

- 1) After putting on your tallit, get out your arm (Yad) tefillin and say:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַנִּיחַ תְּפִלִּין.

Baruch ata Ado-nai elo-heynu melech ha-olam, asher kidshanu, b'mitzvotav v'tzivanu l'haniyach tefillin.

"Praised are You, Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to put on tefillin."

- 2) Slide your arm tefillin up your weaker arm and tighten the loop so the box sits on the muscle of your bicep and the knot on the strap faces toward your heart. Wrap the strap once over your bicep towards you to anchor the box.



- 3) Wrap the strap **towards you** 7 times tightly, **over** the top of your forearm. As you wrap, count the number of wraps by using either the seven days of the week, or the verse from the Ashrei: "*Potey'ach et yade'cha umas-beeah l'chol chai ratson*" (7 words) then wrap the remaining strap loosely around your hand.

- 4) Next, hold your head (Rosh) tefillin and say:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוֹת תְּפִלִּין.

Baruch ata Ado-nai elo-heynu melech ha-olam, asher kidshanu, b'mitzvotav v'tzivanu al mitzvot tefillin.

"Praised are you Adonai, our God who rules the universe, instilling in us the holiness of mitzvot by giving us the mitzvah of tefillin."

5) Place the head tefillin box on your head where your hairline is/was. The knot should sit in the depression at the back of your head. Bring the straps over each shoulder to the front to drape.



6) Say:

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va'ed.

"Praised be God's glorious sovereignty throughout all time."

7) Unwrap the strap around your hand back to your wrist and wrap it across the back of your hand to between your thumb and pointer (1). Then go across your palm to the middle finger at which point you say the following (say 1 line with each wrap around your middle finger: top (2); middle (3); and bottom (4)):

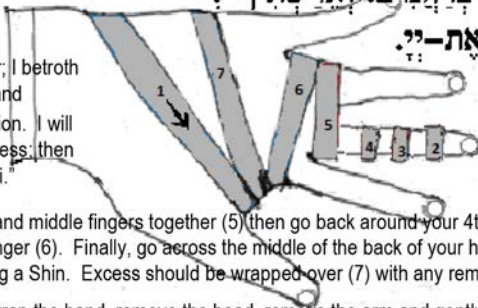
וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם, וְאֶרְשָׁתִּיךָ לִי בְצַדִּיק

וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים. וְאֶרְשָׁתִּיךָ לִי

בְּאֵמוּנָה, וְיָדַעְתָּ אֶת-יְיָ.

*V'erastikh li l'olam, v'erastikh li b'tzedek
u-v'mishpat u-v'hesev
u-v'rachamim. V'erastikh li
b'emuna v'yadat et Adonai.*

"I will betroth you to Me forever; I betroth you to Me with righteousness and justice, with love and compassion. I will betroth you to Me with faithfulness; then shall you be at one with Adonai."



8) Next, wrap around your 4th and middle fingers together (5) then go back around your 4th finger and down to between your thumb and forefinger (6). Finally, go across the middle of the back of your hand down between your thumb and forefinger (7) forming a Shin. Excess should be wrapped over (7) with any remaining strap tucked inside.

9) Removal is the reverse: Unwrap the hand, remove the head, remove the arm and gently put away.

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