**10 Fun Facts about *Boruch She’Omar***

1. Boruch Sh’Omar is the “gateway” blessing into *Pesukei D’Zimra*.
2. It was introduced by the Men of Great Assembly, the same group that wrote the Amidah, which gives it an exalted status. According to legend, the text was found in a letter that fell from Heaven.
3. The prayer revolves around the word *Boruch,* which is often translated as blessed, but means abundance. It has the same letters as *Breichah*, pool, for it represents a heavenly flow.
4. The word *Boruch* appears 13 times in Boruch She’Omar. The number 13 corresponds to Hashem’s 13 attributes of mercy and it is the numerical value of the word *Echad* and the word *Ahava.*
5. The first half of Baruch She’Omar consist of 10 descriptive praises beginning with the word *Boruch.* This corresponds to the 10 sayings that Hashem used to create the world, as well as the 10 commandments.
6. It is customary for men to hold the front two tzitzit while reciting this and to kiss them at the end of the blessing. The 10 knots on the front two tzitzit correspond to those first 10 phrases. Add in the 16 strings and you have 26, numerical value of G-d’s name.
7. The second half consists of 10 expressions of praise correspond to the 10 sections of the Morning Service that we are about to read. (See back of page.)
8. Baruch Sheamar contains 87 words. This is the numerical of the Hebrew word *paz* (פז) meaning "refined gold." and is a symbol of Hashem’s “crown” and his Kingship.
9. The first letters of the opening words *Baruch Sheamar V’haya Ha’olam* (“Blessed is He Who spoke and the world came into being”)—*beit, shin, vav, hei*—spell out *Shuva,*  return. The key to returning to Hashem creates and recreates this world anew with each moment therefore it is possible to start anew no matter what our previous errors were.
10. Additionally, the opening phrase reminds us that Hashem used speech to create the world. As we are about to begin praying, we remind ourselves that words have tremendous power. Speech was used to create the world and our words can affect the world and create to energy!

**Boruch She’omar and Morning Service Breakdown**

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| **Phrase in Boruch She’Omar** | **Section of Tefillah** |
| B’shvachot (with praise) בשבחות | Mizmor L’Todah (Psalm of Thanks) |
| U’Bizmirot (with song) ובזמירות | Ashrei and Hallelukahs |
| Negadelcha (we will exalt You)נגדלך | Az yashir (Song of the Sea; speaks about Hashem’s Great Hand) |
| N’shabeychacha (praise you)ונשבחך | Yishtabach |
| N’faeyrcha (glorify you) ונפארך | Blessings of Sh’ma |
| V’Nazkir Shimcha (speak Your Name)  ונזכיר שמך | Ahava Rabbah |
| Namlichacha (proclaim Your Kingship)  ונמליכך | Sh’ma |
| Yachid Chei (One life-giver)  יחיד "חי" העולמים | Shmona Esrei (“Chei” = 18, alluding to the 18 blessings) |
| Melech meshubach (praised king)  מלך משובח | Ashrei |
| U’Mefuar (and glorified) ומפואר | U’va L’Tzion |