

For a Challenging Life Transition

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I have come here today to acknowledge the recent challenge(s) in my life.

May this immersion help me put closure to what was and open me to what is yet to come.

When I emerge from these *mayyim hayyim*, living waters, may I be filled with renewed energy and a sense of direction for my life's journey. May God grant me strength, courage and peace. Amen.

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 blessing:

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם *Baruch atah, Adonai Eloheinu, Melech ha'olam*
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה 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

Read before you immerse:

Hineni. Here I stand, ready to move through this transition.

I acknowledge the losses and lessons of the past and I open my heart to the blessings yet to come.

As my life continues to change, I know that I am sheltered beneath the wings of the *Shechinah*.

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

THIRD IMMERSION

Read before you immerse:

To take the first step
To sing a new song—
Is to close one's eyes
and dive

into unknown waters.

For a moment knowing nothing risking all

But then to discover

The waters are friendly

The ground is firm.

And the song—

the song rises again.²

Relax, and let your body soften, as you slowly and completely immerse for the third time.

When you emerge, recite the following blessing:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, *Baruch atah, Adonai Eloheinu, Melech ha'olam*
שֶׁהַחַיִּינוּ, וְקִיַּמָּנוּ, וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה. *shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.*

Holy One of Blessing Your Presence fills creation.

You have kept us alive, You have sustained us,

You have brought us to this moment.³

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

² Sohn, Ruth H. "I Shall Sing to the Lord a New Song." In *Kol Haneshamah: Shabbat Vehagim*, edited by David A. Teutsch. Elkins Park, PA: The Reconstructionist Press, 1994. Excerpted

³ Congregation Beth El of the Sudbury River Valley. *Vetaher Libenu*. Sudbury, MA. 1980, p. 104



Mayyim Hayyim

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