

Toward Healing After Receiving Difficult News

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

If alone, read the following before preparing for immersion:

שׁוֹמֵי'א תְּפִלָּה 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:

שׁוֹמֵי'א תְּפִלָּה 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.

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 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:

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מְלֶכֶד הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה בְּמַיִם חַיִּים. *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.¹

A Closing Intention

כוונה KAVANAH

בְּסֵפֶר חַיִּים, בְּרַחֵם וְשָׁלוֹם,
וּרְפוּאָה שְׁלֵמָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,
לְחַיִּים טוֹבִים וּלְשָׁלוֹם. *B'sefer chayyim, b'rachah v'shalom,
v'r'fuah shleimah, nizacheir v'nikateiv l'fanecha,
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.²

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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