

Following the End of a Relationship

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I stand here, having completed the unbinding of a relationship.

I stand here with dignity and with strength.

I stand alone, a whole and complete person, no longer bound as a companion and partner.

Immersion

טבילה T'VILAH

FIRST IMMERSION

Take a moment to reflect on what you have left behind.

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:

בָּרוּךְ 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

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

When you emerge, recite the following:

May I turn toward the light.

May I turn toward hope.

May I turn toward new possibilities.

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:

May I emerge from these living waters open and refreshed;
Strengthened to move forward.

May I have the courage to accept what this journey will bring.
Amen.

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

