Toward Healing
After Receiving Difficult News
AN IMMERSION CEREMONY

Intention
הוונה KAVANAH

If alone, read the following before preparing for immersion:

Shomei’a T’filah,
God who hears our prayers, hear my voice
as I pray for safety and healing.
At this difficult time, I stand between worlds of hope and fear.
I reach out to You.

May the Holy One of Blessing protect me under
the sheltering wings of Her healing presence. Amen.

If accompanied by guests, read the following before preparing for immersion:

Shomei’a T’filah,
God who hears our prayers, hear our voices
as we pray for the safety and healing of __________.
At this difficult time, we stand together between worlds of hope and fear.
We reach out to You and to one another.

May the Holy One of Blessing protect us under
the sheltering wings of Her healing presence. And let us say, Amen.

To be read at the mikveh’s edge before you enter the water:

Remembering those who came before me,
I prepare myself for tevilah—immersion in the mikveh.

May my mind be clear.
May my heart be open.
May my body be renewed,
As I immerse within the living waters.
**Immersión**

**T’vilah**

**FIRST IMMERSION**

_Slowly descend the steps into the mikveh waters and immerse completely so that every part of your body is covered in the warm water of the mikveh. When you emerge, recite the following:_

_In my time of trouble I call to You._

**SECOND IMMERSION**

_Take a deep breath and exhale completely, while gently and completely immersing for the second time. When you emerge, recite the following:_

_Give ear, O Eternal, to my prayers, heed my plea for mercy._

**THIRD IMMERSION**

_Relax, and let your body soften, as you slowly and completely immerse for the third time. When you emerge, recite the following blessing:_

**Baruch atah, Adonai Eloheinu, Melech ha’olam**  
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._

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**A Closing Intention**

**Kavanah**

_B’sefer chayyim, b’rachah v’shalom,**  
_v’r’fuah shleimah, nizacheir v’nikateiv l’faneca,**  
anachnu v’chol amcha beit Yisrael,**  
l’chayyim tovim ul’shalom._

_In the book of life and blessing, wholeness and healing, may I (we), with all Your people, be inscribed for a good life, a life of shalom—wholeness and peace._

**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 Adapted from the liturgy for the High Holy Days

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_Mayyim Hayyim_  
**LIVING WATERS COMMUNITY MIKVEH**  
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