

ברכות הנהנין

B'RACHOT HANEHENIN

BLESSINGS FOR ENJOYMENT



Kabbalah4All.com

Journey With Us From Wherever You Are On The Globe.™

Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

a as in father

ai as in aisle

e as in red

ei as in eight

i as in pizza

o as in no

oy as in toy

u as in tune

ch as in Bach in German (strong sound from the throat)

g as in give

tz as in lots

' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".

- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

Please do not publish or distribute without permission.

All prefaces to prayers written and adapted by David Aharon for Kabbalah4All.

Translated by David Aharon.

Edited by Rebecca Schwartz and David Aharon.

Copyright © Kabbalah4All.com.

ברכות הנהנין

B'RACHOT HANEHENIN - BLESSINGS FOR ENJOYMENT

Kabbalah teaches that, contained within each created thing, is a spark from the Light of the Creator. We eat, not only to sustain our physical bodies, but also to nourish our souls. It is important therefore, that we do not take eating for granted. Saying blessings before and after a meal enables us to properly release the spiritual energies contained within the foods we ingest. Likewise, saying a blessing before smelling nice things enables us to properly release the spiritual energies contained within them as well.

ברכות קודם האכילה והשתיה

BLESSINGS BEFORE FOOD OR DRINK

A blessing is said over each type of food or drink before consuming it. There are additional directions below each blessing when necessary.

UPON WASHING THE HANDS

This blessing is recited only if we are having food which includes bread made from wheat, barley, rye, oats, or spelt.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 asher kid'shanu b'mitzvotav,
You have sanctified us through Your commandments,
 v'tzivanu al n'tilat yadayim.
and bid us to wash the hands.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
 וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

BLESSING OVER BREAD

This blessing is only recited if we are eating bread made from wheat, barley, rye, oats, or spelt.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 hamotzi lechem min ha-aretz.
Who brings forth bread from the earth.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

BLESSING OVER PRODUCTS FROM THE FIVE SPECIES

This blessing is only recited if we are eating food which is made from wheat, barley, rye, oats, or spelt and is not bread. We can also use this blessing for products made from rice.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei minei m'zonot.
Who creates species of nourishment.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיְּנֵי מְזוֹנוֹת.

BLESSING OVER GRAPE WINE OR GRAPE JUICE

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei p'ri hagafen.
Who creates the fruit of the vine.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגָּפֶן.

BLESSING OVER TREE-GROWN FRUITS

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei p'ri ha-eitz.
Who creates the fruit of the tree.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָעֵץ.

BLESSING OVER PRODUCE GROWN FROM THE EARTH

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei p'ri ha-adamah.
Who creates the fruit of the ground.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָאֲדָמָה.

BLESSING OVER ALL OTHER FOODS OR DRINKS

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
shehakol nih-yeh bidvaro.
by Whose word all things exist.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַכֹּל נִהְיֶה בְּדְבָרוֹ.

ברכות הריח

BLESSINGS OVER FRAGRANCE

The sense of smell is linked to the soul, for this reason we bless spices and smell them at the end of Shabbat. Just as food can nourish the body, smelling nice fragrances can refresh the soul. Saying a blessing over a particular fragrance before we smell it assures that we release the sparks of Light contained within the fragrance.

Upon smelling fragrant edible fruits or nuts:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
ha-notein rei-ach tov bapeirot.
Who places a good aroma into fruits.

על ריח טוב שבפירות:

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַנוֹתֵן רֵיחַ טוֹב בַּפֵּירוֹת.

Upon smelling fragrant shrubs or trees or their flowers:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei atzei v'samim.
Who creates trees that are fragrant.

על ריח טוב שבעצים ושיחים:

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא עֵצִי בְשָׂמִים.

Upon smelling fragrant herbs, grasses or flowers:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei isvei v'samim.
Who creates herbage that is fragrant.

על ריח טוב שבעשבים:

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא עֲשָׂבִי בְשָׂמִים.

Upon smelling fragrances of a non-vegetable origin, musk, undetermined origin, or a blend of spices of different origins:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
borei minei v'samim.
Who creates species that are fragrant.

על ריח טוב שאינו מן הצומח:

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא מִיְּנֵי בְשָׂמִים.