

Mikveh Water Ritual for Palestinian Life

Intention

To be read at the water's edge before entering the mikveh

We enter these sacred waters heavy with grief for the genocide being enacted on our Palestinian cousins by our Israeli kin. We pray that this ritual will restore some space that war takes away, will help us retain our sanity in these horrifying times, and bring peace to our hearts and our lands. All war is a land grab, and we will not sit idly by as Palestinian bloodlines are wiped out. But we will remember that all hearts can soften, genocide never fully succeeds in killing a people, and that Mother Earth is still caring and generous with us even in these hard times. Love is still the most powerful force on earth, and we choose love and life with this immersion.

First Immersion

As you descend into the water, say these words before immersing yourself completely

As we step into these waters, may they open our hearts to give us courage, strength, and faith to keep witnessing, fighting, and telling the truth about what is happening to the Palestinian people. May their ancestors forgive our people for the crimes we are committing in the name of our ancestors. May we face the unfaceable, bear the unbearable, and forgive the unforgiveable.

Second Immersion

As you descend into the water, say these words before immersing yourself completely for the second time

As we immerse in these waters, we honor the richness and precious spirits of every Palestinian life that has been stolen by this war. We love you and we will never forget you. May you have a safe journey home across the Milky Way to your ancestors.

Third Immersion

As you descend into the water, say these words before immersing yourself completely for the third time

As we immerse in these waters, we pray and pledge to do all we can for an immediate ceasefire, end to the occupation, and freedom and justice for all.



Written by Rosa Blumenfeld

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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 a traditional garment 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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