

Toward Healing

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I come here today in hope of finding healing for my body, my heart and my soul.

Take a moment to reflect on what brought you to the mikveh today.

As I prepare my body to enter the *mikveh*,
I also prepare my mind and spirit to release the past and allow pain to dissolve.

Immersion

טבילה T'VILAH

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

Breath of Life,
May I take from my pain only what I need to grow wise.
May I part with what hardens my heart.
May the healing of my body and spirit be full and complete.¹

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:

בְּרוּךְ אַתָּה, יי	Baruch atah, Adonai
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם	Eloheinu, Melech ha'olam
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה	asher kidshanu bi-t'vilah
בְּמַיִם חַיִּים.	b'mayyim hayyim.

Blessed are You, God, Majestic Spirit of the Universe
Who makes us holy by embracing us in living waters.²

SECOND IMMERSION

To be read before you immerse:

May God heal me, body and soul.

May my pain cease,

May my strength increase,

May my fears be released,

May blessings, love, and joy surround me. Amen.³

This is a moment when the heavens are especially open to our prayers.

Take a moment to express your own heart's prayer for healing.

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

Compassionate God, Healer of my body,

Healer of my soul, heal me.

Strengthen my ailing body; soothe my aching heart;

Mend my shattered existence.

Make me whole.⁴

THIRD IMMERSION

Relax, and let your body soften,

as you slowly and completely immerse for the third time.

When you emerge, recite the following:

Blessed is the Eternal One

who gives me the ability

to remember those blessings

which are still mine to affirm

and the strength to arise anew each day.⁵

ATTRIBUTIONS

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

¹ Akiko Yonekawa

² Created by Mayyim Hayyim Ritual Creation Team, 2004

³ Levy, Naomi. *Talking to God: personal prayers for times of joy, sadness, struggle, and celebration*. New York: A. A. Knopf, 2002, p. 119

⁴ Rebbe Nachman of Breslov

⁵ Anonymus. "When the Body Hurts the Soul Still Longs to Sing." Ed., Nancy Flam. [San Francisco, Calif.]: Jewish Healing Center