

A Tashlich Experience

– Shake Off the Dust

Tashlich is the ceremony that casts away our bad energy.

It is done on the first day of Rosh Hashana, or the second day when the first falls on Shabbat, like this year.

1. FIND THE RIGHT SPOT

During the afternoon of Rosh Hashana, take a wander to a body of water. It can be a beach, a lake, a river or a pond. You can go as close or as far as you wish. Anywhere in eyesight of the water is fine. This is the stage for Tashlich – casting away our baggage.

3. CLEAR THE CACHE

Each one of us has things in our past that we'd love to get rid of. Rosh Hashana is the reset moment, when all the caches stored in our psyche are cleared and we start anew. Identify the negative patterns you want to break, the misguided behaviours you want to change and the habits you want to quit. View each one of them as a blockage, holding back the light of your soul from shining in its full glory. As you say the words "and You will cast all their sins into the depths of the sea" visualise those blockages being hurled into the water. Watch them sink to the bottom, hit the seabed with a thud, and then slowly start to disintegrate under the water.

2. THE SECRET OF WATER

Observe the water. Watch it move. Imagine what might be underneath the surface.

There is a whole world under that water - animal and plant life, ruins and shipwrecks. All are equally submerged and one with the great blue deep. That's where we are about to banish our negativity.

4. SHAKE OFF THE REMNANTS

After reading the prayer, shake the corners of your clothing, as if dusting yourself off.

Shake away the accumulated dust of lethargy and inaction. Now, feel how much lighter you have become, how your freshness has been restored and a new energy flows through your veins. The blockages have gone, your light is free to shine. Look back at the water. Those bad habits are not yours anymore. You have disowned them forever. Let that sink in. Before you leave, decide on one practical change you will now make in your life, a small step towards being a better you. When you have that clear, turn away from the water and greet the new you with a smile.

Tashlich Prayer

04

Read the bold and think of the words on top without saying aloud.

read in your head..... Lord, Lord, benevolent G-d
say out loud..... **Who is a G-d like You,**

Compassionate

Who pardons iniquity,

and gracious,

And forgives transgression

slow,

For the remnant of His heritage?

to anger,

He does not maintain his wrath forever

and abounding kindness,

For he desires (to do) kindness.

and truth;

He will again show us mercy,

He preserves kindness

He will suppress our iniquities;

for two thousand generations,

**And You will cast all their sins
into the depths of the sea.**

pardoning iniquity

Show faithfulness to Jacob,

transgression

Kindness to Abraham,

and sin,

which you have sworn to our fathers

and he cleanses.

from the days of yore.

the Lord is slow

From out of distress I called to G-d;

to anger

**with abounding relief, G-d
answered me**

and abounding in kindness

The Lord is with me,

pardoning iniquity,

I do not fear

and transgression,

What can man do to me?

acquitting (the penitent)

**The Lord is with me among
my helpers,**

and not acquitting (the penitent).

**and I will see (the downfall)
of my enemies.**

remembering the iniquity of

the fathers of the children

**It is better to rely on the Lord
than to trust in the man.**

for the third and for

the fourth generation.

**It is better to rely on the Lord
than to trust in nobles.**

12 אֲשֶׁר נִשְׁבַּעְתָּ לְאַבוֹתֵינוּ וְחִטָּא	1 מִי אֵל כְּמוֹךָ יִי אֵל
13 מִימֵי קֶדֶם: ² וְנִקְוָה:	2 נוֹשֵׂא עוֹן רְחוּם
1 מִן הַמִּצָּר קִרְאתִי יְהוָה יִי אֵל אֶרֶץ	3 וְעוֹבֵר עַל פֶּשַׁע וְחַנוּן
2 עֲנֵנִי בַּמִּרְחֻבִּיה: ¹ אֶפֶס	4 לְשִׂאֵרֵיט נַחֲלָתוֹ אֶרֶץ
3 יִי אֵל רַב חֶסֶד וְרַב חֶסֶד	5 לֹא הִחְזִיק לְעַד אָפֹו אֶפֶס
4 לֹא אִירָא נִשְׂא עוֹן	6 בִּי חֶפֶץ חֶסֶד הוּא: ¹ וְרַב חֶסֶד
5 מִה יַעֲשֶׂה לִּי אָדָם: ² וְנִקְוָה	7 יִשׁוּב יִרְחַמְנוּ וְאִמּוֹת:
6 יִי לִי בְּעוֹזְרִי לֹא יִנְקָה	8 יִכְבּוֹשׁ עוֹנוֹתֵינוּ נִצֵּר חֶסֶד
7 וְאֲנִי אֶרְאֶה בִּשְׁנֵאֵי: ³ פֶּסֶד עוֹן אֲבוֹתַי עַל בָּנֵי	9 וְתִשְׁלִיךְ בַּמַּצּוֹלוֹת יָם לְאַלְפִים:
8 טוֹב לְחַסוֹת בֵּי מִבְּמַתָּ בְּאָדָם:	10 תִּתֵּן אִמָּת לְיַעֲקֹב נִשְׂא עוֹן
9 טוֹב לְחַסוֹת בֵּי מִבְּמַתָּ עַל שְׁלִשִּׁים וְעַל רַבְעִים: ³	11 חֶסֶד לְאַבְרָהָם וְנִקְוָה
10 בְּנִדְבִים: ⁴	