
Bathroom Meditation



As you put your hands under the running water,
let go of tension from your face down to your feet.

While soaping your hands,
take a slow, deep breath.
As you exhale,
consciously let go of more tension.

Allow it to sink down, and out
through the soles of your feet.

Let all remaining stress and worry
flow down into your hands.

Now massage your hands, first the palms,
then move the tension out to your fingertips,
massaging each finger as you gently scrub.
Allow three slow, deep breaths as you do this.

As you rinse your hands,
let the tension wash down the drain.

Reach for the towel,
and take another long, deep breath
to further restore you to yourself.

Then one more breath to give you clarity and
energy to better deal with what's in front of you.

From: *Healing Through Illness, Living Through Dying: Guidance and Rituals for Patients, Families, and Friends* By Candice C. Courtney
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