

Mikvah

ENTER WITHIN
עִלֶּב מִלְּחִין

מִקְוֵה

MIKVAH OBSERVANCE
BRINGS TO MARRIAGE
AN ELEMENT OF
EXCITEMENT, RENEWAL,
AND RESPECT.
IT BRINGS THE
DYNAMICS OF
ANTICIPATION AND
A HEIGHTENED
CONSCIOUSNESS MORE
OFTEN ASSOCIATED
WITH COURTSHIP
THAN WITH MARRIAGE
INTO EVERY MONTH.
COUPLES ENHANCE
APPRECIATION OF
EACH OTHER AS THEY
PINE FOR A UNION SO
NEAR AND YET NOT
WITHIN THEIR REACH.

INTRODUCTION

Anticipation mounts on the night of a mikvah visit. An entire week of countdown and preparation comes to a head. The night has arrived.

Intimacy. The relationship of husband and wife is most private and exalted in Judaism, touching upon the most sacred and innermost sensitivities of the partners.

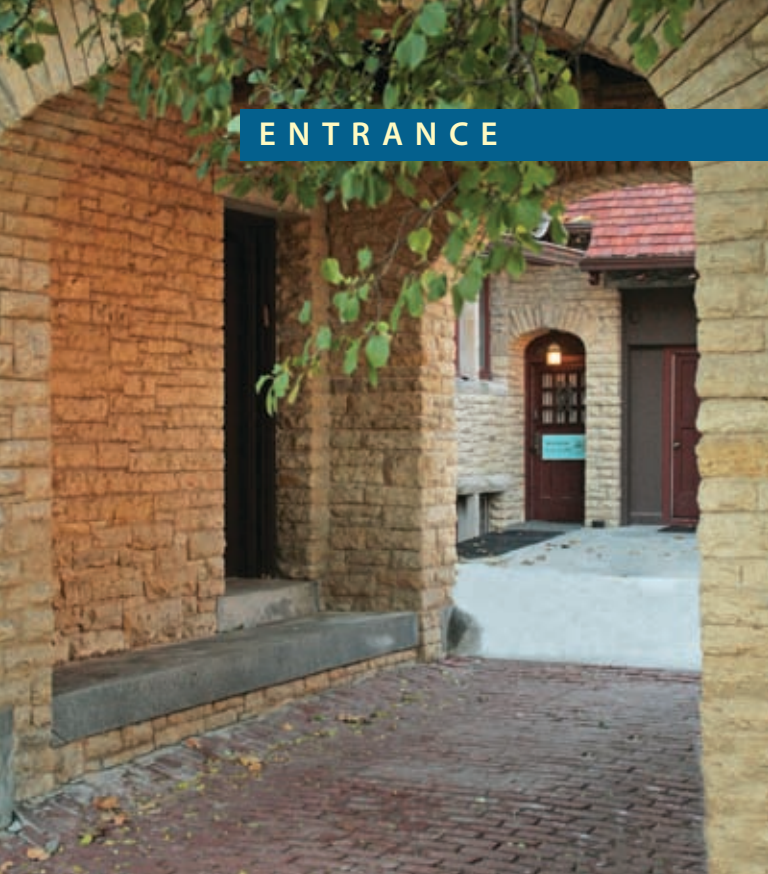
Confidentiality is paramount in the mikvah experience. Only you and your husband know your mikvah date. At the mikvah, the attendant alone will greet you at the door when you come, and show you to your luxurious preparation room with spa-like amenities.

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It is in our bedrooms that we build the most hallowed of all hallowed shrines. Immersion in the mikvah is the gateway to the holy ground of conjugality.

A woman's monthly immersion in a mikvah is the cornerstone of the marital relationship connecting wife and husband. Preparation includes a personal seven day countdown, culminating in *tevilah* (immersion in a mikvah) after nightfall on the seventh night.

ENTRANCE



Approach the doors of the mikvah, and access a unique synchrony of spiritual and physical. Experience the oneness of soul and body in the warm, serene setting of the mikvah. Open the door and enter your mikvah experience.

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“The laws of family purity and the mikvah experience represent, perhaps more than any other mitzvah, the meeting of the most base of the human nature with the highest of spiritual purity.”

The entrance to Mikvah Chaya Mushka is private and secure. The heated driveway of the Lubavitch mansion where you will park is available all year round for your personal use.

