

A right-handed person should place tefillin on the left arm (lefties wear it on their right). The box is placed on the lower half of the bicep. Just before tightening through the loop, the first blessing is recited: **בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו. וְצִוָּנוּ לְהַנִּיחַ תְּפִלִּין** *Barukh atah adonai. Eloheinu melek ha'olam. Asher kidishanu b'mitzvotav vitzivanu l'haniakh tefillin.* Blessed are you, Lord our God, Ruler of the Universe, who sanctified us with God's commandments and commanded us to place the tefillin.

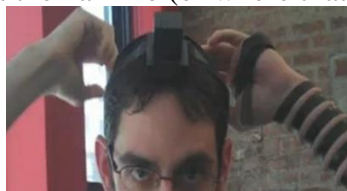


The Sephardic and Hasidic custom is to wrap the tefillin strap away from the torso. The Ashkenazic

practice is to wrap towards the torso. In both cases, the strap is wrapped around the arm seven times.



The head tefillin is placed with the front at the hairline (or where that hairline used to be).

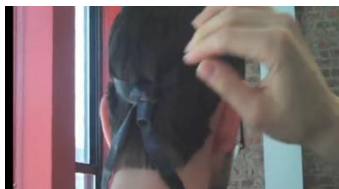


Before tightening it, the following blessing is recited: **בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוַת תְּפִלִּין**

Barukh atah adonai. Eloheinu melek ha'olam. Asher kidishanu b'mitzvotav vitzivanu al mitzvah tefillin.

Blessed are you, Lord our God, Ruler of the Universe, who sanctified us with God's commandments and commanded us regarding the mitzvah of tefillin.

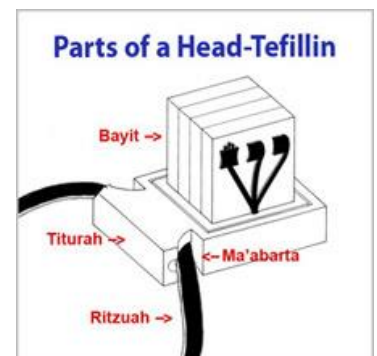
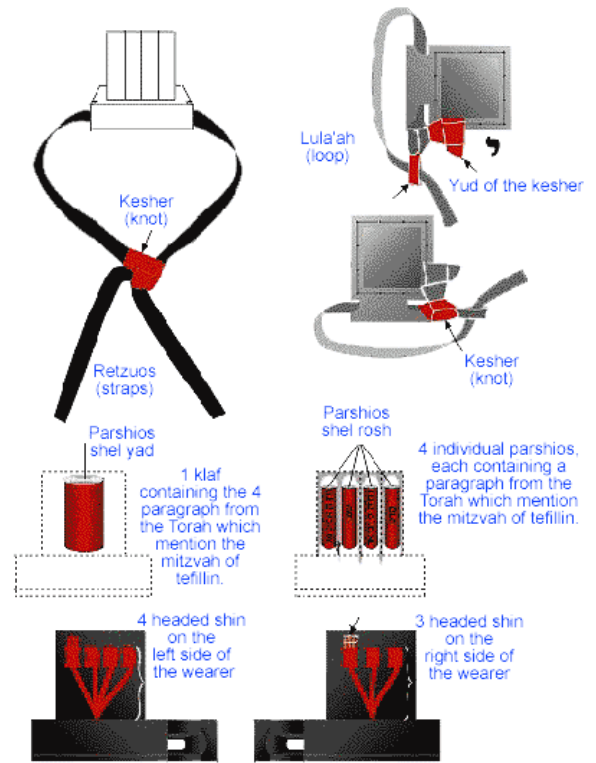
The front should be centered in between the eyes and the back knot should sit in the soft spot of the top of the neck.

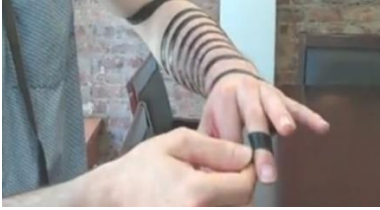


Bring the straps around to the front with the shiny black side (the "front" side) facing out. Recite these words: **בְּרוּךְ שֵׁם כְּבוֹד מְלַכְוֹתוֹ לְעוֹלָם וָעֶד**

Barukh shem k'vod malkhuto l'olam va'ed.

Blessed is the name of the Glory of God's Kingdom forever.





Finally, the letters of one of God's names, *Shaddai* (יָדַי) — *shin* (שׁ), *dalet* (ד), *yod* (י) — are “written” across the hand using the tefillin straps. The strap of the arm tefillin is wrapped around the upper knuckle of the middle finger, once, and twice on the lower knuckle, with the second wrap extending across three fingers (see below). This makes the dalet and yod.



As the strap is wrapped around the middle finger, the following verse from the Book of Hosea is recited: **וְאַרְשֵׁתֶיךָ לִי בְצֶדֶק וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים**

וְאַרְשֵׁתֶיךָ לִי בְאֱמוּנָה. וַיִּדְעַתְּ אֵת ה'

קִדְשׁ לִי כֹל בְּכוֹר פֶּטֶר כֹּל רֶחֶם בְּבִנֵי יִשְׂרָאֵל בְּאָדָם וּבְבַהֲמָה לִי הוּא

V'arashtikh li b'tzedek u'v'mishpat u'v'khesed u'v'rakhamim

V'arashtikh li b'emunah v'yadaht et adonai

Kadesh li kol b'khor pehtehr kal rekhem bivnei yisrael ba'adam u'vabhemah li hu.

I betroth you to me forever. I betroth you to me in righteousness, justice, lovingkindness, and mercy. I betroth you to me in faithfulness — and you shall know God.

The strap is wrapped again, diagonally, crossing the entire hand, except the thumb (see above) to form the second leg of the shin. Finally, the strap is wrapped once more around the middle of the hand, forming the middle leg of the shin.

Removal proceeds in the reverse—unwrapping from the hand, taking off the head, and then off the whole arm. You can wrap your tefillin in protective cases that they are commonly sold with.