

# Healing from Abuse

AN IMMERSION CEREMONY

## Intention

כוונה KAVANAH

*To be read before preparing for immersion:*

As I immerse myself in *mayyim hayyim*, living waters,  
I begin a time of rebirth and renewal.

From Miriam's well I draw refreshing waters of strength and comfort,  
Waters to cleanse and purify, to sustain and bless.

Holy One of Blessing, welcome me as I enter Your life-flow.  
Surround me, embrace me, bathe me in your sweet waters, in your healing light.

## 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 in the warm water of the mikveh.*

*When you emerge, recite the following blessing:*

בָּרוּךְ אַתָּה, יְיָ	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.<sup>1</sup>

## SECOND IMMERSION

*Take a deep breath and exhale completely, while gently and completely immersing.*

*When you emerge, recite the following:*

Carry me to new shores, new beginnings.  
Grant me the gift of safety—safety of body and safety of spirit.  
Grant me a *r'fuah sh'leimah*, a complete healing and renewal.<sup>2</sup>

## 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 blessing:*

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁהֵחֵינּוּ, וְקִיַּמְנוּ, וְהִגִּיעָנוּ לְזְמַן הַזֶּה.      *Baruch atah, Adonai Eloheinu, Melech ha'olam  
shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.*

Praised are You, Adonai, God of all Creation, Who has kept me alive,  
sustained me and, through one miracle after another, has brought me to this time.

## *A Closing Intention* KAVANAH כוונה

*Take a deep breath and walk slowly up the steps, out of the mikveh waters.*

*When wrapped again, recite the following:*

May I remember this moment of being held in safety, surrounded by living waters.  
May I be released from the pain of the past as I enter this new phase of my journey.  
May I know my own strength and trust my ability to care for myself.

חֹזֵק חֹזֵק וְנִתְחַזַּק.      *Chazak, chazak, v'nit'chazayk*

From strength, to strength, I am strengthened.

## ATTRIBUTIONS

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

<sup>1</sup> Created by Mayyim Hayyim Ritual Creation Team, 2004

<sup>2</sup> Lee, Ariel. "Healing Well." Found at [www.ritualwell.org](http://www.ritualwell.org). Adapted