

דִּינֵי נְטִילַת יָדַיִם לְפָנֵי אֲכִילַת לֶחֶם

THE LAWS OF WASHING HANDS



Before eating bread a person washes his hands. This began because the Kohanim had to wash their hands to eat Teruma. Our Sages made this custom for everyone, since eating is thought of as holy. The person is making the eating "Kodosh" by first washing his hands.

The cup that is used to wash the hands is first held in the left hand and water is poured on the right hand two times. Then, the cup is held in the right hand and water is poured over the left hand twice. The first time water is poured on the hands, the hands become "Tohor" (pure). The second time water is poured on the hands, the water becomes pure. He makes the bracha while his hands are still wet, and then takes a towel to dry his hands.