

Preparation for Water / Mikveh Immersion

As you prepare to immerse yourself in a mikveh, whether inside or outside, remember to celebrate the fact that you are alive. You can do this by:

- Wearing your best clothes and/or an Orange shirt to honor the moment.
- Visiting with the eldest members of your family and listening to their stories of your peoples
(Remember to bring them a gift.)
- Eating your favorite meal that day.
- Mark all the things you are grateful for in your life
- Journaling about your thoughts and feelings.
- Cleaning your body completely before you go in the water.
- Gathering with your friends to immerse together (tears are ok!), then celebrate after with hugs
- Pray for yourself as well when you are in the water



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