TEFILIN: HOW TO PUT ON

Arm Tefila: How To Put On

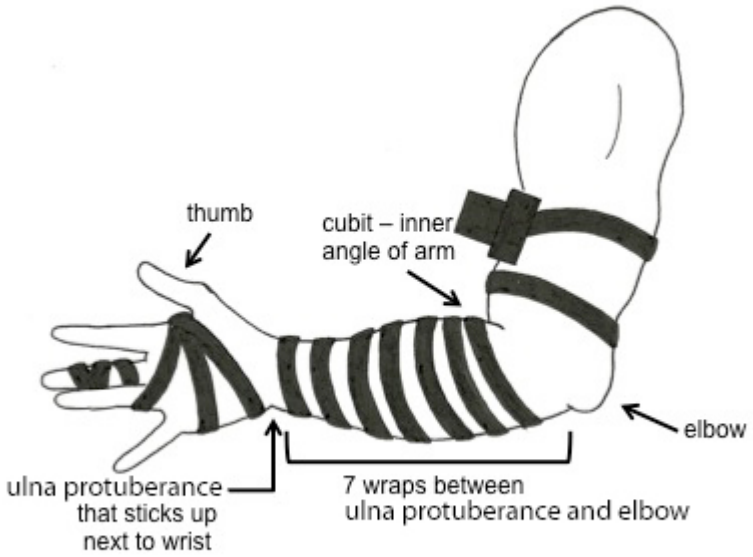
1. Place arm *tefila* box (*bayit*) on center of bicep of whichever arm you do not write with (knot on the arm *tefila* should touch the side of the box). If you are ambidextrous, put the *tefila* on your left arm.
2. Say the first blessing, "*lehaniach tefilin.*"
3. Tighten the strap.
4. Wrap the strap 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

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.

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