Seven Kavanot for Mikveh Preparation

FOR CHILDREN
CREATED BY MAYYIM HAYYIM LIVING WATERS

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

1. הִנֵּינִי. Here I am.
   Take a deep breath in and out. Look into the mirror and say, “I am here.”

2. נֶּקְבֵים נֶקְבֵים. 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.

3. בֶּצֶלֶם אֱלֹהִים. 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, nail polish and everything else you can take off.

4. אֱלֹהַי נְשָׁמָה שֵׁנְתַּתָּ בִּי טַהוְרָה היָיִתָּ. 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 תַּהֲלֵל יְהוָה. The breath of every living thing 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. תיקון עולם. 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. מָקַדְשׁ יִשְׂרָאֵל וְחֶצְמָנִים. 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, dial 2oo to let the Mikveh Guide know you are ready.