

STAYING ON YOUR TOES

by Rabbi Daniel Travis

Yet even after implementing the above suggestions, it is extremely difficult to avoid invasive thoughts during prayer. Sometimes we invest great effort in advance preparation, and our concentration is nevertheless impeded. After having commenced praying, what can one do to clear his head?

The Sefer Chassidim advises pressing one's toes to the ground and lifting himself slightly off the ground. While he is doing this one should make sure not to lean on the wall. Assuming this position when necessary will banish foreign thoughts from his mind (Sefer Chassidim 28).

At times, grasping an object of kedushah can help us concentrate on our prayers. Some suggest that holding onto his four tzitzis will clear his head of foreign thoughts (Makor Chaim 98,1). A person should utilize whatever methods are at his disposable to help him to concentrate and focus on his prayers.

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