

OVERVIEW¹



ABOUT THIS OVERVIEW . The following purity cycle, as it most commonly occurs, is presented as a succinct reference.

Note that almost every detail, however, can have deviations with potential repercussion, many of which are covered in this book.

NIDDAH STATE² . The wife enters a *niddah* state (impurity) when menstruation³ begins.

SEPARATION⁴ . Until she immerses, all physical contact with her husband ceases.

ASCERTAINING BLEEDING CEASED⁵ . When at least five days have passed⁶, prior to sunset the wife washes her entire body, particularly the private area, with warm water. Then, with a soft white cloth wrapped around the fingers, she internally examines herself. If this is clean from discoloration, again before sunset, she inserts a soft white cloth into her private area. This is removed after nightfall.

SEVEN WHITE DAYS⁷ . If that is clean from discoloration, she begins the Seven White Days. During these days she wears white underpants, and sleeps on white bed sheets. Every day, she examines herself twice daily with a soft white cloth.

PREPARATION⁸ . On the last of the Seven White Days she scrupulously washes her entire body, including shampooing and combing the hair, brushing her teeth and making sure the body is free from intervening substances.

IMMERSION⁹ . After nightfall she immerses in the *mikveh*¹⁰.

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1. From upcoming expanded edition of [Family Purity - A Guide to Marital Fulfillment](#). Permission granted to reprint and disseminate this material (unaltered).
 2. *Chapter 2 - Niddah; Chapter 3.- Stains.*
 3. Other common causes include: premenstrual staining; childbirth; gynecological procedures penetration into the uterus.
 4. *Chapter 4 - Absence Makes the Heart Grow Fonder.*
 5. *Chapter 5 - Making Sure Menstruation Has Finished.*
 6. The day she became *niddah* (whether during the daytime or the preceding nighttime) is counted as day one.
 7. *Chapter 6 - Seven White Days.*
 8. *Chapter 7 - Preparing For Immersion.*

PERMISSIBLE TIMES¹¹ . The times when marital relations are permissible.

SEPARATION DATES¹² . On an ongoing basis, throughout married life, the dates when menstruation begins and finishes¹³ are recorded. From these are projected separation dates in anticipation of the upcoming menstruation.

10. *Chapter 9 - What is A Mikveh?*

11. *Chapter 11 - Intimate Relations; Chapter 12 - Proper Times for Marital Relations.*

12. *Chapter 14 - Separation Dates (Times of Anticipated Menstruation).*

13. Chabad custom. Others project from the beginning of menstruation to the beginning of the following one, *Appendix, Separation Dates—Other Methods of Calculation.*