We care about your health...

...and your soul!

With the increasing spread of the coronavirus, we at the Christine Center are practicing an adaptation of the loving kindness meditation while we wash our hands. This gives us a brief 20-second soul-connection while also cleansing our hands!

Will you practice with us?

As you lather and wash, drop into your depth, hold yourself, others, and the world in your heart and offer this meditation for 5 seconds each line:

May we be safe.
May we be contented.
May we be healthy.
May we live with ease.

the Christine Center