

# For Healing Toward Mental Health

## 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 this immersion help me find renewed energy and an opening to my healing.  
May God grant me courage to face my challenges, strength to continue my journey,  
and 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 healing for my mind, my heart, my body, and my spirit.

May my mind be clear.

May my heart be open.

May my body be renewed.

May my spirit find its deepest desire.

### Immersion

#### טבילה T'VILAH

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

#### FIRST IMMERSION

*Slowly descend the steps into the mikveh.*

*While in the water, take a moment to reflect deeply on what has brought you here today.  
Immerse completely so that every part of your body is covered in the warm water of the mikveh.*

*When you emerge, recite the following:*

**בְּצָרָיִ לִי אֶקְרָא** Ba-tzar-li ekrah.

In my time of trouble, I cried out for help. <sup>1</sup>

In this moment, I know that I need support to move toward balance.  
Let me recognize from where that help will come as I continue my journey of healing.

## SECOND IMMERSION

*Take a deep breath and exhale as you gently and completely immerse for a second 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.<sup>2</sup>

## THIRD IMMERSION

*Read before you immerse:*

*Hineini.* Here I stand,  
hoping to move through this transition toward ease and balance.  
I acknowledge the challenges of the past.  
I acknowledge as well my own source of strength which has brought me to this moment.

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

*When you emerge recite the following:*

Blessings will come.  
May I recognize my blessings and embrace them with hope.

## ATTRIBUTIONS

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

<sup>1</sup> Psalm 18:7, interpretation.

<sup>2</sup> Created by Mayyim Hayyim Ritual Creation Team, 2004.



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