

Those on a Fertility Journey

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I come here today as part of my journey toward growing a family.
Along the way I have felt [*angry, betrayed, scared, lonely, sad, left out, jealous, ashamed...*]

Now, as I stand ready to immerse in *mayyim hayyim*, living waters,
I acknowledge the disappointments of past cycles.

May I release them with compassion and
may I open myself to renewed faith in the process of creation.

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	Baruch atah, Adonai
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,	Eloheinu, Melech ha'olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,	asher kid'shanu b'mitzvotav,
וְצִוָּנוּ עַל הַטְּבִילָה.	v'tzivanu al hat'vilah.

Praised are You, Adonai, God of all creation, who sanctifies us
with Your commandments and commands us concerning immersion.

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...

May I emerge from these living waters open,
refreshed and strengthened to move forward.

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

Amen.

Relax, and let your body soften, as you slowly and completely immerse for the third time.

ATTRIBUTIONS

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

