

*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.*

