



Before putting on Tefillin one should have the following in mind (אמרו"ס ב"ה)

***I* have in mind to fulfill the Mitzvah of Tefillin as Hashem commanded.**

***Hashem* has commanded us to put on tefillin which contain 4 parshiyos in which it is written His Oneness and Yetzias Mitzrayim.**

***We* wear them on the arm, opposite the heart, and on the head, opposite the brain, so that we constantly remember the miracles and wonders that Hashem performed for us, for these miracles demonstrate His Oneness, and that He has unrivaled power and dominion both in heaven and on earth to do as He wishes.**

***We* wear it opposite the brain so that we submit the Neshamah to His authority, and opposite the heart (which represents man's physical desires and thoughts) so that a person will remember his Creator and minimize his physical pleasures.**