

# Hand Washing

Contributed by [K Cohen](#)

Source: Original

Ritual hand-washing in preparation for the seder | *urchatz* | וְרָחַץ

This is a moment to cleanse and refresh, so that we can begin the seder intentionally.

Pause, take a deep breath, and center yourself in this present moment.

Before you wash your hands, reflect on whatever may be distracting you and keeping you from being fully present.

As you wash your hands, imagine washing away that distraction, leaving your mind clear to engage fully in tonight's ritual.