IMMERSE NYC

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