

The Ninth Month of Pregnancy

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

As I stand here today in the fullness of pregnancy, I am grateful for the miraculous workings of my body. I honor my body for its wisdom and for its ability to nurture the creation of another human being and for sheltering that being all of these months.

Immersion

טבילה T'VILAH

FIRST IMMERSION—TO HONOR GENERATIONS

To be read before you immerse:

You within your waters within me within this pool, together we immerse today in honor of all the generations who came before us to bring us to this point—and in honor of all the future generations that are poised within you to come after us. We are two links in an infinite and beautiful chain of life.

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:

בְּרוּךְ 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—TO MARK THE BEGINNING OF OUR SEPARATION

To be read before you immerse:

You and I have traveled together as one for nine months.
Soon we will separate—your soul being released into the world
with your first cry. I will strive always to recognize your individuality,
the oneness of your soul, created *b'tzelem Elohim*, in the image of God.

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

THIRD IMMERSION—TO OFFER PRAYERS FOR YOU MY CHILD

To be read before you immerse:

I pray that we will be guided safely through the passage of labor and birth and that you will arrive with strength and vigor.

I pray that just as you have been protected within my womb these last nine months, you will always be protected within the womb of God as you travel the earth.

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

FOURTH IMMERSION—TO OFFER PRAYERS FOR MY TRANSITION TO MOTHERHOOD

To be read before you immerse:

As I become a mother, I pray for patience and the ability to ask for help; for a willingness to listen to my intuition and to trust myself.

I pray to be open to the possibility of all you might become and to the gifts that will be passed on to me through your presence.

I pray that the wisdom I have gained through my life until this time will guide me as I take on this new life role.

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

When you emerge, recite the following blessing:

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

Blessed are You, Eternal our God, for giving me life, sustaining me, and through one miracle after another, bringing me to this moment.²

ATTRIBUTIONS

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

This ceremony drew from “A Mikveh Prayer for the Ninth Month of Pregnancy” by Shanna Shulman.

¹ Created by Mayyim Hayyim Ritual Creation Team, 2004

² Interpretive English translation by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer