



HANDWASHING BLESSINGS AND MEDITATIONS SHEET

MEDITATIONS BEFORE HAND WASHING

Martin Luther King Jr, "I have a Dream...", March on Washington." (1963):

No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

Yitz Greenberg, *The Jewish Way*

Tradition specifies that, for ritual washing, the water be poured over the hands by human agency, not by machine or faucet. The point is that awakening consciousness cannot be accomplished by mechanical means. Usually you pour water on your own hands (on the right hand first), but pouring can also be done by someone else as a mark of love or friendship. It is also customary to be silent from the moment of washing until the challah is broken and eaten. The mind is concentrated, and consciousness focuses on the bread and the meal to follow.

Martin Luther King Jr, Where Do We Go From Here: Chaos or Community?" (1967):

One day we must ask the question, "Why are there forty million poor people in America?" And when you begin to ask that question, you are raising questions about the economic system, about a broader distribution of wealth. When you ask that question, you begin to question the capitalistic economy...You begin to ask the question, "Why is it that people have to pay water bills in a world that is two thirds water?" - Martin Luther King Jr. "Where Do We Go From Here: Chaos or Community?" (1967)



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BLESSINGS FOR HAND WASHING

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Traditional Blessing:

Before the meal, each person washes hands by filling a cup with water and pouring it over the top and bottom of the right hand and then the left hand. Before wiping the hands dry on a towel, the following blessing is traditionally recited.

<p>בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם</p>	<p><i>Barukh atah Adonai, Elohaynu, melekh ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu al n'tilat yadayim.</i></p>
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Blessed are You, Lord, our God, ruler of the Universe, who sanctifies us with commandments, and commands us concerning washing of hands.

June Kozak Kane, Nitilat Yadayim

After reciting the nitilat yadayim (hand washing) blessing, visualize the hand washing cup as being filled with blessings. Wash each hand front and back three times, alternating from right to left.

First washing:

While washing right hand front and back, think or say:

"May all paucity of spirit or negativity be removed from me."

While washing left hand front and back, think or say:

"May blessings come to me all day to benefit the world."

Second washing:

Right hand: "May all my dear ones experience a removal of any negativity."

Left hand: "May all my dear ones experience a renewal of blessings."

Final washing:

Right hand: "May all negativity be removed from the world."

Left hand: "May the entire world experience a renewal of blessings and may all receive everything they need for good health."

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