

Blessing for tefillin; Stand, place tefillin on the arm, then recite:

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',
blessed (are) You Adonai G-d our King (of) the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

A-sher' kid-sha'-nu be-mits-vo-tav' ve-tsi-va'-nu
Who sanctified us with commandments His and commanded us

לְהַנִּיחַ תְּפִלִּין .

le-ha-ni'-ach te-fi-lin'.
to lay down tefillin*

Tighten the tefillin around the arm and then wrap the forearm, and palm of the hand. Place the head tefillin, and recite:

Blessing for the head tefillin:

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',
blessed (are) You Adonai G-d our King (of) the universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

A-sher' kid-sha'-nu be-mits-vo-tav' ve-tsi-va'-nu
Who sanctified us with commandments His and commanded us

עַל מִצְוֹת תְּפִלִּין .

al mitz-vat' te-fi-lin'.
about commandment of tefillin

בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד .

Ba-ruch' shem ke-vod' mal-chu-to' le-o-lam' va-ed.
blessed (is) name of glorious Kingship His for eternity and forever

Adjust the head tefillin; unwrap the strap from the palm, and while or immediately after wrapping the middle finger and hand, say:

וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם , וְאֶרְשָׁתִּיךָ לִי

Ve-e-ras-tich' li le-o-lam', ve-e-ras-tich' li
and I will betroth you to Me for eternity and I will betroth you to Me

בְּצִדְקָה וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים .

be-tze'-dek u-ve-mish-pat' u-ve-che'-sed u-ve-ra-cha-mim'.
with righteousness and with justice and with kindness and with mercy

וְאֶרְשָׁתִּיךָ לִי בְּאֵמוּנָה , וְיָדַעְתָּ אֵת יי' .

ve-e-ras-tich' li be-e-mu-nah', ve-ya-da'-at et Adonai.
and I will betroth you to Me in faithfulness and you will know (d.o.) Adonai

To remove the tefillin, stand and unwind the strap from the fingers, and wind it temporarily around the palm. Remove the head tefillin and replace it in the box, wrapping the straps neatly. Unwrap the hand and arm tefillin, replace it in its box and wrap the strap neatly. Don't wrap the strap around the box itself, but only around the lip of the box. *from To Pray as a Jew*, by Rabbi Donin