

MIKVAH CEREMONY FOR BODY POSITIVITY

תְּהוֹם-אֶל-תְּהוֹם קוֹרָא לְקוֹל צְנוּרֵיךָ
כָּל-מִשְׁבָּרֵיךָ וְגַלֵּיךָ עָלַי עֲבְרוּ

*Tehom el tehom korey lekol tzinorecha. Kol mishbarecha v'galecha alai avaru.
Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. (Psalm 42:7)*

I have spent too much of my life feeling disconnected from my own body. I have compared it to other bodies, criticized my appearance, and abandoned the holy work of staying connected to God. I have felt shame and sadness. I envision these feelings as a handful of stones, which I carry now with me into the water.

Immerse once

שׁוּבָה יְהוָה אֶת-שְׁבִיתֵנוּ כְּאֶפְיָקִים בְּנֶגֶב

*Shuva Adonai Et Shevitenu Kaafikim BaNegev
God will let the flow return like streams in the Negev. (Psalm 126:4)*

Dropping these stones down to the bottom of the Mikvah, I leave them behind me. I release myself from the pain that has held me down. I forgive myself for all of the negativity. May my struggles recede and may God grant me soothing peace.

Immerse once

הוֹדוּ לַיהוָה כִּי-טוֹב כִּי לְעוֹלָם חֶסֶד

*Hodo Ladonai Ki Tov Ki L'olam Hasdo
Give thanks to God, for God is good; God's love endures forever. (Psalm 118:29)*

My final immersion symbolizes a step toward peace and acceptance. May this moment of integration between mind and body and soul be long-lasting and healing. May I find joy. May I emerge from this ancient rainwater connected to the Source of all Life.

Immerse once

בָּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצוּנָנוּ עַל הַטְּבִילָה

Baruch Ata Adonai Elohenu Melech Haolam Asher Kidshanu bemirzotav vetzivanu al ha Tevila.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁחֵינּוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה

Baruch Ata Adonai Elohenu Melech Haolam Shehechyanu Vekiyimanu Vehigyanu la Zeman hazeh.