

# Naanuim Instructions

It may help to visualize steps 1 and 2 in terms of an x and y axis:

- The "ah" syllable and the step 1 actions occur on the x-axis (horizontal plane, out/in).
- The "NAH" syllable and the step 2 actions occur on the y-axis (vertical plane, up/down).

## Step 1:

Begin by saying "Ana" (ah-NAH), using the syllables as natural breaks. You can slightly elongate the "ah" sound to conclude this step.

On "ah," extend the lulav outward, shake once, then bring it back to your chest and shake again. Repeat this extension and retraction sequence. Then, shake the lulav outward 3 times and inward 3 times.

## Step 2:

For the syllable "NAH," shake the lulav upward 3 times and downward 3 times. Then, follow with one shake up, one shake down, and repeat this final up-down shake.

## Step 3:

Pause and say "ah-doe-SHEM" or "Hashem" without shaking the lulav.

## Step 4:

As you say "Hoshia" (hoh-SHEE-ah), shake the lulav to the right and back to your chest 3 times on "Ho" (hoh), behind you and back 3 times on "Shee" (SHEE), and to the left and back 3 times on "Ah" (ah).

## Step 5:

Conclude with "Na" (NAH), shaking the lulav upward and back to your chest 3 times, then downward and back 3 times.