# To Lift Up the Torah

To lift up the *Torah:*

- Grip the handles close to the plate at the top of the lower handles.
- Roll the *Torah* so that three columns are exposed and one of the seams is between the two rollers (this is a custom).
- Lever up the *Torah* (you may slide the *Torah* down the table toward yourself if that makes it easier).
- Show the *Torah* to people on your right and then on your left.

  If you want to turn in a circle, turn to counter-clockwise as seen from above.

- At the end of rolling (*glila*) closed the *Torah*, there should be a seam between the two rods on which the *Torah* is rolled (such that if it were to tear, it would likely tear at the seam and no words of *Torah* would be torn).

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