגולה לרפואה"

רופא כל בשר
ומפליא לעשות
Who heals all
flesh and acts
wondrously

ברוך ... ה'
מלך העולם
God,
King of the
Universe

Don't take life for granted! GIVE THANKS TO GOD (Ezra 10, 11)

OUR SAGES TEACH US THAT: All *berochos* (blessings) have the ability to protect us from serious illness and insure our continued good health. This is especially true for the *berocha* of *Asher Yotzar* which was written to praise G-d for His marvelous creation, **the human body**. (*Sefer Seder Hayom*)

WE ARE TAUGHT: • It is preferable to read *berochos* rather than saying them by heart.
• *Berachos* should not be said as a matter of habit, flippantly, or without proper concentration.
• A *berocha* should be made by directing one's feelings towards G-d, thanking Him for the goodness bestowed. (*Sefer Hachassidim*)
• A *berocha* should be said with the proper devotion and in a deliberate manner. (*Mishna Berura*)
• The *Shulchan Aruch* states that it is forbidden to do any manner of work while reciting a *berocha*. Therefore, it is advisable to be stationary when reciting *Asher Yotzar* and not engage in any other activity such as drying the hands, walking, or getting dressed, hinting with the hands or eyes. Such activities distract a person's mind from having *kavanah* (devotion).

If we would only stop for a moment to seriously think about the wondrous and miraculous nature of the human body, we would clearly see the work of G-d. As the posuk (verse) says:
"...Through My Body I See The Creator..." (Job 19, 26)

Remember! By saying *Asher Yotzar*, you thank G-d for your health and well-being! So do it properly.

STOP CONCENTRATE PAY ATTENTION
COMPLETELY WITH FULL DEVOTION TO THE WORDS **STOP**
FOR A DURATION OF 20 SECONDS

Just Think! 20 seconds set aside to say the *berocha* with devotion
x 6 times a day, approximately, would take only
120 seconds (2 minutes) a day to give thanks to G-d!

ברוך אתה יי אלהינו מלך העולם, אשר יצר
<<Who formed <<the universe <<King of <<our God <<Hashem <<are you <<Blessed
<<cyotzar <<asher <<cho'olom <<melech <<E-lo-heinu <<A-donoy <<catoh <<Boruch

את האדם ברחמיו וברא בו נקבים נקבים
<<many openings <<and created within him <<with wisdom <<man <<cho'odom <<es
<<ne'kovim <<ne'kovim <<voh <<u'voro <<b'chochmo

חלולים חלולים, גלוי וידוע לפני כסא כבודך
<<Your Throne of Glory <<before <<and known <<it is obvious <<and many hollows, <<cha'lullim
<<ch'vodecho <<chissei <<clifnei <<v'vduah <<goluy

*שאם יפתח אחד מהם או יפתח אחד מהם
<<mei'hem <<echod <<or were to be blocked <<one of them were to be opened <<that if <<she'im
<<echod <<yi'soseim <<oh <<mei'hem <<echod <<yi'posei'ach

אי אפשר להתקיים ולעמוד לפניך (אפילו שעה
<<(even for a short period.) <<before You <<and to stand <<to exist <<it would be impossible <<efshar <<ee
<<sho'oh <<afiltu <<l'onecho <<v'la'amod <<l'hiskayeim

אחת). ברוך אתה יי רופא כל בשר ומפליא לעשות.
<<and acts wondrously, <<flesh <<call <<Who heals <<Hashem <<are you <<Blessed <<eh'chos
<<a'asos, <<u'mafli <<bosor <<chol <<crofei <<A-donoy <<atoh <<Boruch

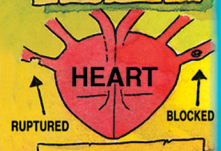
* (לספרדים:) שאם יפתח אחד מהם או אם יפתח אחד מהם, אי אפשר להתקיים
אפילו שעה אחת.



