

# TAHARA

Three 8-quart buckets of cold water (3 kavim each)

## **Continuously Pouring, Head to Toe**

(protect eyes, nostrils, mouth)

1. Right side
2. Left side
3. Front

Chant while pouring:

METAH: TAHORA HE, TAHORA HE, TAHORA HE

SHE IS PURE, SHE IS PURE, SHE IS PURE

MET: TAHOR HU, TAHOR HU, TAHOR HU

HE IS PURE, HE IS PURE, HE IS PURE

At completion of pouring, Recite **3 times:**  
*V'hitkaddishtem vih'yyitem k'doshim ki kadosh ani Adonai.*

Make yourselves holy and be holy,  
for I, Adonai, am holy. (Leviticus 11:44)

Dry Met(ah). Dry Table with different sheet.  
Cover Met(ah) with clean sheet.