

PRE-YOM KIPPUR: NULLIFYING VOWS (HATARAT NEDARIM)

Nullifying Vows (Hatarat Nedarim)

Hatarat nedarim (nullification of vows) should be done before Rosh Hashana (but it may be done any time of the year) in front of three adult male shomer-Shabbat Jews. You may make a condition that you never want to make a vow of any type, but this might not be effective or valid. The formula may be said in English or any other spoken language.