

## INTRODUCTION

### Sexuality as Sacred

According to the ancient wisdom of the Torah, sexuality has the potential to be infused with God's Divine presence. Sexuality is powerful: it has the power to create life, to create connection and to fuse the physical and the spiritual. According to the Torah, physical intimacy, between a woman and her husband, is a glimpse of God's Unity. To the same degree that you connect to your husband, and he to you, in love and truth, G-d's Divine presence will rest between you. Here the paradox dissolves, you are separate beings, yet you are deeply One.

In the moment of deepest connection, boundaries are transcended. The border between husband and wife disappears as they become 'one flesh.' So too, the boundaries between the physical and spiritual disappear as God's presence is experienced in the physical world. The Kabbalah teaches us that "There is no place void of his presence."

The week that leads up to the mikveh night is an opportunity to invite God into our lives, and into our homes, bringing spirituality and sanctity into every aspect of our being.

In order to achieve these spiritual heights, we adhere to the guidelines of the Torah that have been practiced by Jewish women for generations.

Here we bring a brief outline of the minimal requirements for the preparation process, gleanings from the many tomes filled with the details involved in mikveh preparation – so don't be shy if you have questions. A local Rebbetzin or Rabbi, or the staff of TsfatMikveh.com will be happy to help.

INTIMATE  
CONNECTION

# FUSING THE PHYSICAL AND THE SPIRITUAL

"A deeper look..."

פתחי לי אחותי יונתי תמתי

*Open to me, my sister, my beloved, my dove, my perfect one.*

A PRACTICAL AND  
SPIRITUAL GUIDE  
FOR THE WEEK OF  
PREPARATION

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USING BEDIKOT CLOTHS

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For any and all questions, please consult a local Rebbetzin or Rabbi, or feel free to email us at [info@tsfatmikveh.com](mailto:info@tsfatmikveh.com) - we are here to help!

RENEWAL  
PURITY  
CONNECTION

## HEFSEK TAHARA: THE ESSENTIAL CHECK

### The Flow

The first step in preparing to enter the renewing waters of the mikveh is to wait five days from the beginning of the menstrual flow. <sup>(1)</sup> These five days are a time that allows you to empty yourself of any residue from the past and become an open vessel ready to receive blessing. Just as the moon empties out before it regains its light, this is a time to “Let it go and let it flow.”

Often the menstrual flow lasts more than five days; that’s fine. The five days are only the minimum amount of time to wait. Once the flow has ended, we perform a Hefsek Tahara, a procedure that insures that all bleeding has stopped, and we are prepared for the next step.

### The Hefsek Tahara

To make a Hefsek Tahara, take a nice hot shower in the afternoon, being sure to thoroughly clean the vagina and surrounding area. (Even post-menopausal women must wash.) After showering, perform the first internal check. The ideal time to perform this mitzvah is during the last two hours of sunlight, but it is valid as long as it is performed before shkiah. <sup>(2)</sup>

Remove one bedika cloth. Take a look at the cloth to make sure it is indeed perfectly white and whole. Place your finger in the center of the square. Wrap the rest of the cloth around your finger. Lift one leg onto the toilet. Take a deep breath; when you exhale, relax and open. Gently insert the cloth into the vaginal canal. Carefully revolve your finger around the inner circumference of the area. Explore the creases and folds. Gently pull out, and examine the cloth. If there is a small remnant of blood consult a local Yoetzet, Rebbetzin or Rabbi. <sup>(3)</sup> Mazel Tov! You have completed your Hefsek Tahara and established that you are ready for the seven clean days! <sup>(4)</sup>

### The Seven White Days

During these Seven White Days, you become a partner with God in your renewal. Seven represents a full circle: seven days of the week, seven days of creation. By performing a personal check twice daily (first thing in the morning, and right before shkiah <sup>(a)</sup>) for seven days, a woman can become a partner in creation. The Jewish woman is granted the opportunity to recreate herself, her home and her intimate life with her husband, infusing all three realms with more peace, joy and connection.

The counting of the seven days, and our active participation in the process, is a way to bring Divine light into our bodies. We perform the bedikot, or personal internal checks, the same way that we did the Hefsek Tahara, only without the shower. Using the bedika cloths, we perform the internal check to insure that the vaginal canal is clear of any traces of blood. <sup>(5)</sup> During these special Seven White Days, it is traditional (but not essential) for women to wear white underwear, as they allow their yearning for their husbands to build in anticipation of their upcoming mini-wedding-night.

<sup>(1)</sup> There are exceptions to the five day rule, particularly if you are travelling. Please consult a local Rebbetzin or Rabbi, or feel free to email us at [info@tsfatmikveh.com](mailto:info@tsfatmikveh.com). We are here to help!

<sup>(2)</sup> Shkiah is sunset according to Jewish law. For shkiah times in your area see [www.chabad.org/zmanim](http://www.chabad.org/zmanim).

<sup>(3)</sup> Jewish women have been showing their bedika cloths and underwear to local experts, female or male, throughout the generations. According to the Torah, the process that takes place in a woman’s body is infused with spirituality, and like any other mitzvah, there is nothing to be embarrassed about. For any questions, comments or concerns feel free to email us at [info@tsfatmikveh.com](mailto:info@tsfatmikveh.com).

## THE WEDDING NIGHT

The seventh day pulsates with the excitement of the wedding day, as you make arrangements for your mikveh immersion, and a romantic night with your husband. You feel like a bride again! While performing the bedikot of the seventh day, exploring that deep place within, that place where you become one with your husband, contemplate the spiritual, emotional and physical depths that you two will share. Listen for a whisper that echoes from within, from your husband, and from God:

*“Open to me, my sister, my beloved, my dove, my perfect one.”*

פתחי לי אחותי יונתי תמתי



<sup>(4)</sup> There is a more comprehensive check that is done by some women at this point, called the “moch dachuk,” an inserted cloth. This check is ideal but not necessary. How it’s done: Remove one more cloth, wrap it around your finger in the same way, take a deep breath, and gently insert the cloth into the vaginal canal, leaving it there for approximately 20 minutes. Remove the “moch,” hold it up against a strong light, and ensure that there is no remnant of blood on it.

<sup>(5)</sup> If there are any traces of blood or any other challenges that you come across, don’t be afraid to ask for help! In some cases it may not be necessary to perform the checks twice a day, as long as the Hefsek Taharah, and a check on the first and seventh days are performed.