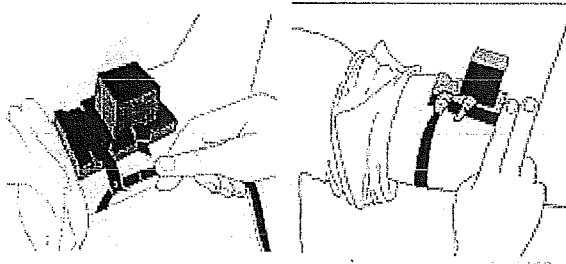


# How to Lay Tefillin

## Step # 1

1. Start with the hand.
2. You should be standing when putting on or taking off tefillin. While wearing them you may sit, but while putting them on or taking them off you should be standing.
3. Unwrap the straps and take the *shel yad* (tefillin for the hand) out of the box. Open the loop very wide, and slide back the *shel yad* until the bayit (the housing -- i.e., the black box) sits on the center of your biceps

Position for Shel Yad



**While putting on the Tefillin, one may not talk from the first blessing (through the Statement) until step #3.**

4. Recite the first blessing

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh atah Adonai, Eloheimu, melekh ha'olam*

Blessed are you, Lord, our God, sovereign of the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַנִּיחַ תְּפִלִּין

*asher kidishanu b'mitzvotav v'tzivanu l'hani'ach t'filin*

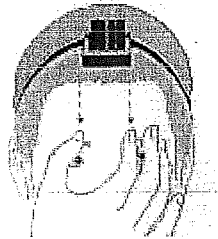
Who has sanctified us with His commandments and commanded us to put on tefillin

5. Tighten the loop, and begin wrapping the strap around your hand.
6. Wrap at least once around your biceps, and seven times around your lower arm. Stop at the palm, and wrap the remainder of the strap around your palm. Do not wrap the strap around your fingers just yet.



## Step # 2

1. Remove the *shel rosh* (tefillin for the head) from the bag, unwrap the straps, and take it out of the box. Place the *shel rosh* on your head, with the bayis on your head just before the hairline



2. The knot should be behind your head - just above your neck, and the strap should be lying loosely on your head.
3. Recite the blessing:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Barukh atah Adonai, Eloheimu, melekh ha'olam*

Blessed are you, Lord, our God, sovereign of the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוַת תְּפִילִין

*asher kidishanu b'mitz'votav v'tzivanu al mitzvat t'filin*

Who has sanctified us with His commandments and commanded us about the mitzvah of tefillin

4. Tighten the straps around your head by pulling them down at the sides, front and back, as necessary.
5. Now recite:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

*Barukh Sheim k'vod mal'khuto l'olam va'ed*

Blessed be the Name of His glorious kingdom for ever and ever

### Step #3

Now resume wrapping the strap of the *shel yad*. Unwind the strap from your palm, and as the strap comes from the wrist,



#1 Bring it around.



#2 Down to the middle finger.



#3 Around the upper half of the middle finger.



#4 Then twice around the lower part of the middle finger, while saying the below:

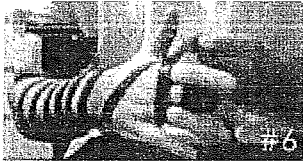
וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם:  
וְאֶרְשָׁתִּיךָ לִי בְצַדִּיק וּבְמִשְׁפָּט וּבְרִצְדָּקָה וּבְרַחֲמִים:  
וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה. וַיֵּדַעַת אֶת ה':

*V'eirastikh li l'olam. V'eirastikh li b'tzedek uv'mishpat uv'hessed uv'rahamim. V'eirastikh li be'emuna, v'yada'at et Adonay.*

I will betroth you to me forever, and I will betroth you to me with righteousness, justice, kindness, and mercy. I will betroth you to me with fidelity, and you shall know Hashem



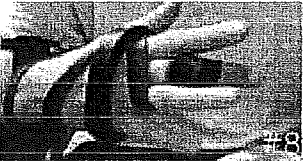
#5 Then loop it around the fourth finger.



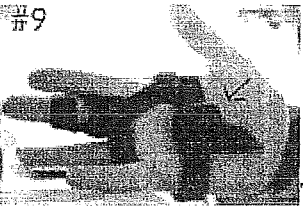
#6 Bring it over to the top.



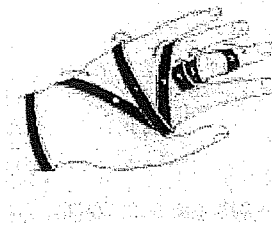
#7 Bring it around (in the middle of the palm).



#8 Keep going around till just about completing the rest of the strap.



#9 The final 2,3 inches, tie it around the middle straps to keep it firm.



#### Step #4

## Daven!

#### Step #5

Taking off your tefillin is done in the reverse order

1 First unwrap the strap from your fingers, wrapping it around your palm.

2 Then take off the *shel rosh*. Wrap it up and put it away.

3 Then take off your *shel yad*. Wrap it up and put it away.

Adapted from [www.davening.net](http://www.davening.net)