



## PRE-IMMERSION MEDITATION

Welcome to the Blue Dove Foundation and Mayyim Hayyim Pre-Immersion Meditation. We are excited for you to engage in this ancient and incredibly healing experience of Mikveh immersion. We want to ensure that this experience is as impactful for you as possible. Thank you for taking a few extra moments to center yourself before immersing.

- Find a comfortable and supported position. Keep your spine tall, rest your hands next to you, and firmly ground your feet on the mikveh floor.
- Take a few deep breaths. Feel the air fill your lungs, hold your breath for a moment, release your breath feeling the air leave your body. Repeat this a few more times.
- Notice the emotions you are feeling as you prepare for your immersion. As the high holidays approach, you may have some thoughts and memories from this past year that are still on your mind, or maybe you have some hopes and ambitions for the next year. Whatever emotions you are experiencing are okay.
- Focus on one emotion. It might be the emotion that is the strongest or loudest, the one that is most surprising, or the one that is the most interesting to you.
- Spend time with the emotion you are focusing on. Ask yourself where this emotion lives in your body. You might know immediately where you feel it the most. You might need to scan your body to identify where you feel it most. To scan your body, begin bringing your mind's eye to your head and start moving downward until you reach your feet.
- Once you have a sense of where this emotion lives, be present with that part of your body. What sensations are you experiencing? It might feel warm or cold. You may have a sharp sensation or it could feel numb. It might feel easeful or calming, spinning or swirling. Really tune into this part of your body and be aware of how it is feeling.





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- Acknowledge the emotion and where it lives. Ask this part of you why it is experiencing emotion today. Be patient with yourself as you reflect on this question.
- Ask this part of you what it needs to be supported during your immersion today.
- Let this part of you know you will be aware of and care for it during your immersion.
- When you are ready, bring awareness back to your body. Feel your breath moving in and out of your lungs. Feel your hands resting and your feet grounded. Begin to wiggle your fingers and toes, and slowly start to move the rest of your body.

*We wish you Hatzlacha, success, in your immersion experience - whatever that may mean for you.*