FOYER



The Jerusalem stones of the mikvah lobby reflect the strength and eternity of the Jewish People. Re-enter the covenant of our people, the tradition of the matriarchs, Sarah, Rebecca, Rachel, Leah, and Jewish women throughout the ages. In the footsteps of countless untold acts of courage and holiness, keep the flame of our existence alive. You have arrived.

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“Then it dawned on me. Sarah, Rebecca, Rachel, Leah, Miriam, Esther - all these women throughout our history had done what I had just done. I had made a connection to all the women before me over thousands of years, who prayed in the mikvah.”

Even before the building of a synagogue or a school of Torah study, a community is required to provide itself with a mikvah. A pillar of our heritage, mikvah immersion is at the core of Jewish life. What historical circumstances often rendered difficult to observe without great self-sacrifice, the mitzvah of mikvah today is a most pleasurable experience.



SITTING ROOM

Pause and recenter. Take a moment to reflect on what is most meaningful in life, as thoughts turn inward. Open and ask for the answers to the things that are meaningful to you. Get clarity, purpose, and vision. This is *your* experience.

“The mikvah is a woman’s sanctum. Everything that is said and done remains within these walls. It is a place where women’s issues are brought to the forefront.”

The mikvah attendant is here for you, to help you learn, to answer your questions, and to guide you through your mikvah experience, with sensitivity and confidentiality. The sitting room of the mikvah is a place where one might recite psalms or prayers and reflect upon personal goals.

PREPARATION



Strip away the stress of everyday life and relax in a spa of soothing water. Breathe deep and absorb the sounds and scents. Savor the quiet time of solitude. Let superficiality fall away and feel yourself harmonize with your essence. You are ready.


“For myself, it is a time of peace and quiet and introspection. I enjoy soaking in the tub in preparation for my visit - without anyone walking in or knocking on the door, or the phone ringing.”

Many women treasure the special time to themselves as they bathe and attend to pre-immersion preparations. A modern mikvah's spa-like amenities make this process a pleasure. At Mikvah Chaya Mushka, award-winning design incorporating Jerusalem stone, calming murals, and softly twinkling stars helps establish a thoughtful, return-to-essence ambiance.

THE MIKVAH



Allow yourself to enter the warm, still waters, and unite with them, the source of life. Utter words of blessing and prayer. Reflect, express gratitude, and petition G-d for your deepest desires – health, children, love, livelihood, tranquility and peace. Feel embraced by G-d's undivided attention. The moment is yours. Completely.



“Just before a woman immerses in these G-dly waters, she utters a prayer, inviting G-d to sanctify her forthcoming intimate relationship. In effect, she asks G-d to come back home with her, to join her in her sacred activities of everyday life, and most of all, to join her in her marriage.”

A mikvah's unique construction allows water from a natural source – collected without the intervention of human effort – to commingle with the sterilized water of the mikvah. Immersion in these waters returns one to a state of heightened spiritual sensitivity, and the physical interactions of wife and husband become sanctified. Upon immersion, a blessing is said, and personal prayers may be added.



Depart feeling renewed, rejuvenated and ready to return to your partner and your place in the world together. With replenished strength and focus, find your relationship enriched with mikvah observance. Be blessed, G-d is with you.

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“ . . . immersion in a Mikvah is all that. Renewal. Rebirth. A return to your inner, pure, innocent self. A refreshing restoration of your pristine spirituality that rekindles the spark of marriage. It is Judaism’s idea of the perpetual honeymoon.”

Mikvah Chaya Mushka is here for you. Please call us or email for more details or for a walk-through tour of the mikvah premises. We’re happy to answer any and all questions and guide you as you explore this beautiful mitzvah.

Mikvah Chaya Mushka is located on the premises of the beautiful “Lubavitch House” mansion on the corner of Lake Drive and Kenwood Boulevard.

For More Information

For more information about Mikvah Chaya Mushka, or for a personal tour, feel free to call 414-961-2266.

For general information and/or reading material about the practice of family purity and mikvah, visit our website at chabadwi.org/chayamushka, or mivkah.org.

MIKVAH CHAYA MUSHKA

3109 N. Lake Drive
Milwaukee, WI 53211

mikvah@chabadwi.org

414.961.2266



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3109 North Lake Drive
Milwaukee, Wisconsin 53211