

A BLESSING FOR SHMIRAH

Upon entering the room, recite the Shema (Shema Israel, Adonai Eloheinu, Adonai echad)

Upon leaving:

My G-d, You have created the soul within me,
You have formed it.
You have breathed it into me and you preserve it within me.

So long as my soul is within me, I acknowledge You, O Lord, my G-d
and G-d of my ancestors, as master of all creation.

I pray unto You, O Lord, who unites soul and body, that the soul of the
met whose body I now leave, will find rest in your sheltering care.

Amen

From: A Plain Pine Box by Rabbi Arnold M Goodman