

TEFILLAH

Your Opportunity to Reach Great Heights

4

SHEMONEH ESREI—KODESH HAKODOSHIM

3

KRIAS SHEMA (AND ITS BERACHOS)—HEICHAL

2

PESUKEI D'ZIMRAH—AZARAH

1

BIRCHAS HASHACHAR (AND KORBANOS)—HAR HABAYIS

WHEN WE DAVEN, we have the opportunity to reach great spiritual heights. The *Anshei Knesses Hagedolah*, which included many *Neviim* (prophets) among them, arranged the *Shacharis tefillah* to allow us to reach a heightened level of *kedushah* and an awareness of Hashem step-by-step; similar to the four levels of increased *kedushah* found in the Bais Hamikdash—beginning with the lowest level of *kedushah* (Har HaBayis) culminating with the highest level of *kedushah* (Kodesh HaKodoshim).

The *Shacharis tefillah* begins with Birchah HaShachar—corresponding to the Har HaBayis; followed by Pesukei D'Zimrah—corresponding to the Azarah; then Krias Shema (and its berachos)—corresponding to the Heichal, culminating with Shemoneh Esrei—corresponding to the Kodesh HaKodoshim.*

As you daven before Hashem, visualize yourself walking through the different sections of the Bais HaMikdash, elevating yourself with increasing levels of *kedushah*.

* See *Nefesh Shetmitzen*, pages 36-42


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