



Beit Mayim Virtual Mikveh

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# Zikaron Mayim A Water Ritual for Connecting with Unknown Ancestors

*By Om Green*

Preparation of the Mayim Hayim (Living Water)

Before beginning the ritual:

1. Source: Use tap water or another safe drinking water source.

2. Sanctify: Place the water in a clear vessel. Either:

1. Recite the Shema directly on to the surface of the water:  
Shema Yisrael, Adonai Eloheinu, Adonai Echad.

You can use other chants, mantras, or prayers that align with your spiritual practice. The shema invokes the Oneness of water, and creation.

2. place a cinnamon stick, mint leaf, or another edible natural element into the water as an offering of sweetness and spice, symbolizing the complexity of ancestral stories.

3. Let it sit in the sunlight for at least 10 minutes.

*It is not advisable to drink from natural water sources unless you know that the source is clean enough to drink. Consider rain water collected in a clean vessel to be the safest option, but use discretion and science.*



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Optional: Set beside the vessel a stone or object that represents groundedness and continuity.

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Opening Chant

Ana Elohai, Elohai rukhoteinu.  
(Source of all life, God of our spirits.)

I am here because you existed.  
I feel you in my waters and in my soul.  
I am guided by your life and work.

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Kavanah (Intention Setting)

Though I do not know your name, or face,  
I know you.  
And I hold the parts of you that are in me as sacred and eternal.

I ask the Source of All Life to create within me the ability to hear the wisdom of my ancestors.  
I will feel their hands moving in mine.  
I will listen as their wisdom echoes in me. I will do my best to honor, love, and repair the world  
in their memory.  
I am here because of them.  
I am here with them.  
I am here.

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### Textual Reflection

Pirkei Avot 3:1 — "Know from where you came, and where you are going."

Midrash Tehillim 9:6 — "The memory of the righteous is a blessing, even when their names are forgotten."

Sefer Yetzirah teaches of the primordial waters from which all life emerged—all souls share these waters.

Isaiah 58:11 — "You shall be like a well-watered garden, like a spring whose waters never fail."

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### Three Sips of Mayim Hayim

Hold the vessel of sanctified water.

First Sip:

I Nurture myself.

"I drink to sustain and nourish my own life, a vessel shaped by countless generations."

Second Sip:

Hold the Memory of the Unknown.

"I drink to accept, love, and hold the memory of those whose names and stories I cannot know. I carry them in my body and soul."

Third Sip:

Honor those to come.

"I drink to honor the generations who come after me, I send them the love and connection of this moment ."

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### Anointing



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Dip your fingers into the remaining water.

Anoint:

Your forehead

“I hold the wisdom of my ancestor's, and with it I know more”

Your heart

“I hold the love of my ancestors, and with it I love more”

Your hands (action and legacy).

“I hold the work of my ancestors and with it I achieve more”

Recite:

V'zakheir kol neshamot avoteinu v'imoteinu, y'duei shem v'lo y'duei shem. May all the *souls of our fathers and mothers, those whose names we know, and those whose names we do not*, be remembered and honored.

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### Closing Words

I walk forward in this world not alone, but with the guidance of those who came before me. My hands are theirs. My breath is theirs. My water is theirs. Together, we shape the world to come.

Ken yehi ratzon.  
So may it be.