

Tashlich

(tahsh-leehek)

תַּשְׁלִּיךְ



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 (or, if that isn't accessible to you, a running faucet or bucket of water in the back yard works well too), and meditating on anything you want to release from your past year. After, you symbolically transfer your "baggage" onto a stone, leaf, or something else that's environmentally friendly, and throw it into the water, thereby releasing yourself of all of it's weight. This is an awesome ritual to do with your family and friends to get ready for the high holiday season, especially when preceded by the practices of [Cheshbon HaNefesh](#) and [Teshuvah](#) (click both links to learn more!).

[Click here](#) to listen to a 10-minute guided *tashlich* audio track recorded by one of our very favorite Honeymoon Israel educators, Deanna Neil.

