

Blessing for Chest Binding

by Rabbi Elliot Kukla and Ari Lev Fornari, 2007

This is a blessing for the act of chest binding, for FTM transgender and/or genderqueer people, and anyone else who chooses to flatten the appearance of their chest. It is intended to be used as a way to sanctify the often painful act of binding. It can be recited daily and modified to meet your particular gender and Jewish needs.

*B'shem mitzvat tzitzit v'mitzvat hityatzrut**

For the sake of the mitzvah of ritual fringes and the mitzvah of self-formation.

* Hityatzrut is a neologism based on the biblical hebrew verb root "yatzar", which means "to form".