

Niddah

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I come to the *mikveh* at the end of my menstrual flow, following in the footsteps of Jewish women from generations past who honored the cycles of life through immersion.

I pray to be strong and whole as I ready myself for what the month may bring.

Immersion

טבילה T'VILAH

FIRST IMMERSION

Slowly descend the steps into the mikveh waters and immerse completely so that every part of your body is covered by the warm water. When you emerge, recite the following traditional blessing for immersion:

בְּרוּךְ אַתָּה, יְיָ	Baruch atah, Adonai
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,	Eloheinu, Melech ha'olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,	asher kid'shanu b'mitzvotav,
וְצִוָּנוּ עַל הַטְּבִילָה.	v'tzivanu al hat'vilah.

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

SECOND IMMERSION

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

When you emerge, you might recite the following:

Tradition tells us that 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.
When you emerge, recite the following blessing:*

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

בְּרוּךְ אַתָּה, יי	<i>Baruch atah, Adonai</i>
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,	<i>Eloheinu, Melech ha'olam</i>
שֶׁהֶחֱיָנוּ, וְקִיָּמָנוּ,	<i>shehecheyanu, v'kiy'manu,</i>
וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה.	<i>v'higianu la'zman hazeh.</i>

Holy One of Blessing Your Presence fills creation.
You have kept us alive,
You have sustained us,
You have brought us to this moment.¹

ATTRIBUTIONS

This ceremony was created by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer for Mayyim Hayyim Living Waters.

¹ Congregation Beth El of the Sudbury River Valley. *Vetaher Libenu*. Sudbury, MA. 1980, p. 104.



Mayyim Hayyim
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