

# TASHLICH ON YOM KIPPUR

A graphic of a sunburst with orange rays emanating from the top left corner, extending across the top half of the page.

*Tashlich* is an ancient Jewish ritual commonly practiced during the 10 days between Rosh Hashanah and Yom Kippur. It's designed to help us "cast off" our spiritual baggage from the previous year, so that we can enter the new year with a clean, metaphysical slate.

*Tashlich* involves going to a body of water to meditate on anything you want to release from your past year.

After, symbolically transfer your "baggage" onto a stone, leaf, or something else that's environmentally friendly, throw it into the water, thereby releasing yourself of all of its weight.

Follow the steps below for a self-guided ritual or [click here](#) to listen to a 10-minute guided *tashlich* audio track recorded by one of our Honeymoon Israel educators, Deanna Neil.

Hold your *tashlich* object (breadcrumbs, stones, leaves, sticks etc.) in your hands. Approach the water. Look at the object in your hands.

Say aloud, even if you are whispering it, a mistake you made this past year. Verbalize why it was wrong and how you feel about it.

Set an intention to do better this year. And really mean it.

When you are ready, and *only* when you are ready, cast the object into the water.

Take a deep breath and watch your object as it is carried away by the water. Return to this moment throughout the year as a reminder of your intentionality and commitment.