AN IMMERSION CEREMONY FOR AN ADULT
(under the guidance of your sponsoring clergy)

Immersion

FIRST IMMERSION
Slowly descend the steps into the mikveh.
Before immersing, say:

It is between me and the water now
The water is my medium
With it I inscribe my name
Invisible and permanent
The house of Israel becomes my home'

Immerse completely so that every part of your body is covered by the warm water.
When you emerge, recite one of the following blessings:

Baruch atah, Adonai Eloheinu, Melech ha’olam, 
asher kid’shenu b’mitzvotav, v’tzivanu al hat’vilah.

Blessed are You, God, Sovereign of the Universe,
Who has made us holy through your commandments,
and commanded us concerning immersion.

or

Baruch atah Adonai Eloheinu melech ha’olam, 
asher kid’shenu b’mitzvotav 
v’tzivanu al t’vilat gerim.

Blessed are You, God, Sovereign of the Universe,
Who has made us holy through your commandments,
and commanded us concerning immersion for conversion.
SECOND IMMERSION
Take a deep breath and gently and completely immerse for the second time.
When you emerge, recite one of the following blessings:

Sh’m’a Yisrael,
Adonai Eloheinu,
Eloheinu Adonai.

Hear O Israel, Adonai is our God, Adonai is One.

or

May the words of my mouth, the meditations of my heart,
and this act of immersion seal my devotion to a life of Torah,
a life of service, and a life made holy by acts of loving-kindness.

THIRD IMMERSION
Relax, let your body soften, as you slowly and completely immerse for a third time.
When you emerge, say:

Baruch atah, Adonai Eloheinu, Melech ha’olam,
Shehecheyanu, v’kiy’manu, v’higanu la’zman hazeh.

Blessed are You, Sovereign of the universe,
Who keeps us alive, and sustains us, and enables us to reach this day.

This is a moment when the universe is especially open to your prayers.
Take a few minutes to express your own heart’s prayer,
then exit the mikveh when you feel ready.

ATTRIBUTION