Healing from Abuse

AN IMMERSION CEREMONY

Intention

כובשת KAVANAH

To be read before preparing for immersion:

As I immerse myself in mayyim hayyim, living waters,
I begin a time of rebirth and renewal.
From Miriam’s well I draw refreshing waters of strength and comfort,
Waters to cleanse and purify, to sustain and bless.

Holy One of Blessing, welcome me as I enter Your life-flow.
Surround me, embrace me, bathe me in your sweet waters, in your healing light.

Immersion

_TBILAH

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 blessing:

ברוך אתה, אדונא Eloheinu, Melech ha’olam
אלוהינו, מלך העולם asher kidshu b’t’vilah
בכמים חיים. b’mayyim hayyim.

Blessed are You, God, Majestic Spirit of the Universe
Who makes us holy by embracing us in living waters.
SECOND IMMERSION
Take a deep breath and exhale completely, while gently and completely immersing. When you emerge, recite the following:

Carry me to new shores, new beginnings.
Grant me the gift of safety—safety of body and safety of spirit.
Grant me a ḥăyă ḥašāyĕ, a complete healing and renewal. ¹

THIRD IMMERSION
Take a moment for personal reflection...

 Relax, and let your body soften, as you slowly and completely immerse. When you emerge, recite the following blessing:

ברוך אתה, יהוה, מלך העולם, ברוך אתה, יהוה שמיҮן, והיה לי כלום הוֹדו Baruch atah, Adonai Eloheinu, Melech ha’olam shehecheyanu, v’kiy’manu, v’higianu la’zman hazeh.

Praised are You, Adonai, God of all Creation, Who has kept me alive, sustained me and, through one miracle after another, has brought me to this time.

A Closing Intention

Kavanah
Take a deep breath and walk slowly up the steps, out of the mikveh waters. When wrapped again, recite the following:

May I remember this moment of being held in safety, surrounded by living waters. May I be released from the pain of the past as I enter this new phase of my journey. May I know my own strength and trust my ability to care for myself.

חָזַק, חָזַק, וְנִתְחָזָק Chazak, chazak, v’nit’chazayk

From strength, to strength, I am strengthened.

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