

פֹּתַח אֶת־יָדְךָ וּמַשְׁבִּיעַ לְכָל־חַי רָצוֹן:

Poteach et yadecha u'masbia l'chol chai ratzon.

You open your hand, I open my heart to this abundance. (2x)

And all life, all will is satisfied. (2x)

(from Psalm145/*Ashrei*, melody and English by Rabbi Shefa Gold)

<https://www.rabbishefagold.com/library/birkat-hamazon/> (scroll down to "Other Songs for Birkat HaMazon")