

Healing for those Supporting Loved Ones with Mental Illness

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I have come here today to acknowledge the challenges in my life.

May God grant me courage to face the difficulties

as I support _____ (name of the person you are supporting), my _____ (relationship).

May this immersion help me find renewed energy and strength to continue our journey.

May I find peace with what the future holds.

To be read at the mikveh's edge before entering the water:

As I immerse within these living waters, I seek renewed self-compassion,
knowing that I am doing the best I can in these circumstances.

Immersion

טבילה T'VILAH

FIRST IMMERSION

Slowly descend the steps into the mikveh.

*While in the water, take a moment to reflect deeply on your intention for healing and balance.
Immerse completely so that every part of your body is covered in the warm water of the mikveh.*

When you emerge, recite the following:

May I cultivate patience in this holy work of caring for _____ (fill in the name).

I honor and accept my occasional feelings of inadequacy as we move toward wholeness.

I pray that these feelings don't overwhelm me and that my heart remains open.

SECOND IMMERSION

*Take a moment to reflect deeply on your needs as a caregiver.
Take a deep breath and exhale as you gently and completely immerse for a second time.
When you emerge, recite the following:*

Sustainer of the Universe, help me to care for my loved one, with hope, courage and sensitivity.
Grant me insight, resourcefulness and the ability to ask for help and to accept help when it is needed.
May I find the patience to overcome difficult moments
and to find meaning and purpose in the smallest task.
O Eternal God, help me to remember to take care of myself
so that I may have the strength to help others.
Be with me and my loved one, as we journey on this path together.¹

THIRD IMMERSION

Read before you immerse:

I reflect on our loving bond and cherish the time we spend together in harmony.
May the future bring many occasions for joy and connection.

*Immerse a third time.
When you emerge, recite the following:*

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם *Baruch atah, Adonai Eloheinu, Melech ha'olam*
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה בְּמַיִם חַיִּים. *asher kidshanu bi-t'vilah b'mayyim hayyim.*

Blessed are You, God, Majestic Spirit of the Universe
who makes us holy by embracing us in living waters.²

ATTRIBUTIONS

This ceremony was created by Matia Rania Angelou and Joyce Friedman for Mayyim Hayyim Living Waters.

¹ Levy, Naomi. "A Caregiver's Prayer", in *Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle, and Celebration*. New York: Knopf Doubleday Publishing Group, 2007, p 122. Excerpted.

² Created by Mayyim Hayyim Ritual Creation Team, 2004.



Mayyim Hayyim

LIVING WATERS COMMUNITY MIKVEH
PAULA BRODY & FAMILY EDUCATION CENTER

617-244-1836 • mayyimhayyim.org