



POST-IMMERSION MEDITATION

Welcome to the Blue Dove Foundation and Mayyim Hayyim Post-Immersion Meditation. Now that you have completed your immersion, take a few extra moments to let this transformative moment settle within your body. Thank you for taking this time to proactively give your thoughts and feelings the attention and care they deserve.

- 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.
- Now that you are grounded in your body, begin to reflect on what emotions you are feeling after your immersion at the Mikveh today. Take a few moments to acknowledge any emotions that come up, and know that whatever emotions are coming up for you are valid. The experience of immersing yourself in a Mikveh, especially for the first time, is a complex one, and it may not feel exactly how you thought it would, and that is okay.
- As you breathe, consider the belief that the Mikveh transforms us, both physically and spiritually, and just as you emerge cleaner and refreshed, so too does your soul. The Sefer Ha-Chinuch, a rabbinic text that explores the 613 mitzvot, writes that the Mikveh's transformative power "is in order that a person see themselves with the immersion as if they are created at that time, [just] like the whole world was water before humanity was upon it - as it is written "and the spirit of God floated upon the face of the waters." You are no longer what you once were. You have grown, and with that growth comes change.



POST-IMMERSION MEDITATION

- Reflect on the emotions you are experiencing now that you have completed your immersion. These might be the same emotions you experienced before your immersion, or maybe they are new ones.
- Focus on one emotion. Maybe it is the emotion that you didn't anticipate feeling after your immersion. Maybe it is the one that is stronger or loudest after your immersion. Maybe it is the one that is most interesting to you after your immersion.
- 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 at your head 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.
- Acknowledge the emotion and where it lives. Ask this part of you why it is experiencing this emotion after your immersion experience. Be patient with yourself as you reflect on this question.
- Ask this part of you what it needs to be supported as you leave the Mikveh today. Just like the water of the Mikveh takes time to dry, so too does the growth and transformation of the Mikveh take time. Let this part of you know that you will be aware of it and care for it.
- 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. Be kind and gracious with yourself as you embrace the new year, with feelings both new, and old.

Shana Tova U'Mekuta