

SEPHARDIC U

How to Shake the Lulav and Etrog: Sephardi Customs

SEPHARDI MINHAG

This guide presents the traditional Sephardi practice of the na'anuim, following the practice associated with the Ari and cited by Sephardi halachic authorities including Chacham Ovadia Yosef and Yalkut Yosef.

1 Hold the Four Species

Lulav

לוּלָב

Hadassim

הַדָּסִים

Aravot

עֲרָבוֹת

Etrog

אֶתְרוֹג

Four Species

אַרְבַּעַת הַמִּינִים

Na'anuim

נְעֻנוּעִים

Before the Na'anuim

1. Hold the lulav, hadassim, and aravot together in the right hand.
2. Recite the blessing. On the first day, also recite Shehecheyanu.
3. Take the etrog in the left hand.
4. Bring the lulav and etrog together so that they touch.
5. Perform the na'anuim.

2 The Blessing

PRIMARY BLESSING — ALL DAYS

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

Barukh Atah Adonai Eloheinu Melekh ha'olam, asher kiddeshanu bemitzvotav vetzivanu al netilat lulav.

FIRST DAY ONLY

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינּוּ וְקִיָּמְנוּ וְהִגִּיעָנוּ לְיָמֵי הַזֶּה.

Barukh Atah Adonai Eloheinu Melekh ha'olam, shehecheyanu vekiyanu vehigiyanu lazman hazeh.

3 The Six Directions

The Sephardi Order of the Na'anuim

SOUTH → NORTH → EAST → UP → DOWN → WEST

(Three times in each direction)

Motion

Extend the Four Species toward the direction, then bring them back toward the chest. Repeat three times in each direction.

Lulav Posture

The lulav remains upright throughout. When moving downward, do not turn the lulav upside down — lower your hands while keeping the lulav upright in its natural orientation.

Body Orientation

In the Ari-based practice presented here, turn toward each horizontal direction, turning to the right when changing directions. When moving up and down, remain facing east.

4 Na'anuim During Hallel

During Hallel, the lulav is waved on four occasions:

Hodu
once

**Ana Hashem
Hoshi'a Na**
once

**Ana Hashem
Hoshi'a Na**
again

Final Hodu
once

No separate set of na'anuim is added at “Yomar Na Yisrael”; the Sephardi practice described here follows the four Hallel sets above.

HODU LAHASHEM

הודו ליי כי טוב כי לעולם חסדו

ANA HASHEM HOSHI'A NA

אנא יי הושיעה נא

5 Hodu Direction Map

Word	DIRECTION
הודו	SOUTH
ליי	no movement
כי	NORTH
טוב	EAST
כי	UP
לעולם	DOWN
חסדו	WEST

Do not move the lulav while saying Hashem's Name.

6 Ana Hashem Hoshi'a Na

This sequence is performed each time Ana Hashem Hoshi'a Na is recited.

Word	DIRECTION
אנא	SOUTH → NORTH
יי	no movement
הושיעה	EAST → UP → DOWN
נא	WEST

The word הושיעה is completed in a single breath; do not divide the word while performing the movements.

Quick Review Checklist

Order SOUTH → NORTH → EAST → UP → DOWN → WEST (three times in each direction)

Hallel Sequence Hodu → Ana → Ana → Final Hodu

Reminders Do not move while saying Hashem's Name. Do not turn the lulav upside down when moving downward.

Minhagim vary among Jewish communities. This guide presents the traditional Sephardi practice associated with the Ari and followed by many Sephardi communities. Follow your family or community minhag where it differs.

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