

# How To Do Tashlich

Tashlich (from the Hebrew "to cast off") is a ritual performed on the second day of Rosh Hashanah, though it can be done anytime during the Jewish High Holiday season.

The act of throwing something into the water symbolizes the casting away of our sins (or things we want to do better) from the past year in order to start the year with a clean slate.

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Unlocking Jewish

Photo courtesy of Anna Keller, an 18Doors contributor whose Jewish Catholic daughter is pictured.

## HERE'S HOW

1

Go to your favorite local body of moving water (not a pond).

2

Bring something animal friendly to toss in (oats, pebbles, bits of leaves).

3

Take some time to think over the past year.

4

For each item you throw in, let that represent something from the past year which you're ready to cast off.

Count your blessings and eat something sweet to celebrate the New Year.



*Happy New  
Year  
L'Shanah Tova*

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