

Being Present in the Moment

A HANDWASHING CEREMONY
for those from any faith tradition

Preparation

Fill a cup of water (from a mikveh or a natural source, if desired).

Place a small basin or bowl near you or simply stand over a sink. Have a towel ready.

Prepare your hands for this ritual by removing rings, bracelets, watches, and nail polish.

Wash your hands with soap and water.

Take a quiet moment and bring to mind the reason you are performing this ritual.

Handwashing

After you have prepared, say:

I stand here today to acknowledge and affirm this moment in my life journey.

I wash my hands using an ancient ritual found in many cultures and rooted in Jewish tradition.

I am present and open to _____ (state your intention for this ritual).

As I pour water over my hands, I call to mind the holiness of my body.

Pour water from the cup over each hand three times.

Pour first with your palms up, then with palms down, and a third time with palms up again.

Be generous with the water and feel it running over your fingers and hands completely.

Affirming the Moment

After washing hands, say:

I have set my intention for this time. May I be fully present in body, heart, mind, and spirit.

Let us bless the goodness which we have encountered in the world,
which has kept us alive and sustained us, and brought us to this moment.¹

Optional Readings

A PRAYER FOR GRATITUDE

I have come today to celebrate the blessings in my life.
I honor those who have helped me along the way, and give thanks for their supportive presence.
I am thankful for the journey that has brought me to this moment.

A PRAYER FOR COMFORT AND STRENGTH

I acknowledge the losses and lessons of the past and I open my heart to the blessings yet to come.
May I be filled with renewed energy and a sense of direction for my life's journey.
May I be granted strength, courage and peace.

ATTRIBUTIONS

This ceremony was adapted from *Being Present in the Moment: A Handwashing and Cup of Miriam Ceremony* which was created by Matai Rania Angelou, Deborah Issokson and Judith D. Kummer for Mayyim Hayyim Living Waters.

¹ Machar: The Washington Congregation for Secular Humanistic Judaism. (2011). *Rosh Hashanah*. Retrieved from www.machar.org