

Ratzah - Wash Hands

Contributed by [Sondra Treasure](#)

Source:



Baruch Atah Adonai (small letters Kavenah see below) Elohainu Melech HaOlam Asher Kidshanu
BeMitzvotav Vetzivanu All Natilat Yadayim

The first five steps were to take us out of the mindset of slaves and into the mindset of free people. We live in a material world, and for freedom to be complete it needs to be expressed in a tangible way. The physical is changed to become a vehicle for our spirituality. By washing our hands, we move cleanly into the life of freedom more actively.