

Traditional Mikvah Blessings

Blessed
are you
God (Lord)

*Baruch
ata
Adonai*

בָּרוּךְ אַתָּה יי

our God
ruler (king) of
the world (universe)

*Elohenu
melech
ha-olam*

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

who
has made us holy
by (his) commandments

*asher
kideshanu
be-mitzvotav*

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

and commanded us
about
immersion.

*ve-tzivanu
al
ha-tevilah*

וְצִוָּנוּ עַל הַטְּבִילָה

On a special occasion, you may also say:

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are you
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ruler (king) of
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ha-olam*

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

who gives us life

she-hecheyanu

שֶׁהַחַיָּנוּ

and sustains us

ve-kiyemanu

וְקִיָּמָנוּ

and brings us

ve-higiyanu

וְהִגִּיעָנוּ

to this time (season).

*la-zman
ha-zeh*

לְזִמַּן הַזֶּה