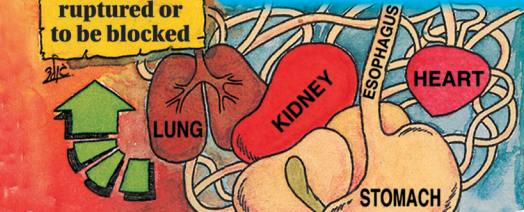
אפילו
שעה אחת
even for a
short period
of time



אי אפשר
להתקיים
it would be
impossible
to survive



שאם יפתח
או יסתם
...were to be
ruptured or
to be blocked



וברא בו
נקבים נקבים
חלולים חלולים
and created
within him
openings
& hollows



STAGES
of LIFE

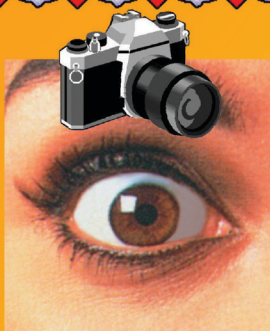
לזכות
יצחק דוב בן פראדל
לרפואה שלמה

שבת התוועדות
פרשת ויחי שנת תשע"ג
בין איש ובין אחיו



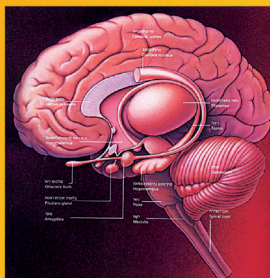
To obtain this poster, call 845-352-0111 or email: asheryatzar3@gmail.com. To view 3 beautiful video presentations on the miraculous working of the human body visit www.designerperfect.com. See reverse side. Please display prominently on the wall! To customize a poster: לזכות לרפואה שלמה, to commemorate an event, memorialize a departed loved one or

to mark an auspicious occasion at \$2 each, please email asheryatzar3@gmail.com.



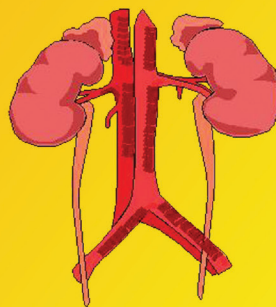
The Eyes – the most sophisticated camera in the world.

The eye is one of the most amazing creations of Hakadosh Baruch Hu. Its ability to transfer images to the brain, through millions of fibers, makes it virtually impossible to make an eye transplant. In today's high-tech world, no computer generated images can be compared in quality and sophistication to those of the eye.



The sophisticated computer – The Brain

The communications center of hundreds of nerves, which sends tens of millions of messages to the body all the time. It activates the senses, and voluntary and involuntary muscles. It is the seat of thought, ideas and memories.



The Kidneys

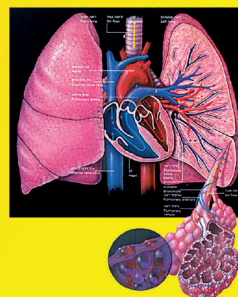
The 2 kidneys weigh 5 ounces each. They filter 450 gallons of blood each day, expelling all toxins through the urine.

THESE MARVELOUS MACHINES WORK ONLY WITH GOD'S HELP

“אמירת ברכת 'אשר יצר' בכוונה
יש בכחה לחשוך מחלות רבות”
(בשם החפץ חיים)

This Bracha has been found to be a wondrous remedy. Many people have been saved from various severe illnesses, after accepting upon themselves to say אשר יצר from the text, and with the proper intent and devotion.

ברוך אתה יי אלהינו מלך העולם, אשר יצר את האדם
בחכמה, וברא בו נקבים נקבים, חלולים חלולים, גלוי
וידוע לפני כסא כבודך שאם יפתח אחד מהם או יסתם
אחד מהם, אי אפשר להתקיים ולעמוד לפניך (אפילו
שעה אחת). ברוך אתה יי רופא כל בשר ומפליא לעשות.



The Lungs

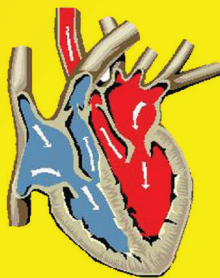
An automatic pump that enriches the blood with oxygen and expels carbon dioxide from the body. It works *constantly* about 20,000 times per day with no need of repairs.



The Taste Sensor.
There are 10,000 taste sensors in the mouth. They sense all the combinations and levels of different tastes such as sweet, sour, bitter and salty.

The Heart

A sophisticated pump. The heart normally pumps 70 times per minute. Each contraction circulates 2.5 oz. of blood, for a total of 1.3 gallons per minute, or 1,900 gallons per day (the equivalent of 300 huge containers of mineral water). It manages to send the right amount of blood to all the parts of the body.



The Spine

The main contact between the brain and the body. Its length is about 25", and its width is about 1". It is flexible as rubber and has 31 pairs of nerves which include hundreds of thousands of individual nerve fibers that carry orders to the body from the brain, and sensations from the body to the brain.

