

In Gratitude

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

In gratitude I come today to celebrate the blessings in my life.
I honor those who have helped me along the way and give thanks for their supportive presence.

As I prepare to immerse in the waters of the *mikveh*,
I appreciate the journey that has brought me to this moment.

Immersion

טבילה T'VILAH

FIRST IMMERSION

Take a moment to reflect on what has brought you here today.

Slowly descend the steps into the mikveh waters and immerse completely so that every part of your body is covered by the warm water. When you emerge, recite the following blessing:

בָּרוּךְ 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.¹

SECOND IMMERSION

To be read before you immerse:

מוֹדִים אֲנַחְנוּ לָךְ *Modim anachnu lach*

I thank You, God, for the many gifts that I experience in my life: for the miracles
that surround me everyday, for the love of family and friends, for the good I have known.²

Take a moment for a personal expression of gratitude.

Take a deep breath and exhale completely, while gently and completely immersing for the second time.

THIRD IMMERSION

To be read before you immerse:

O Source of Life,
Keep me in awe of sunrise and sunset.
Keep me in wonder of things grand as mountains and oceans.
Let me find joy in ordinary days.
Let me embrace happiness, celebrate life, praise You.³

May the blessings of joy, love, kindness, and compassion be with me always.
May I find peace and wholeness as I continue my journey in gratitude.

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

When you emerge, recite the following blessing:

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

Blessed are You, Eternal our God, for giving me life, sustaining me,
and through one miracle after another, bringing me to this moment.⁴

ATTRIBUTIONS

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

¹ Created by Mayyim Hayyim Ritual Creation Team, 2004

² Adapted from the *Hodaah* prayer

³ Temple Beth Elohim Healing Service, Wellesley, MA. Adapted

⁴ Interpretive English translation by Matia Rania Angelou,
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