



IMMERSENYC

A COMMUNITY MIKVEH PROJECT

We enter the mikveh as naked as the moment of our birth, simply and beautifully a human being. The following instructions and reflections can guide you as you prepare to be fully naked for your immersion.

What do I want to **let go** of?
Where am I coming from?
What do I want to allow to dissolve in the water?

Take off makeup and jewelry, and take a bath or a shower paying careful attention to the miracle of your body.

How am I experiencing this **present moment**?
What do I appreciate about this moment?
What feels hard about this moment?

Empty your bladder, clean your ears, blow your nose, brush and floss your teeth, and remove any other barriers, including glasses or contacts.

What am I **hoping** for?
What am I looking forward to as I emerge from the waters?

Look at your body in the mirror, wrap yourself in a towel or robe, and let your mikveh guide know you're ready.

Adapted from 7 Kavannot for Preparation, Mayyim Hayyim Community Mikveh