This worksheet was designed to guide you through the process of creating a ritual. There are many suggestions, options and frameworks to assist you in this process. If you have any questions, please feel free to discuss with a mikvah guide.

1. Why are you interested in doing this ritual? Check as many as you like.

☐ To celebrate new life
☐ To grieve
☐ To ask for something
☐ To welcome
☐ To let go of an emotion, person, or belief
☐ To mark a cycle
☐ To celebrate an achievement
☐ To strengthen
☐ To get rid of something
☐ To apologize
☐ To make a commitment
☐ To heal
☐ To mark a joyous occasion
☐ To ask for help
☐ To ask for guidance
☐ To arrive in the present moment
☐ To leave

2. In the space below, elaborate on the reason for creating this ritual. Or describe a recent transition in your life. It could be in your recent past or coming up in the near future in your work, family, health, friendships, physically, community, or an internal shift in identity.

3. Which three words best express the past/present/future states of this transition?

past

present

future

4. How do you wish to incorporate water into your ritual?

☐ Immersing your whole body
☐ Immersing part of your body
☐ Handwashing
☐ Feetwashing
☐ Opening the bor cap
☐ Pouring water over your head
☐ Pouring water over/into something else
☐ Holding water in the cup of your hands
☐ Sprinkling water
☐ Drinking Water
☐ Drawing and Pouring water
☐ Watering a plant
☐ Writing something on paper with marker and letting it fade or disperse in the water
☐ Dissolving something in water
☐ Casting away into water
☐ Flushing something down the toilet
☐ Letting ice melt
☐ Extinguishing a flame in water
☐ Diffusing Essential Oils (Misting)
☐ Other: ____________________________
5. What physical object(s), symbols, or actions would like to include in this ritual? (You don’t have to have that object with you today.)

- Ritual Objects
- Prayers (traditional or new)
- Meditation
- Song (singing or listening, niggunim)
- Dance or movement
- Build something
- Adorn something
- Destroy something
- Release something
- Readings (personal prayers, poems, etc)
- Write something
- Essential oils
- Breathing exercises
- Burn something
- Pour water
- Sitting in silence
- Tasting wine or other ritual foods
- Lighting candles
- Yoga poses or other stretches
- Space for spontaneity
- Other symbols of your transition (physical or envisioned)
- Drop a rock into water
- Other: ______________________

6. Describe how you might incorporate these components during your ritual? What will be the “seder” (order) of what you’ll be doing? Write them below.

One way to think about this is the 5 components of a mikvah/water ritual:

- Kavanot for Preparation (intentions before the immersion) - journaling, writing, singing, reading, lighting candles, etc.

- Part 1 - Action and Words (Consider what you want to let go of, or leave behind, or what you brought you to this moment)

- Part 2 - Action and Silence / Spontaneous Words (Consider what are you feeling in this moment, notice your breath, notice and feelings or sensations that arise for you in the present).

- Part 3 - Action and Words (Consider: what are your hopes for the future, what are you open to? Offer any of these hopes, prayers or intentions for the future.)

- Kavannah of Completion (the “end” of the ritual, e.g to be read while you are still in the water or when you are coming out of the water or before you come out of the mikvah area).

Or feel free to put together any of the components you identified in question 4 or 5.
7. Who would you like to have participate or accompany you? Consider the following options:

- Friend(s)
- Family member(s)
- Mikvah guide
- Rabbi
- Spiritual leaders
- Classmate/roommate/peer(s)
- Spouse or partner(s)
- Other: ____________________________

8. What role would like those individuals to have? How would you like them to be involved or participate?

- Bring you to the mikvah
- Waiting the waiting area
- Lighting candles
- Come into the mikvah area/Stand at the edge of the water
- Witness your immersion
- Offer you a blessing
- Singing a song to you before the immersion or while you are in the water (from the waiting or inside the mikvah area)
- Writing something for you beforehand or while you are preparing
- Giving you/presenting the ritual object(s) identified above
- Participating in a component of the ritual
- Reading a poem, reading or intention before going into prepare or when you come out after
- Picking you up from the mikvah
- Celebrating or sharing a meal after

10. Now talk through all of this with your partner or small group and then be ready to do it for the rest of the group. If you need more room to write out the full ritual, please use the space below or the back of this handout.

Developed by Steph Black and Rabbi Sarah Tasman