

## 10 Steps For Positioning The Head Tefillin

(Siman 27:9)

1. From the beginning of where the hair roots grow (the hairline).
2. The entire Tefillin has to be on the head where hair grows (or used to grow).
3. It is better to wear the Tefillin a bit higher, so that it does not slip lower.
4. If it is too low, one does not fulfill the Mitzvah and the Bracha is in vain.
5. One should help others also in this matter.
6. One should try to avoid using very large Tefillin.
7. The Mishna Brura states that many people (regrettably) stumble in this matter.
8. It is easy to adjust the knot of the straps for the head Tefillin. It takes about two minutes to perform. Thus, one should ask someone who is knowledgeable in this matter to adjust it for you. Or, alternatively, have them show you how you can do it for yourself.
9. One suggestion of how to remind others if their Tefillin needs an adjustment is to ask them whether your own Tefillin is properly in place. After they help you, you can offer to adjust theirs.
10. The knot on the back of the head should be mostly above the groove and centrally aligned, thereby causing the Tefillin on the front of the head to become spaced equidistantly between one's eyes.