

Spiritual Growth Exercise

June 2018

Hands

Your hands do so many things. They garden, cook, scrub, bathe, console, lift, appreciate, serve and so much more. I invite you to show your hands the appreciation they deserve. Giving yourself a simple hand massage can be both soothing and deeply spiritual.

Take some time each week to give yourself a hand massage.

1. Using your favorite lotion begin by rubbing the balm or lotion into the palms of your hands paying special attention to the strength of your hands
2. Next move up each of the fingers with a circular motion providing massage to all surfaces of each finger
3. Finally, stroke the backs of your hands with gentle sweeping motions from the wrist to the fingertips releasing tension with each stroke.
4. Close your activity with these words

I am thankful for my hands

