

Ceremony for Pre-Passover Immersion

Created by Matia Rania Angelou, Debbie Issokson and Judith D. Kummer for
Mayyim Hayyim Living Waters

Before Immersion

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

Just as the Israelites stood at the shores of the Red Sea, I prepare to immerse in the mikveh as part of my own journey toward freedom.

First Immersion: Leaving Egypt

Slowly descend the steps into the mikveh waters, take a breath, and say:

I acknowledge the narrow places in my life, the ones I have come through and those yet ahead of me.

Immerse completely so that every part of your body is covered in the warm water of the mikveh.

Following first immersion, recite:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּטַבָּלָה בְּיָמֵינוּ חַיִּים.

*Baruch atah adonai, eloheinu melech ha'olam,
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: Hope

Our ancestor Nachshon showed courage by stepping into waters yet un-parted.

I, too, claim courage in the unknown and immerse a second time for hope.

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

Third Immersion: Springtime Renewal

As the buds unfurl in spring, I honor the renewal and new growth within me.

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

Fourth Immersion: Personal Reflection

Take a moment for personal reflection.

Immerse completely for a fourth time, then say:

Rooted in my people's history, I emerge from these living waters, ready to take my place in our continuing quest for freedom.