

Seven Kavanot for Mikveh Preparation (Youth)

To prepare for immersion in the mikveh you prepare your body as well as your spirit.

1. **הינני Hineini. Here I am.**

Take a deep breath in and out. Look into the mirror and say, "I am here."

2. **בְּצֶלֶם אֱלֹהִים B'tzelem Elohim. I am made in the image of God.**

God made your body in just the right way. We all come into the world naked. Going into the Mikveh reminds us of the time before we were born, so we go into the mikveh with nothing on.

Get ready to clean your body by taking off all your clothes. Don't forget to take off your glasses or contact lenses, jewelry and everything else you can take off.

3. **נְקָבִים נְקָבִים Nekavim nekavim. You made human beings with a special design.**

God made your body a wondrous thing. It works in so many different ways and in so many different places.

Go to the bathroom.

4. **אֱלֹהֵי נְשָׁמָה שְׁנֵתָה בִּי טְהוֹרָה הִיא Elohai, neshama shenatata bi tehorah hi. The soul in me is pure.**

Each person is born with a soul that is pure and shining. Now is the time to take a shower or bath so that your body can be as beautiful as your soul.

Scrub your elbows and knees. Wash everywhere including your hair and your whole entire body.

5. **כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ Kol haneshama t'hailel Yah. The breath of every living being praises God.**

Every time we breathe, we are reminded of God's wonderful creations.

Comb your wet hair so there are no tangles. Clean your ears, blow your nose, brush and floss your teeth, rinse your mouth.

6. **תִּקְוֵן עוֹלָם Tikkun olam. We can build a world of peace and fairness.**

We can help make the world a better and more whole place. It is our job to bring peace to the world.

Clean under your fingernails and toenails. With your hands, you have the power to make changes in the world and make it a better place.

7. **מְקַדֵּשׁ יִשְׂרָאֵל וְהַזְמַנִּים M'kadesh Yisrael v'hazmanim. God makes us holy and makes special moments holy.**

Wrap yourself in the sheet and look at yourself in the mirror again. Smile.

Now that you are prepared in body, mind, and spirit, let the Mikveh Guide know you are ready.