

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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