

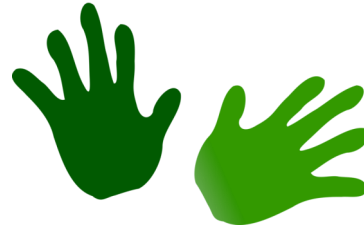
Blessing of Hands

A self-guided reflection of care

Take the next few minutes to move gently and intentionally through this guided meditation and blessing practicing both kindness and patience with yourself and with the moments that surround you.

Take a moment to hear, feel, and know yourself.
Feel and hear your breathing,
The things your body is trying to say to you.

Now look at your hands.
They are not only a part of you,
They give action to your thoughts
And they are an extension of your voice.
Feel their gentleness.
Feel their strength.



PAUSE



In this moment consider the people you work with,
The challenges and blessings you have in common
as you work through this day together,
The challenges and blessings unique and special to each of you.

In your thoughts and feelings, join hands with them,
Feel your collective strength and gentleness
That is deep and powerful
Filled with compassion and resolve.

PAUSE

In this next moment, consider those in your care,
Their hopes,
Their fears,
Their sufferings,
their joys.

In your thoughts and feelings,
Let you and your coworkers encircle them
With love and care,
Reaching out,
Touching them,

Let all your hands
Offer healing of body, of mind, and of spirit
Let your touch give them strength
So that no matter what they face,
They know they are not alone.



PAUSE

Now remember your calling and what it means to you.



PAUSE

Remember that one person or that select few,
Who inspired you into this vocation.
Look into their eyes,
Feel their strength,
Let them inspire you again.

And as you both sit together,
Hand-in-hand,
Reach out together
To that which you hold most Sacred
And offer this blessing to each other,



May the Creator and Sustainer of all things,
bless your hands, mind, and heart with goodness and compassion.
For you are both strong and tender,
Skilled and understanding.
May you be blessed even as you bless those you touch,
physically, emotionally, spiritually. Amen

PAUSE

Now you are, once again, remembering yourself,
The feel of the air moving
In and out of your body,
The feel of the stillness around you.

You are surrounded by a host of those who,
In their remembrance of your care,
They reach out to touch and support you,
Bearing witness to this care,
The compassion with which you provide it,
And to your vocation, your devotion, and your compassion.



GO IN PEACE

Rev. Kevin Adams, MDiv, PhD, BCC
Staff Chaplain
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