



A Guide to Wrapping (Laying) Tefillin

Created by Creighton J. Cohn and Jay R. Englander and provided by the FJMC and Congregation B'nai Amoona Men's Club, St. Louis, Missouri, Midwest Region



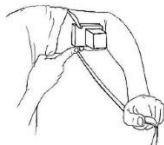
1) After putting on your tallit, get out your arm (yad) tefillin and say:

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:

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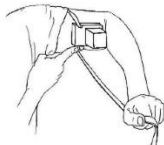
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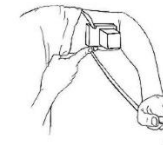
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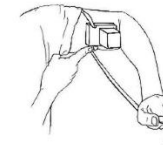
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