

Preparing for Conception

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I come to the *mikveh* at this time, in preparation to conceive a child.
In doing so, I feel connected to our matriarchs Sarah, Rebecca, Leah, and Rachel,
all of whom yearned for children. I enter the *mikveh* with hope.
May a child be conceived this month.

Immersion

טבילה T'VILAH

FIRST IMMERSION

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:

בְּרוּךְ אַתָּה, יי	Baruch atah, Adonai
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,	Eloheinu, Melech ha'olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,	asher kid'shanu b'mitzvotav,
וְצִוָּנוּ עַל הַטְּבִילָה.	v'tzivanu al hat'vilah.

Praised are You, Adonai, God of all creation, who sanctifies us
with Your commandments and commands us concerning immersion.

SECOND IMMERSION

*Take a deep breath and exhale completely,
while gently and completely immersing for the second time.
When you emerge, you might recite the following:*

Tradition tells us that this is a time when the Heavens are especially open to my prayers.

Continue with personal petition.

THIRD IMMERSION

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

When you emerge, recite the following:

God of creation, hear my prayer.
May I be blessed to conceive and nurture a healthy child,
a pure and holy soul.

ATTRIBUTIONS

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

