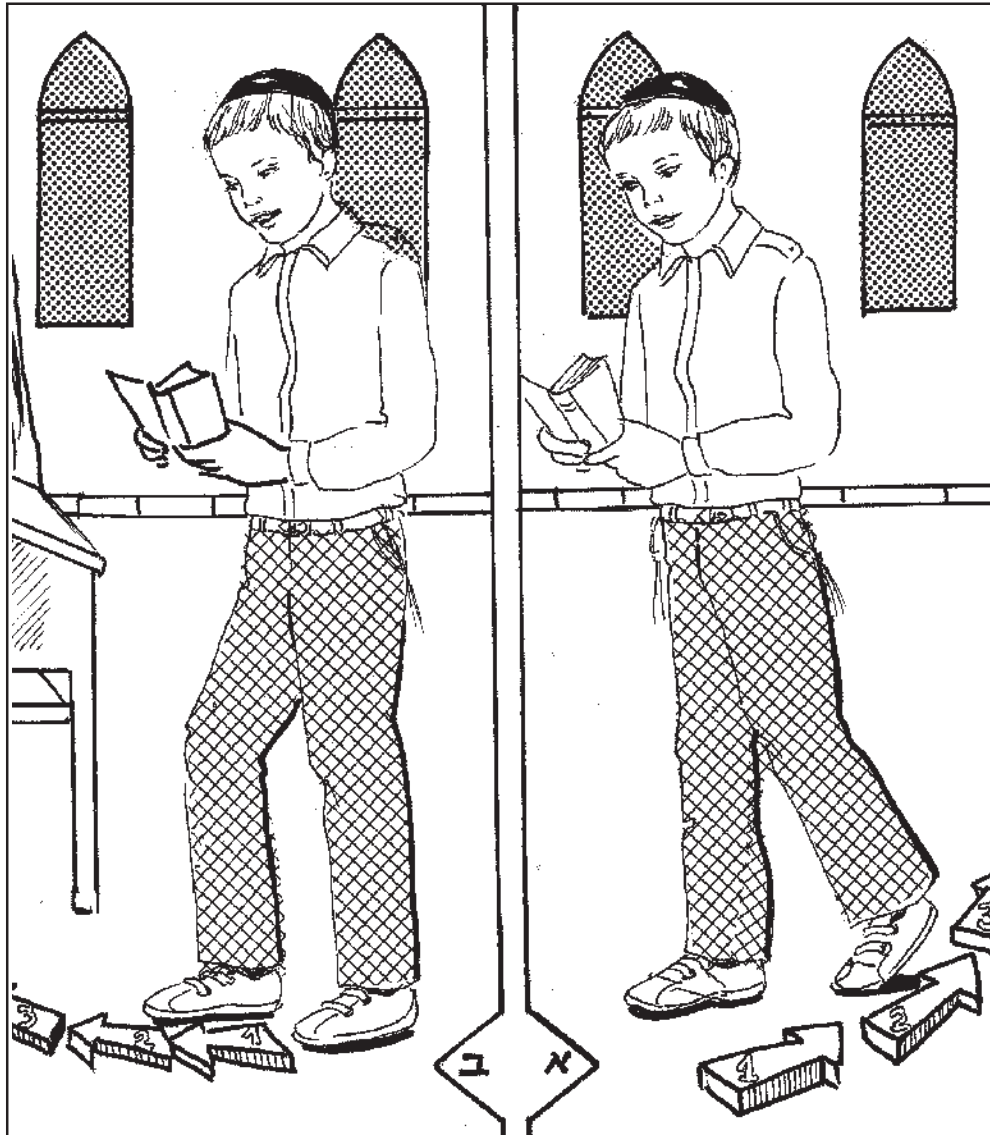


שְׁמוֹנֵה עֶשְׂרֵה - עֲמִידָה לְפָנֵי מֶלֶךְ  
מְלָכֵי הַמְּלָכִים

STEPPING BEFORE SHEMONEH ESREI



Right before saying the Shemoneh Esrei, a person takes three steps back and then three steps forward. When he moves forward it should be as if he is coming before the King to speak to Him. The person should try to really feel as if he is standing before the King. It is very important for a person to have the

a person to have the attitude that he is speaking straight to Hashem, and that Hashem is listening carefully to his prayers. This is a job that takes a lot of time and effort. Once he has learned to do this, he begins to understand what true Tefilah means.