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).

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