Mikvah ritual of Purification for Yom Kippur

Preparation - Set my intention to not waste God's precious gift of each present moment by filling it with anger about the past or fear of the future. I can just say yes to whatever is before me. I can accept it fully. I may not like it, but I surrender to "this". I fall in love, each moment, again and again. I make this moment my friend. I remind myself that I can "greet this moment in friendship with an undefended heart."

This phrase from the Song of Songs reminds me to stay with the truth of what is right now, with a clear and vital intention of making each moment my Beloved.

Chant during preparation:

<div dir="rtl">

זֶה דּוֹדִי וְזֶה רֵעִי

</div>

Zeh Dodi v'zeh ray-ee.
This is my Beloved; this is my Friend. (Song of Songs 5:16)

First Immersion - God's promise

The Waters represent the times of transition, as we pass from slavery to freedom, from womb through birth into our lives, from life through death into the Sea of Oneness or into the embrace of The Beloved. The important thing is not to fear, to know that God's Presence is and has always been with you… through every transition, through every transformation. -Rabbi Shefa Gold

Slowly descend the steps into the mikveh waters and then chant:

<div dir="rtl">

כִּי- תַעֲבֹר בַּמַּיִם אִתְּךָ- אָנִי וּבַנְּהָרוֹת לֹא יִשְׁטְפוּךְ

</div>

Ki ta'avor bamayyim itcha ani, u'va'n'harot lo yishtafucha
When you pass through the waters, I am with you, yes, I am with you.
I won't let the rivers overwhelm you, I will be with you. (Isaiah 43:2)

Mikvah ritual of Purification for Yom Kippur

Immerse completely so that every part of your body is covered in the warm water of the mikveh. When you emerge, recite the following blessing:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בִּטְבִילָה בְּמַיִם חַיִּים

Baruch atah, Adonai Eloheinu, Melech ha'olam
asher kidshanu bi-t'vilah b'mayyim hayyim
Blessed are You, God, Majestic Spirit of the Universe
Who makes us holy by embracing us in living waters.

This is a moment when the heavens are especially open to our prayers.
Take a moment to express your own heart's prayer.

Second Immersion -Pure

Read:
Every moment can be received as a point of transition and an
opening into whole new world. As I step into who I am becoming, I
need to be washed clean of prejudice, expectation, fear, anger, the scars of previous
traumas, disappointments and limited perspective. As I immerse, may I be cleansed
and purified, forgiven, and washed clean. Please God, soften and dissolve all my
old scars that bind me into old patterns.

Chant:

כָּל מִשְׁבָּרֶיךָ וְגַלֶּיךָ עָלַי עָבְרוּ
טָהוֹר הוּא, טְהָרָה הִיא

Kol mish'barecha v'galecha Alai avaru
T'horah Hi
All of Your breakers and Your waves have swept over me.
She is pure. (Psalm 42:8)

Mikvah ritual of Purification for Yom Kippur

Take a deep breath and exhale completely, while gently and completely immersing for the second time.

Then recite:

בְּרוּכָה אַתְ מָקוֹר-הַחַיִּים מְחַדֶּשֶׁת בְּכָל-יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית
וְהִגִּיעַתְנוּ לַזְמָן הַזֶּה לְהִתְחַדֵּשׁ בִּטְבִילָח

B'rukhah at M'kor ha-chayim, m'chadeshet b'khol yom tamid ma'aseh b'reishit,
v'higiatnu la-z'man ha-zeh l'hitchadesh bit'vilah.
*Blessed are You, source of life, who renews the works of creation daily and who
has given me this opportunity to find renewal through immersion.*

Third Immersion- Opening to the source of Flow
When I accept each moment as the gift it is, when I live open to the source of
Divine flow, then I can enter and dwell in Eden, if only for a short time.

Chant:

וְנָהָר יֹצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת-הַגָּן

V'nahar yotzei me'eden, l'hashkot et haGan.
A river comes forth from Eden to water the garden. (Genesis 2:10)

Immerse then express gratitude for this miracle of Goodness:

בָּרוּךְ אַתָּה יְהֹוָה אֱלֹהֵינוּ חֵי הָעוֹלָמִים,
שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְמַן הַזֶּה׃

Baruch atah Adonai Elohenu, Chey ha-olamim,
shehechiyanu v'kiyimanu, v'higyanu lazman hazeh.
*Blessed are You Adonai, our God, Life of all worlds, Who has
granted us life and brought us together in this season of our joy.*