

Hilchos Tefila 94-95 (page 255)
מסעיף ט עד סימן צה סעיף ד

(סימן צה, סעיף א וס"ק א-ב; ביאורים ומוספים דרשו, 2 ו-5)



demise. There is an opinion that the Zohar permits a person to keep his eyes open if he looks down the whole time. The preferred method is to keep one's eyes closed, because that

prevents people from looking around. *Davening* from a *siddur* with open eyes is permissible according to all opinions.

(סימן צה, סעיף ב, ס"ק ד-ה, וביה"ל ד"ה צריך; ביאורים ומוספים דרשו, 11)



How to hold one's hands when *davening*

A person must stand respectfully when *davening* as if he were standing before the rulers of his time. In some places it was customary for a person to stand before his superiors with his hands folded over his chest, and according to the Arizal this is the proper posture for *davening*. When standing in this position, the right hand should be placed over the left one to demonstrate that the *midas harachamim* symbolized by the right hand should override the *midas hadin* symbolized by the left hand, and the thumb should be tucked into the palm. Some people do not stand this way, but put their hands on a *shdenter* when *davening*.

(סימן צה, סעיף ג וס"ק ו; ביאורים ומוספים דרשו, 14-15)

Yesterday's HIGHLIGHTS

- A traveler may *daven* while sitting on an animal (despite the poor level of focus inherent in doing so) if the pressure from tarrying would disturb his *kavanah* for *davening*.
- Someone who will be on a plane from before nightfall until after *alos* and won't be able to stand up for the *Shemoneh Esrei* of *ma'ariv* should preferably *daven ma'ariv* before *shekia*.
- *Shemoneh Esrei*, *chazaras hashatz*, *birkas kohanim*, *Hallel* and *kriyas haTorah* should be recited while standing. Leaning so heavily on something that a person would fall if the item was moved is not equivalent to standing in these cases.

Tomorrow's TOPICS

- Holding things while *davening*
- Changing locations while *davening*
- Keeping one's feet together for *Kedusha*

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Important Note: The halachic summaries are to assist you with your learning.
Before implementing halacha in practice, please refer directly to the Mishna Brura and Mussaf Dirshu.

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