

In Preparation for Passover

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before 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.

Immersion

טבילה T'VILAH

FIRST IMMERSION—LEAVING EGYPT

Read before you immerse for the first time:

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

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

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מְלֶכֶד הָעוֹלָם *Baruch atah, Adonai Eloheinu, Melech ha'olam*
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילַהּ בְּמַיִם חַיִּים. *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.¹

SECOND IMMERSION—HOPE

Read before you immerse for the second time:

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

Read before you immerse for the third time:

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 the third time.

FOURTH IMMERSION—PERSONAL REFLECTION

Take a moment for personal reflection.

Immerse completely for the fourth time.

When you emerge recite the following:

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

ATTRIBUTIONS

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

¹ Created by Mayyim Hayyim Ritual Creation Team, 2004



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