

Blessed be You...who creates many living souls, all of them having needs, for all You created. In their need for each other, the soul of every life and all Life comes alive! Blessed be the Life of the Worlds. art: Rachel KatzPassow (CC-BY-SA) design: David Seidenberg, neohasid.org reverse: transliteration/explanation



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In all of rabbinic Judaism, the blessing Borei N'fashot may be the finest expression of what we would call ecological consciousness. It blesses the Creator for making creatures that need to use each other to survive. The needs of every creature unite it with all life and tie all species, all our relations, together, whether they be plants or animals or fungi or soil. Those needs compel creatures to evolve and reproduce as part of ecosystems of multitudes of species. All together they, and we, create a world that is alive and vibrant with life, and with the "Soul of all Life".

Barukh Atah Adonai/Yah Eloheinu Melekh Ha'olam Borei n'fashot rabot v'chesronan, al kol mah shebarata l'hachayot bahem Nefesh kol Chai

Barukh Chei Ha'olamim

Blessed be You, Source of all Being, our God, Ruler of all space and time who creates many living souls, all of them having needs, for all You created. What comes alive through their needs is the soul of every life and all Life! Blessed be the Life of the Worlds.

The Torah tells us to say blessings after eating, but doesn't tell us what words to use for those blessings. The rabbis formulated blessings that correspond to different foods, both before and after eating. The best-known blessing after eating is Birkat Hamazon, the blessing after any meal that includes bread, which praises God who feeds all creatures and covers all the foods of the meal. But the blessing Borei N'fashot, which is the most general of the blessings, can also be said after all kinds of food. It is also the only blessing that is designated to say after eating food that comes from animals or after any food that does not fit into a more specific category.

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Barukh Atah Adonai/Yah Eloheinu Melekh Ha'olam Borei n'fashot rabot v'chesronan, al kol mah shebarata l'hachayot bahem Nefesh kol Chai Barukh Chei Ha'olamim Blessed be You, Source of all Being, our God, Ruler of all space and time who creates many living souls, all of them having needs, for all You created. What comes alive through their needs is the soul of every life and all Life! Blessed be the Life of the Worlds.

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