

# FOUNDATIONS OF JUDAISM BLESSING FOR HAND WASHING

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

Baruch attah Adonai  
Eloheinu melech ha'olam  
asher kiddishanu b'mitzvotav  
v'tsivanu al  
netilat yadayim.

Blessed are you God  
our Lord, King of the world,  
who has sanctified us with his commandments,  
and has commanded us with regard to  
the taking (washing) of the hands.

## Procedure:

1. Wash your hands normally. (Ritual handwashing is not about cleanliness, it is ritual purification).
2. Fill washing cup with water with your non-dominant hand.
3. With your non-dominant hand, pour water over your dominant hand (up to the wrist) twice.
4. Pass the cup to your dominant hand.
5. With your dominant hand, pour water over your non-dominant hand (up to the wrist) twice.
6. While holding your hands in front of you, say the blessing.
7. Completely dry your hands with a clean towel.
8. Say silent until you make the blessing for bread and swallow, or go on with your day.