

Have someone you love tie the Red String to your left wrist. First, have them tie the string closely around your wrist with a simple knot. Repeat by knotting the string six more times for a total of seven knots. Now make a promise to yourself that you will refrain from negative thoughts or speech about others and will strive to love your neighbor as yourself. This harmful behavior will interfere with your effort to gain personal fulfillment and protection. Then say and meditate on the Bein Porat prayer which prevents others from giving us the evil eye.

בֵּין פְּרַת יוֹסֵף בֵּין פְּרַת עֲלֵי עַיִן בְּנוֹת צַעֲדָה עֲלֵי שׁוּר.
הַמַּלְאָךְ הַגָּאֵל אֶתִּי מִכָּל רָע יְבָרֵךְ אֶת הַנְּעָרִים וַיְקַרָּא בְהֵם
שְׁמִי וְשֵׁם אֲבוֹתַי אַבְרָהָם וַיִּצְחָק וַיְדַגּוּ לָרֹב בְּקֶרֶב הָאָרֶץ:

Bein porat Yoseif, bein porat alei ayin banot tza-adah alei shur.
Hamalach hago-eil oti mikol ra y'vareich et han'arim v'yikarei
vahem sh'mi v'sheim avotai Avraham v'Yitzchak v'yidgu larov
bakerev ha-aretz.

Joseph is a fruitful bough, a fruitful bough by a well; whose branches run over the wall. The Angel who redeemed me from all evil, bless the youth; and let my name be named on them, and the name of my fathers Abraham and Isaac; and let them grow into a multitude in the midst of the earth.

Bereishit (Genesis) 49:22 & 48:16