

IMMERSION CEREMONY HONORING GRATITUDE

CREATED BY
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MAYYIM HAYYIM LIVING WATERS

Honoring Gratitude

While Preparing

Kavanah (Intention) to be read while preparing for immersion:

In gratitude I come today to celebrate the blessings in my life. I honor those who have helped me along the way and give thanks for their supportive presence. As I prepare to immerse in the waters of the mikveh, I appreciate the journey that has brought me to this moment.

First Immersion

Take a moment to reflect on what has brought you here today.

Slowly descend the steps into the mikveh waters and immerse completely, so that every part of your body is covered in the warm water of the mikveh.

Following the first immersion, recite:

ברוך אתה יי אלהינו מלך העולם, *Baruch atah adonai eloheinu melech ha'olam,*
אשר קדשנו בטבלה במים חיים. *asher kidshanu bi-t'vilah b'mayyim hayyim.*

Blessed are You, God, Majestic Spirit of the Universe, who makes us holy by embracing us in living waters.

(Created by Mayyim Hayyim Ritual Creation Team, 2004.)

Second Immersion

To be read prior to second immersion:

מודים אנחנו לך *Modim anachnu lach*

I am grateful for the good I know, for the life that I have been given
and for the gifts that are my daily portion.

(Healing Service, Temple Israel Boston, 2000, adapted.)

*Take a moment for a personal expression of gratitude.
Take a deep breath and exhale completely,
while gently and completely immersing for the second time.*

Third Immersion

To be read prior to third immersion:

O Source of Life,
Keep me in awe of sunrise and sunset.
Keep me in wonder of things grand as mountains and oceans.
Let me find joy in ordinary days.
Let me embrace happiness, celebrate life, praise You.

(Temple Beth Elohim, Wellesley, Healing Service, adapted.)

*Relax, and let your body soften,
as you slowly and completely immerse for a third time.*

Following the third immersion, recite:

ברוך אתה יי	<i>Baruch atah adonai</i>
אלהינו מלך העולם,	<i>eloheinu melech ha'olam,</i>
שהחינו וקימנו	<i>she-he-che-ya-nu v'kiy-ma-nu</i>
והגיענו לזמן הזה.	<i>v'hi-gi-a-nu laz'man ha-zeh.</i>

Blessed are You, Eternal our God, for giving me life, sustaining me,
and through one miracle after another, bringing me to this moment.

After Immersing

To be read following immersion:

May the blessings of joy, love, kindness, and compassion be with me always.
May I find peace and wholeness as I continue my journey in gratitude.



**Mayyim Hayyim
Living Waters
Community Mikveh
and Education Center**