

# TEFILIN: HOW TO PUT ON

## Arm Tefila: How To Put On

1. Place arm tefila box (bayit) on center of bicep of whichever arm you do not write with (knot on the arm tefila should touch the side of the box). If you are ambidextrous, put the tefila on your left arm.
2. Say the first blessing, "lehaniach tefilin."
3. Tighten the strap.
4. Wrap the strap around your arm seven times between your cubit (inside of your arm, opposite the elbow) and your wrist.

**NOTE** If you wrap more times, it is OK.

**NOTE** You may wrap the tefilin strap over a wristwatch or put a watch on top of the tefilin strap.

**NOTE** Tefilin straps should not overlap with each other and should not be wrapped on top of the ulna protuberance, but if they do--it is permitted.

5. Wrap the excess around the palm of your hand (tuck in the end to keep it tight and out of the way).

Tefilin not found or type unknown

Tefilin

## Head Tefila: How To Put On

1. Place the tefila on your head tightly enough so it does not slip off under normal motion.
2. Center the head tefila box on your forehead (as it appears to an average person. There is no need to look in a mirror.)
3. Place the head tefila box with its front edge above your hairline (or where your hairline was when you were 13!), not further back than half-way on your skull from front to back.
4. Ideally, place the knot at the back on your occipital bone (base of your skull), but you may place it lower as long as it is still on top of your hair.
5. Say the second blessing, al mitzvat tefilin.
6. Tighten the tefila on your head and say, Baruch shem kevod malchuto l'olam va'ed

**REASON** "Al mitzvat tefilin" is a questionable blessing (safek bracha).

**NOTE** Tefilin head straps should reach at least to your navel (left strap) and mila (right strap).

## Arm Tefila: How To Finish

- Unwrap the excess strap from your palm and wrap it three times around your middle finger while saying the three "v'eirastich li" phrases, one for each wrap.
- Wrap the strap around your palm in the shape of the Hebrew letter "shin."
- Wrap the excess around your palm and tuck in the end of the strap to keep it tight and out of your way.

**NOTE** You may not say amen or reply to kaddish or kedusha if you have said the blessing on your arm tefila but have not yet said the blessing on your head tefila.

## Tefilin: Left-Handed Men

Left-handed men must put tefilin on their right arm.

## Tefilin: Broken Arm

Even with a broken arm, do not switch the arm on which you wrap your tefilin.

**NOTE** If your (normally) weaker arm becomes permanently stronger than the other arm, switch to wearing *tefilin* on the newly weaker arm.