

Could You Pass the Conversion Test - Section #1 - Weekday Living:

Section #1 - Weekday Living - Class #2 - Getting Up in the Morning - Part 2:

E. Hygiene:

1. You should wash your face and hands, as you are in the image of Hashem.
2. You should comb and straighten out your hair.
3. Do not look in the mirror more than is necessary.
4. When washing oneself, the right side should precede the left.
5. When bathing the whole body, first wash the head.
6. It is commendable to rinse one's mouth in the morning.

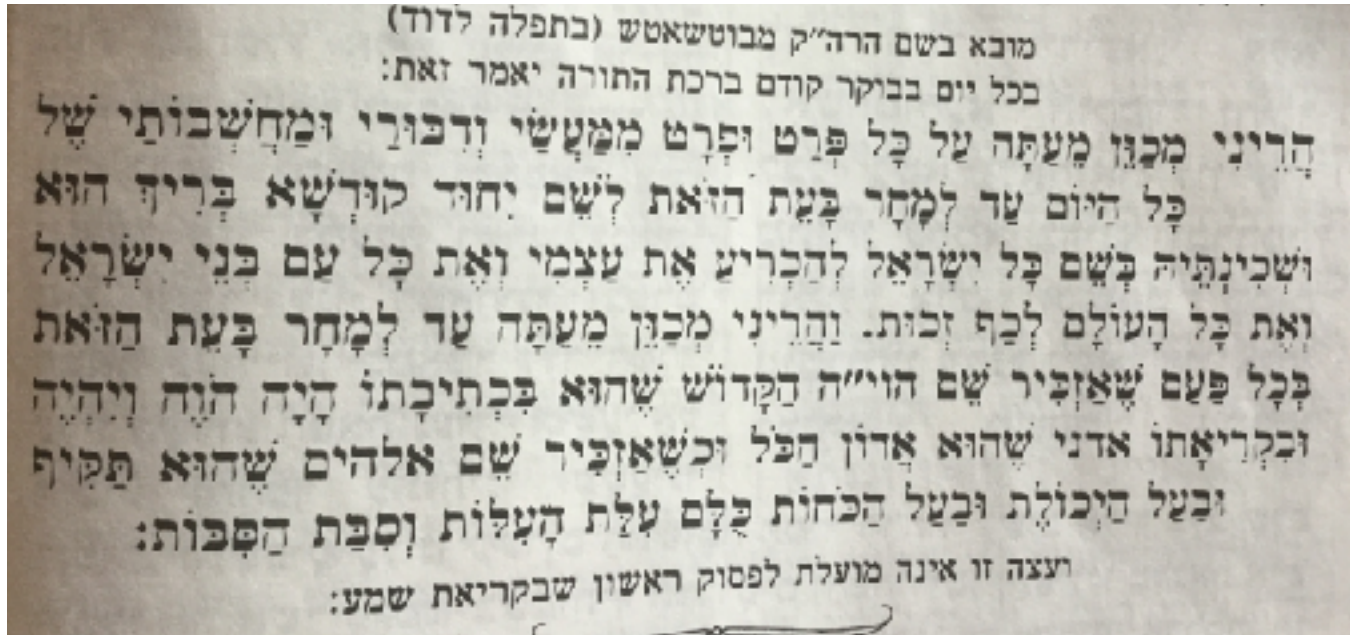
F. Getting Dressed / Tznius:

1. It is forbidden to imitate the dress or behaviour of the gentiles.
2. One should wear modest and inconspicuous clothing - without overtones of conceit and immodesty.
3. Be particular to wear clean clothes.
4. One should dress in a way as an "Ambassador of Hashem" to the world.
5. Every man should wear a properly sized *Yarmulka* or hat throughout the day as a sign of respect for the Shechina. It is virtuous to have one's head covered while sleeping.
6. Every man must wear a kosher sized pair of Tzitzis. A blessing is made prior to putting them, unless he will be wearing a Talis for prayers.
7. Every married woman should have her hair covered, at least when in public or when in the company outside of her family. (Ideally completely covered - but not to reveal more than a tefach.)
8. Ideally, do not put on your undershirt while sitting exposed. Rather, while still lying in bed, first place your head and arms through the garment. Then put it on. Therefore, when one gets up he will be covered.
9. Do not say "behold I am in the most concealed of rooms, who will see me;" for the Holy One Blessed be he fills the whole world with his glory.
10. One can be much more lenient when changing in the bathroom, and there is room for leniency in one's bedroom.
11. Be careful to put on your undershirt properly and not inside out.
12. Do not put on two items of clothing on at the same time.
13. One should not walk barefoot. Ideally, one should wear socks.
14. Put your right shoe on first and then the left shoe. Tie the left shoe and then the right one. [shoes where there are no laces, put the right shoe on first.]
15. Favor the right side and upper half of body when putting on your clothes. (e.g. sleeves, buttons)
16. It is forbidden to walk in an erect (arrogant) posture. And a man should not walk four amos with an uncovered head due to respect for the holy presence.

G. Prayers Upon Arising:

1. Each morning we recite a number of blessings thanking Hashem for His constant kindness to us. These blessings are called *Birchas Ha-Shachar* - the morning blessings.
2. A person is forbidden to derive enjoyment from this world without first reciting a blessing. Whoever derives enjoyment without reciting a blessing is like one who misappropriates a sacred object.
3. Ideally, one should not eat anything before praying. You may drink tea, coffee, or other light drinks if necessary. A sick or very weak person may eat before praying.
4. Ideally, one should pray before doing anything else, as this sets the tone for the entire day.

5. Ideally, one should say the early morning blessings either in Shul or when one is fully dressed at home.
6. One should pray in a fixed place when praying in Shul or at home.
7. You may pray in your bedroom if the beds are made and the room is neat.
8. One should pray with proper concentration. You should minimally understand what you are saying. You should say the prayers out loud.
9. You should have special concentration when saying Hashem's names.
10. Prayer to be said before saying any prayers containing Hashem's names:



Translation: " I hereby reveal my intention that from this moment on, each and every detail of my actions, speech, and thoughts of the entire day until tomorrow at this time, are being done for the sake of unifying The Holy One Blessed is He and the Shechina on behalf of all of Israel to turn the scales for me, entire Jewish people, and the entire world, to the side of merit. And I also reveal my intention from this moment on until tomorrow at this time, that each time I mention the holy name of **יהוה** as it is written, that He was, is, and will be; and when I read **א-דני** , that He is the Master of everything; and when I mention the name **א-להים** , that He is Mighty, all capable, Master of all powers, and the cause of all causes."

11. Main point of the second half of the prayer, have in mind from now until tomorrow morning that I have the following in mind when I say ;
 - יהוה - (as it is written) He was , is, and will be
 - א-דני - (as it is read) He is the master over everything
 - א-להים - The powerful one, the all capable, master of all forces and the cause of all causes.
12. This prayer will help for every name of Hashem mention throughout the day, except when saying the first line of the Shema, which requires actual concentration of the names when said. (See below)
13. Morning blessings are found on pages 14 - 20 of the Artscroll Siddur.