

# MIKVAH CEREMONY FOR BODY POSITIVITY

תְּהוֹם-אֶל-תְּהוֹם קוֹרָא לְקוֹל צְנוּרֵיךָ  
כָּל-מִשְׁבָּרֶיךָ וְגַלֶּיךָ 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 וְצוּנּוּ עַל הַטְּבִילָה

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

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁחִיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמְנוּ הַזֶּה

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