

Finger Prayer / Meditation

Pressing palms of hands together, breathe in on a count of 3, hold, breathe out a count of three. Stretch out your fingers, keeping your palms together. Feel each fingertip against the other, noting the connection of one hand to the other.

As you press your hands together and breathe in and out slowly, take a moment to call to mind the faces of our community sharing in this time of meditation together. Think of those on your unit, your coworkers, your patients. Feeling the connection of your hands, one to another, breathe in the connection that we each have, one to another, as members of the greater community of humanity.

Keeping your hands pressed palms together, bring them up so your thumbs are pointed towards your heart. Pressing the tips of your pinky fingers together, breathe in slowly, focusing on our **community**. Think about the people in your neighborhood (pause), in our county (pause), in our state (pause), in this country (pause), and around the world. As you feel the pressure, one finger to another, and the flow of your breath in (slow) and out (slow), think about your connection to all of these people - small and large communities. Inextricably connected.

Pressing the tips of your ring fingers together, breathe in slowly, focusing on our **medical center**. Call to mind again the faces of your coworkers and patients you began this time reflecting upon (pause), call to mind members of our OSUMC community (pause); hold in your heart for a moment the collective body of healthcare staff all over this country and world, gathered around hospital beds and nurses' stations, cleaning floors and restocking PPE, providing crucial medical, emotional, spiritual care. As you feel the pressure, one finger to another, and the flow of your breath in (slow) and out (slow) and meditate on our connection to one another, always

Pressing the tips of your middle fingers together, breathe in slowly, focusing on your **family**. Think about those that are with you in your home and those that you may not be able to see in person right now. Hold their image (pause), breathe in the strength your family provides (pause), breathe in the peace your family connects you with (pause), breathe in the laughter you experience with your family (pause), breathe out your worries and concerns. Breathing in (slow) and out (slow) feeling the sacred in each joy and concern, embedded in the myriad of emotions you share with your family.

Pressing the tips of your first fingers together, breathe in slowly, focusing on **yourself**. Breathe out the worries of your day (pause), breathe out your fears and spiraling questions (pause). Breathe in the presence of the sacred, feeling the connection at the tip of your fingers. Breathe in slowly. Breathe and connect to whatever you are feeling right now. Breathe and feel your connection to yourself and the divine in your fingers, in your bones, and know your feelings are ok. Breathe them in, and out.

Pressing the tips of your thumbs together, breathe in slowly, focusing on **the divine**. As your thumbs stretch towards your heart and press firmly against each other, breathe in and feel the connection that which creates all things (pause), and that which sustains all things (pause). Breathe in and feel the presence of the divine in the tangible touch of your thumbs (pause), your first fingers (pause), your middle fingers (pause), your ring fingers (pause), and your pinky fingers. Breathe in feeling the divine from your heart through yourself, your family, our medical center, and your community. Breathe slowly in and out.