

## Some Honoring and Caring Suggestions (and add your own)

### 1. Before the Visit

- A. Check in with yourself: Are you “up for the work” today? What do you need?
- B. Take a moment to remind yourself that you are engaging in challenging and holy work; invite an appreciation of yourself, the other and the mitzvah.
- C. Set a Kavannah/intention for yourself , invoking needed energies:
  - Hineni: Here I am, open and receptive to the One [presence; mindfulness]
  - L'cah dumiya t'hila (Psalm 65:2): Silence is praise for you [ease with silence and its power]
  - Shavti b'veit Adonai (Psalm 23:6): I place myself in Your care [G-d is with me]
  - Nachamu, nachamu ami: Comfort my people (compassion, strength, peace)
- D. Before entering the room, take a few long exhalations and invite yourself to let go of your own worries, preoccupations, etc.

You might ask yourself: What, if anything, is in the way of me being totally present and open during this visit?

Breathe and let your whole being take a few minutes to answer the question. Gently notice what responses come. For example, perhaps you hear yourself say, “What’s in the way is that I’m still upset about yesterday’s incident at work.” Once we acknowledge without judgment where we are , we can often release what is in the way (we can return to it at another time, if we like).

### 2. During the visit

- A. Invite receptive, nonjudgmental listening : “Listen with ears on your heart.”
- B. Bring something that gives you strength, that helps you to center yourself: a favorite prayer, chant, healing stone, crystal, photograph, etc.
- C. Notice when you sense that you and/or the patient are ready to end the visit .
- D. If you’re struggling during the visit, take a deep breath, give yourself space, ask for help from The One; be kind towards yourself, your growing edge.

### 3. After the visit

- A. Check in with yourself: How did the visit go? How are you feeling right now?
- B. Release the visit: do not hold it in your body/energy field: take deep, releasing breaths; use clearing visualizations; stretch your arms and shake out a bit; shower and change clothing.
- C. Call a “spirit buddy,” a friend you can share and debrief with.
- D. Take a moment to thank yourself, the other and the blessing of this mitzvah.

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