



Meditations and mindfulness  
can be valuable allies  
in times like these.

They can help you  
feel free-er from panic,  
more able to protect yourself,  
more in touch  
with your own  
inner wisdom and resilience.



A Guided Meditation

for

Washing Hands



Go to the sink...

Draw attention to your breath.

As you breathe in, say

“Guide me...”

As you breathe out, say

“Guard me...”

As you breathe, set an intention....

You are washing your stress away...

Your worries...

The tension in your body...





Focus on the sink as you  
breathe....  
Notice its design...

It's shape...

The smooth, cool texture  
of stainless steel...

The ceramic translucence  
of porcelain...

Turn on the faucet...  
Observe how it  
distributes life giving  
water into the basin...  
How the water spirals  
clockwise around the drain...





Adjust the water to run  
strongly  
and at a warm temperature.

Concentrate on the feel  
of the water  
flowing over your hands.



There are many kinds of  
soap  
and they all have  
one major thing in common.

They make bubbles.

Revel in them  
as you lather your hands.

In the soapy foam,  
massage your palms...  
between your fingers...  
the back of your hands...  
the base of your thumbs....  
the back of your fingers...  
your wrists...





If unformed thoughts  
or worries come to mind,  
gently bring your thoughts  
back to your breath...  
back to washing your  
hands...

Let yourself rest  
in the unknown  
source of goodness  
that flows over you  
as gently as  
soap and water





Rest in the regular rhythm  
of rinsing your hands.....

Dry your hands gently  
in the unknown source  
of goodness.

Affirmations

while

Washing Hands



All is well.

And all is well.

And all manner of  
things  
shall be  
well.

--Julian of Norwich

Water brings forgiveness  
We all need forgiveness  
We need to forgive others  
We need to forgive ourselves

-- from the Hindu Wedding Hand  
Washing Prayer





May all my dear ones  
experience a removal of negativity.

May all my dear ones  
receive a renewal of blessings.

May all negativity  
be removed from the world.

May the entire world  
receive a renewal of blessings.

--Jewish Sabbath Hand Washing  
Prayer

We will not be satisfied  
until justice rolls down  
like water  
and righteousness as a  
mighty stream.

-- Martin Luther King, Jr.



Deep peace of the running wave to you

Deep peace of the flowing air to you

Deep peace of the quiet earth to you

Deep peace of the shining stars to you

Deep peace of the gentle night to you

Moon and stars pour their healing light on you

Gaelic Blessing

May we all be healthy.

May we all be safe.

May we all be happy.

May we all be  
well.





Peace be with you,

--Jon Katherine



