

## אֲשֶׁר יֵצֵר

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר יֵצֵר אֶת הָאָדָם בְּחֶכְמָה  
וּבְרָא בּוֹ נְקָבִים נְקָבִים חֲלוּלִים  
חֲלוּלִים. גְּלוּי וַיְדוּעַ לְפָנַי כִּסֵּא  
כְּבוֹדְךָ, שָׂאם יִפְתַּח אֶחָד מֵהֶם  
אוּ יִסְתֵּם אֶחָד מֵהֶם אִי אֶפְשֵׁר  
לְהִתְקַיֵּם וְלַעֲמוּד לְפָנֶיךָ (אֶפִּילוּ  
שָׂעָה אַחַת): בָּרוּךְ אַתָּה ה', רוֹפֵא  
כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

When making the Brocha, please have in mind that it should  
be a Zechus for the Refuah Shelaima of Chaya Leah Bas Yaffa

חַיָּה לֵאָה בַּת יִפֵּה לְרִפּוּאָה שְׁלֵמָה

תורת אביגדור   
**TORAS AVIGDOR**

AUTHENTIC TORAH THOUGHT FOR LIFE

**QUESTIONS  
AND ANSWERS**

**Q:**

**If it's ossur to think divrei Torah in the bathroom,  
then what should one think about?**

**A:**

What should we think about in the bathroom? You should think about what a chesed it is that you're able to go to the bathroom normally. You should think about it. Chasdei Hashem! Yes, you should spend time thinking about that. It's a tremendous chesed.

Rofei Chol Basar U'maflee La'asos. Maflee la'asos means that it's a miracle. It's miracles upon miracles. Now, some of the kadmonim didn't always understand this, so there are all kinds of peirushim on those words. But today we know that it's simply miracles and miracles. I'd like to explain a little more about how miraculous it really is but it would take too much time. But it's a miracle. You're able to expell the waste; and you should be filled with happiness that Hakodosh Boruch Hu is doing this miracle for you. Put thought into that.

And then, when you get out of the bathroom and make the bracha of Asher Yatzar make sure to put all those thoughts that you had in the bathroom into the brachah.

TAPE # E-247

נתנרב לזכות חיה לאה בת יפה לרפואה שלמה