

The high holidays are approaching and I'm a little overwhelmed. My to do list has increased exponentially....I need to decide when to host and who to invite; I need to remember where I got my gefilte fish last year and if I liked it; I need to check my closet for something appropriate to wear to synagogue...the questions are endless and they distract me from the essence of the holiday.

I know the holidays are really about taking stock....looking at the past year, recounting my missteps and pledging to do and be better in the coming year. But how do I get to the place where I let go of my superfluous concerns and FOCUS.

If this were *Jeopardy*, the answer would be *mikveh* and the question would be - name a ritual that helps you focus inward and transition from the mundane to the ideal.

As a mikveh guide at Mayyim Hayyim, I have helped people immerse for a myriad of reasons, ranging from the traditional - conversion, separation from a partner around monthly cycles and prior to getting married - to the contemporary - celebrating milestone birthdays, graduations, promotions, healing from medical treatments, dealing with abuses, coming out and fertility issues, to name just a few.

The mikveh is there to embrace the full range of human experience and preparing for the holidays is one such experience. When I ready myself to immerse and let the warm waters of the mikveh envelope every part of me, my intention rises to the surface. This wonderful experience carries forward and allows me to think about the holidays in a way that places less emphasis on the color of my napkins and more emphasis on my behavior and the quality of my interactions and relationships. Immersing in the mikveh has become my treasured high holiday ritual. Consider an immersion for this high holiday season. Call Mayyim Hayyim at 617-244-1836 or [mayyimhayyim.org](http://mayyimhayyim.org) and take the plunge!