

ACTT Kavannah During Davening Event
Rabbi Pinchas Jung 9/16/07

CHANGE THE WAY YOU DAVEN

Suggestions for תפילה!

- 1) Learn תפילה, תפילות and the concept
 - 2) The תפילה connection
 - 3) Relax, wait, then start
 - 4) Your favorite תפילה
 - 5) Your favorite shul; your own place
 - 6) A level head, serious but serene
 - 7) No intruders e.g. cellular phones
 - 8) Close eyes or תפילה - you decide
 - 9) Pause before closing a תפילה
 - 10) 24/7 - pure speech
 - 11) To shake or not to shake!
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