Holding Hands Up to the Light

Holding fingers toward the *havdala* candle flame is a non-binding custom.

NOTE We hold up our hands to the light because the minimum amount of light needed to fulfill the *mitzva* of the candle is to be able to see the difference between the skin of one's hand and one's fingernail. Doing so also creates shadows of our fingers on the palm of our hands, illustrating the *bein or l'choshech* (between light and darkness) segment of the *havdala* prayer. There are also *kabbalistic* reasons.

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