

CREATING A WATER TRANSITION RITUAL OF YOUR OWN

This worksheet was designed to guide you through the process of creating a ritual. There are many suggestions, options and frameworks to assist you in this process. If you have any questions, please feel free to discuss with a mikvah guide.

1. Why are you interested in doing this ritual? Check as many as you like.

- | | |
|---|--|
| <input type="checkbox"/> To celebrate new life | <input type="checkbox"/> To apologize |
| <input type="checkbox"/> To grieve | <input type="checkbox"/> To make a commitment |
| <input type="checkbox"/> To ask for something | <input type="checkbox"/> To heal |
| <input type="checkbox"/> To welcome | <input type="checkbox"/> To mark a joyous occasion |
| <input type="checkbox"/> To let go of an emotion, person, or belief | <input type="checkbox"/> To ask for help |
| <input type="checkbox"/> To mark a cycle | <input type="checkbox"/> To ask for guidance |
| <input type="checkbox"/> To celebrate an achievement | <input type="checkbox"/> To arrive in the present moment |
| <input type="checkbox"/> To strengthen | <input type="checkbox"/> To leave |
| <input type="checkbox"/> To get rid of something | |

2. In the space below, elaborate on the reason for creating this ritual. Or describe a recent transition in your life. It could be in your recent past or coming up in the near future in your work, family, health, friendships, physically, community, or an internal shift in identity.

3. Which three words best express the past/present/future states of this transition?

past	present	future
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4. How do you wish to incorporate water into your ritual?

- | | |
|---|--|
| <input type="checkbox"/> Immersing your whole body | <input type="checkbox"/> Watering a plant |
| <input type="checkbox"/> Immersing part of your body | <input type="checkbox"/> Writing something on paper with marker and letting it fade or disperse in the water |
| <input type="checkbox"/> Handwashing | <input type="checkbox"/> Dissolving something in water |
| <input type="checkbox"/> Footwashing | <input type="checkbox"/> Casting away into water |
| <input type="checkbox"/> Opening the bor cap | <input type="checkbox"/> Flushing something down the toilet |
| <input type="checkbox"/> Pouring water over your head | <input type="checkbox"/> Letting ice melt |
| <input type="checkbox"/> Pouring water over/into something else | <input type="checkbox"/> Extinguishing a flame in water |
| <input type="checkbox"/> Holding water in the cup of your hands | <input type="checkbox"/> Diffusing Essential Oils (Misting) |
| <input type="checkbox"/> Sprinkling water | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Drinking Water | |
| <input type="checkbox"/> Drawing and Pouring water | |

5. What physical object(s), symbols, or actions would like to include in this ritual? (You don't have to have that object with you today.)

- | | |
|--|--|
| <input type="checkbox"/> Ritual Objects | <input type="checkbox"/> Burn something |
| <input type="checkbox"/> Prayers (traditional or new) | <input type="checkbox"/> Pour water |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Sitting in silence |
| <input type="checkbox"/> Song (singing or listening, niggunim) | <input type="checkbox"/> Tasting wine or other ritual foods |
| <input type="checkbox"/> Dance or movement | <input type="checkbox"/> Lighting candles |
| <input type="checkbox"/> Build something | <input type="checkbox"/> Yoga poses or other stretches |
| <input type="checkbox"/> Adorn something | <input type="checkbox"/> Space for spontaneity |
| <input type="checkbox"/> Destroy something | <input type="checkbox"/> Other symbols of your transition (physical or envisioned) |
| <input type="checkbox"/> Release something | <input type="checkbox"/> Drop a rock into water |
| <input type="checkbox"/> Readings (personal prayers, poems, etc) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Write something | |
| <input type="checkbox"/> Essential oils | |
| <input type="checkbox"/> Breathing exercises | |

6. Describe how you might incorporate these components during your ritual? What will be the "seder" (order) of what you'll be doing? Write them below.

One way to think about this is the 5 components of a mikvah/water ritual:

- Kavanot for Preparation (intentions before the immersion) - journaling, writing, singing, reading, lighting candles, etc.

- Part 1 - Action and Words (Consider what you want to let go of, or leave behind, or what you brought you to this moment)

- Part 2 - Action and Silence / Spontaneous Words (Consider what are you feeling in this moment, notice your breath, notice and feelings or sensations that arise for you in the present).

- Part 3 - Action and Words (Consider: what are your hopes for the future, what are you open to? Offer any of these hopes, prayers or intentions for the future.)

- Kavannah of Completion (the "end" of the ritual, e.g to be read while you are still in the water or when you are coming out of the water or before you come out of the mikvah area).

Or feel free to put together any of the components you identified in question 4 or 5.

7. Who would you like to have participate or accompany you? Consider the following options:

- | | |
|---|---|
| <input type="checkbox"/> Friend(s) | <input type="checkbox"/> Spiritual leaders |
| <input type="checkbox"/> Family member(s) | <input type="checkbox"/> Classmate/roommate/peer(s) |
| <input type="checkbox"/> Mikvah guide | <input type="checkbox"/> Spouse or partner(s) |
| <input type="checkbox"/> Rabbi | <input type="checkbox"/> Other: _____ |

8. What role would like those individuals to have? How would you like them to be involved or participate?

- | | |
|--|--|
| <input type="checkbox"/> Bring you to the mikvah | <input type="checkbox"/> Writing something for you beforehand or while you are preparing |
| <input type="checkbox"/> Waiting the waiting area | <input type="checkbox"/> Giving you/presenting the ritual object(s) identified above |
| <input type="checkbox"/> Lighting candles | <input type="checkbox"/> Participating in a component of the ritual |
| <input type="checkbox"/> Come into the mikvah area/Stand at the edge of the water | <input type="checkbox"/> Reading a poem, reading or intention before going into prepare or when you come out after |
| <input type="checkbox"/> Witness your immersion | <input type="checkbox"/> Picking you up from the mikvah |
| <input type="checkbox"/> Offer you a blessing | <input type="checkbox"/> Celebrating or sharing a meal after |
| <input type="checkbox"/> Singing a song to you before the immersion or while you are in the water (from the waiting or inside the mikvah area) | |

10. Now talk through all of this with your partner or small group and then be ready to do it for the rest of the group. If you need more room to write out the full ritual, please use the space below or the back of this handout.