

IMMERSION CEREMONY

CREATED BY
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MAYYIM HAYYIM LIVING WATERS

Healing Ceremony

While Preparing

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

I come here today to heal my body, my heart and my soul. (Take a moment to reflect on what brought you to Mayyim Hayyim today.) As I prepare my body to enter the mikveh, I also prepare my mind and spirit to release the past and allow any pain to dissolve.

Before Immersing

To be read prior to entering the mikveh:

Source of All Life,
In Your oneness, I find healing.
In the promise of Your love, I am soothed.
In Your wholeness, I too can become whole again.

(Rabbi Sheldon Zimmerman, adapted.)

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:

May God heal me, body and soul.
May my pain cease,
May my strength increase,
May my fears be released,
May blessings, love, and joy surround me.
Amen.

(Naomi Levy)

This is a moment when the heavens are especially open to our prayers.

Take a moment for your heart's prayer for healing.

*Take a deep breath and exhale completely,
while gently and completely immersing for the second time.*

Following second immersion, recite:

Compassionate God,
Healer of my body,
Healer of my soul,
Heal me.
Strengthen my ailing body;
Soothe my aching heart;
Mend my shattered existence.
Make me whole.

(Rebbe Nachman of Breslov)

Third Immersion

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

Following third immersion, recite:

Blessed is the Eternal One
who gives me the ability to remember those blessings
which are still mine to affirm
and the strength to arise anew each day.

(Rabbi Nancy Flam)



Mayyim Hayyim
Living Waters
Community Mikveh
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Sources: Flam, Rabbi Nancy, ed. *When the Body Hurts, the Soul Still Longs to Sing.* (New York, NY: National Center for Jewish Healing, 1994)