

I immerse my body in these waters, open to healing and transformation. I release my fear of dying. Let me return to the safe waters of Your compassion in peace.

May my life be blessed by this awareness that I am not alone; there is a Source of Life and Love and Meaning for my life.

That which is hidden from my sight is whole in God's embrace.

One who dwells in the shelter of the Most High, in the shadow of the Almighty at night. I say of God: My refuge and my safety, my God in whom I trust.

God, You are the Mikvah of Israel. "And I will pour upon you pure water, and you shall be released from all troubling thoughts." Accept my scarred body. It is full of pain. Let my soul, flawless and beautiful find its way: From the womb to the earth and through this Mikvah back to Your earth.

Powerful One, grant me strength and courage to step closer to Your Presence as I prepare to perform this mitzvah of Mikvah for the first time and for the last time.