



## Guide How to bind the phylactery - Tefillin

This is a guide to putting on the tefillin. It will be much easier to have a live person showing you the first time words cannot equal the real thing.

The presentation and video displayed, is a right-handed fellow who binds the tefillin on the left arm, one who is a lefty binds the same process vice versa on the right arm. There are some different customs of the bindings, the presentation here is the basic Ashkenazi custom. Any Jew can perform the deed using this custom.



### Hebrew keywords

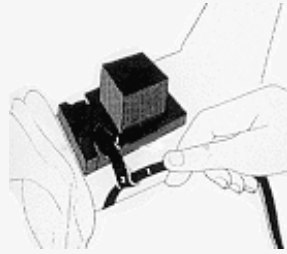
Tefillin	The general name for phylactery.
Shel Rosh	The black box that sits on the head
Shel Yad	The Black box that sits on the arm/biceps
Bayis	The Black box in general

### Step A

(Sephardic Jews and Married Ashkenazi Jews shall place a tallit first.)

1. We start with the hand. We never start with the head, so if you accidentally take out the shel Rosh (the tefillin for the head) first, put it aside and take out the shel yad (the tefillin for the hand).
2. When putting on tefillin or taking tefillin off, Ashkenazi Jews stand, Sephardic Jews sit. While putting on Tefillin, you may not talk from after the first blessing through the Statement. (Until Step C, see below)
3. Start, roll up left sleeve (leftys roll up right sleeve, same process vice versa on right arm), make sure you take off rings and watches on that hand. Unwrap the straps and take the shel yad carefully out of the box. Open the loop very wide, and slide back the shel yad until center of your biceps.

#### Position for Shel Yad



The loop to the side of the body



Position for Shel Yad before the 1st blessing

#### 4. Recite 1st Blessing

##### 1st Blessing

English:

Blessed are You, God our God, King of the universe, Who has made us holy through His commandments, and commanded us to put on tefillin.

Phonetic Hebrew:

Baruch ata Adonai elohaynu melech ha'olam asher kidshanu bemitzvotav vetzivanu lehani'ach tefillin.

Hebrew:

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

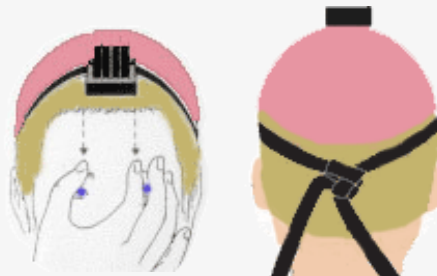
#### 5. Tighten the loop.

6. Begin wrapping the strap around your hand, wrap once around your biceps and seven times around your lower arm. Stop at palm, and wrap the remainder of the strap around your palm. Do not wrap the strap around your fingers yet.



## Step B

1. Remove the shel Rosh from bag, unwrap the straps, and take it out of the box carefully. Place the shel Rosh 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 2nd Blessing:

### 2nd blessing

English: Blessed are You, "God" our God, King of the universe, Who has made us holy through His commandments, and commanded us concerning the Mitzvah of tefillin.

Phonetic Hebrew: Baruch ata Adonai elohanynu melech ha'olam asher kidshanu bemitzvotav vetzivanu al mitzvat tefillin.

Hebrew:

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

4. Tighten the straps around your head, by pulling them down at the sides from front to back.
5. Recite the statement

### The Statement

English: Blessed is his name, whose glorious kingdom is forever and ever

Phonetic Hebrew: Baruch Shem Kvod Malchuso Leolam Vaed

Hebrew:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

## Step C

Resume wrapping the strap of the shel yad.

Unwind the strap from your palm,  
as the strap comes from the wrist.

1. Bring it around.



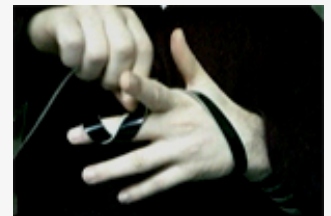
2. Down to the middle finger.



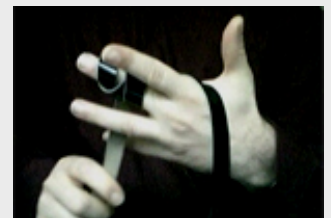
3. Around the upper half of the middle finger.



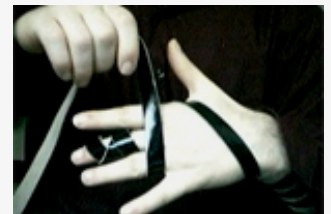
4. Twice around the lower part of the middle finger.



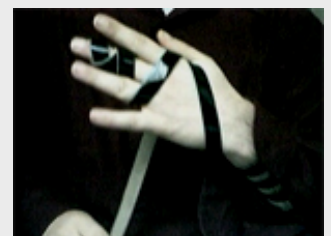
5. Loop it around the fourth finger.



6. Bring it over to the top.



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

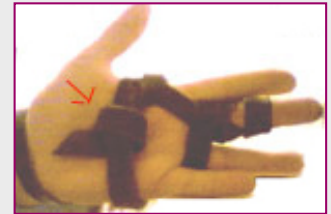


8. Keep going around till just about completing the rest of the strap.



9. On the inside the final 2,3 inches, tie around the middle straps to keep firm.

*Looking from the inside.*



Praying time. The 2 most important prayers to recite while wearing the tefillin is the Shema, and the Amidah.

### Taking off the Tefillin

1. Unwrap the straps from your fingers, and rap it around your fist.
2. Take off the Shel Rosh, wrap in box and place it away.
3. Take off the Shel Yad, wrap in box and place it away.
- (4. Take off the tallit)\_

When you wrap your tefillin away.. do not pull the straps tightly around the boxes. Leather can stretch a little, but the paint on the straps cannot stretch without cracking. The straps must be entirely black, according to the Jewish Law, any cracks on the straps it could become invalid.