

Immersion Ceremony for Niddah

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Mayyim Hayyim Living Waters

I. Before Immersion

A. Kavanah (Intention) to be read while preparing for immersion

I am coming to the mikveh following the end of my menstrual flow. I follow in the footsteps of Jewish women from generations past who honored the cycles of life through immersion.

(Option A) I feel strong and whole and ready to embrace what the month will bring. *(We encourage you to think of what you want in the coming month and to add a personal reflection.)*

(Option B) I pray for strength and wholeness, ready to embrace what the month will bring. *(We encourage you to think of what you want in the coming month and to add a personal reflection.)*

II. During Immersion

-First Immersion-

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 first immersion, recite traditional blessing for immersion:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל הַטְּבִילָה

*Baruch Atah Adonai Eloheinu Melech Ha-olam,
asher kid'shanu be-mitzvotav, v-tzi'vanu al ha'tevilah.*

Praised are You, Adonai, God of all creation, who sanctifies us with Your commandments and commanded us concerning immersion.

-Second Immersion-

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

Following second immersion, recite:

(Optional petition) This is a time when the Heavens are especially open to my prayers.
(Continue with personal petition.)

-Third Immersion-

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

Following third immersion, recite:

May the coming month bring me a sense of fulfillment and blessing.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּינוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Baruch Atah Adonai Eloheynu Melech Ha-olam She-he-cheyanu, v'ki-y'manu,
v'hi-gi-anu la'zman ha-zeh.*

Blessed are You, Majestic Spirit of the Universe, who gives me life, sustains the rhythms of my body and brings me to this moment of renewal.