

Blessing of the Washing of Hands

בָּרוּךְ אַתָּה , יְיָ אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai El-o-hei'-nu, Me'-lech ha-o-lam',
blessed (are) You Adonai G-d our, King (of) the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

A-sher' ki-de-sha'-nu be-mits-vo-tav' ve-tsi-va'-nu
Who sanctified us with commandments his and commanded us

עַל נְטִילַת יְדָיִם .

al ne-ti-lat' * ya-da'-yim**.
about lifting up of both hands .

*from the root נטל defined by Klein (p. 413) as: to lift, bear, take, and ne-ti-lah' defined as "taking, lifting, carrying." The blessing is said after the water is poured over the hands, so in fact they are lifted up physically, as well as being lifted up in terms of symbolizing ritual purity.

**the suffix "-a'-yim" means two of whatever the main root signifies; in this case two hands, ya-da'-yim; pa-a-ma'-yim = two times; ei-na'-yim = two eyes; chod-sha'-yim = two months, etc.