

For a Joyous Life Transition

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I immerse today in celebration of _____.
May this immersion help me move from what has been
and may my heart be open to what is yet to come.

When I emerge from these *mayyim hayyim*, these living waters,
may I be filled with renewed energy
and a sense of direction for my life's journey.
May God grant me strength, courage and peace. Amen.

Immersion

טבילה T'VILAH

FIRST IMMERSION

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

Blessed are You, God, Majestic Spirit of the Universe
who makes us holy by embracing us in living waters.¹

SECOND IMMERSION

Read before you immerse:

To take the first step
To sing a new song—
Is to close one's eyes
and dive
into unknown waters.
For a moment knowing nothing risking all
But then to discover
The waters are friendly
The ground is firm.
And the song—
the song rises again.²

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

THIRD IMMERSION

Read before you immerse:

Hineni. Here I stand, on my way to _____, knowing I can create a full life for myself, knowing that I have a circle of loved and loving ones who will celebrate my endeavors, knowing that I am sheltered beneath the wings of the *Shechinah*, knowing my own power.³

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

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, *Baruch atah, Adonai Eloheinu, Melech ha'olam*
שֶׁהַחַיִּינוּ, וְקִיַּמְנוּ, וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה. *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.⁴

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

2 Sohn, Ruth H. "I Shall Sing to the Lord a New Song." In *Kol Haneshamah: Shabbat Vehagim*, edited by David A. Teutsch
Elkins Park, PA: The Reconstructionist Press, 1994. Excerpted.

3 Gal Berner, Leila. "Our Silent Seasons." In *Lifecycles: Jewish*

Women on Life Passages and Personal Milestones, Vol. 1, ed.
Debra Orenstein. Woodstock, VT: Jewish Lights Publishing,
1994, p. 135, www.jewishlights.com. Adapted

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



Mayyim Hayyim

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