

THE PLACE TO LAY TEFILLIN



The Tefillin of the arm is put directly on the muscle. There must not be a separation (Chatzitzah), between the Tefillin and the arm. So, the person wearing Tefillin must be careful that his shirt sleeve does not slip under the Tefillin. Also, if any dirt is there, it should be washed off.

A left-handed person who does everything with the left hand should put his Tefillin on the right arm. If he uses both hands equally, the Tefillin should be put on the left arm, because most people do it this way. Someone who writes with one hand and does everything else with the left hand, ask his Rabbi what he should do.