

Elohay Neshamah VARIATION

אֵל-חַי, נְשִׁמָּה,
שְׁנוֹתֶנֶת בִּי טְהוֹרָתִי

*El-ḥay, neshimah,
she-notenet bi tehorati.*

Kol Haneshamah p.165

V

Power of life, breath (breathing),
that bestows in me my purity.

.....
This variation of Elohai Neshamah changes the Hebrew to acknowledge the natural process of breathing (neshamah means soul, neshimah means breath) as the power of life. The power of life here has the sense of the capacity to act, to have the strength and capability to live (and achieve well-being). By inhaling healthy oxygen and exhaling toxic gasses we sustain, invigorate, and purify our bodies.

Elohay Neshamah TRADITIONAL

אֱלֹהֵי נְשִׁמָּה,
שְׁנַתַּת בִּי טְהוֹרָה הִיא.

Elohay neshamah shenatah bi tehorah hi.

Kol Haneshamah p.165

T

My God, the soul you gave to me is pure.

.....
“This traditional version of the blessing for the soul acknowledges the daily renewal of life as a recollection of creation and also as a foretaste of resurrection. Th(is) current version concludes instead by acknowledging God as the power that renews life each day.”

KH Commentary p. 164 R. Sandy Sasso