

3. Repeat the same motion three times to your right (south), behind over your shoulder (west), to your left (north), raising it up above you, lowering it down below you.

4. All of these should be done slowly and deliberately concentrating on the symbolisms and intentions of the act.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת לֻלָּב.

Baruch atah Adonai, Eloheinu, melech ha-olam, asher
kidishanu b'mitz'votav v'tzivanu, al n'tilat lulav

Baruch atah, Adonai Eloheinu, Melech haolam,
shehecheyanu v'kiy'manu v'higiyanu laz'man hazeh.

Every day of Sukkot, except for Shabbat, we bless the Four Species (the Four Species include one Etrog, one Lulav, three Hadasim (myrtle branches) and two Aravot (willow branches), during the Shacharit (morning) service.

Before the blessing, the etrog is held with its pittum (stem like protrusion) pointed downward. After the blessing, it is inverted so that the pittum faces up. At this point you wave/shake the lulav (together with the other three) in the following manner:

1. Stand facing east.
2. Hold the lulav out to the east (in front of you) and shake it three times. Each time the motion of shaking should be a drawing into you reach and draw in, reach out and draw in, reach out and draw in.

סִכּוֹת Sukkot Blessings

It is a mitzvah to celebrate in the sukkah. Even though the Torah tells us that we should live in the sukkah for seven days, many choose to only eat in the sukkah. When eating or reciting the kiddush in the sukkah, recite the following blessing:

**בָּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה**

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu leisheiv basukkah.

On your first occasion in the sukkah during this Sukkot

**בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהִחֲיוֹנוּ
וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה**