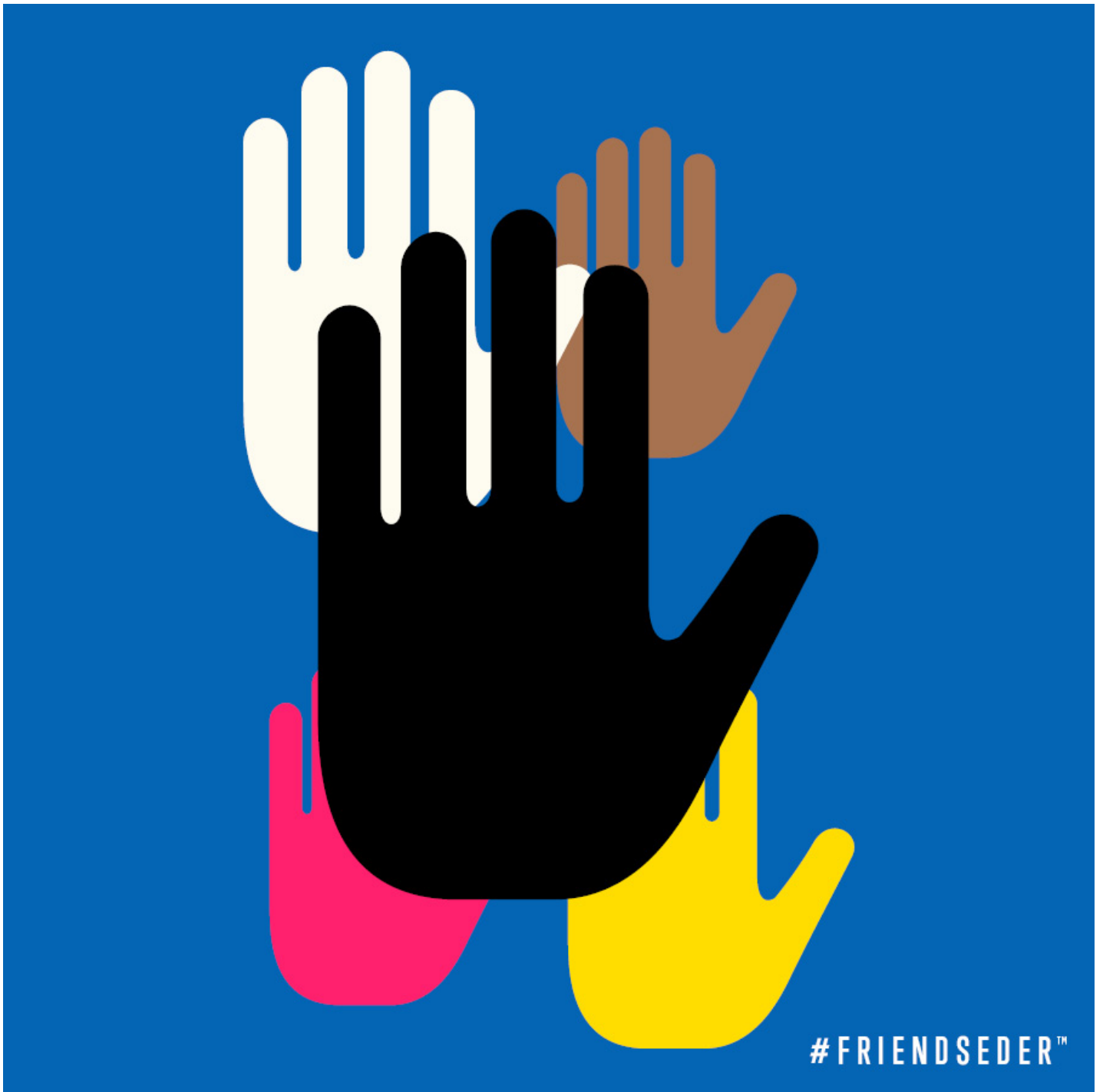


## Put Your Hands Up

Contributed by [#Friendseder](#)

Source: [www.friendseder.com](http://www.friendseder.com)



We've already used hand sanitizer to symbolize purity. Now, we take the physical act of raising our hands up, acknowledging the power we possess.

The traditional blessing offered is "on the raising of the hands."

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְנִצְוֵנוּ עַל נְטִילַת יָדַיִם

Baruch Atah Adonai Eloheinu Melech Ha'olam Asher Kideshanu B'mitzvotav V'tzivanu Al Netilat Yadayim.

We acknowledge the Unity of All and express gratitude for the opportunity to connect by raising up our hands.

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Suggestion: Crack some glow sticks, dim the lights, and have a dance break to Fedde Le Grand's "Put Your

Hands Up for Detroit.” “Stop! In the Name of Love” by The Supremes, along with accompanying hand motions, works here if house music isn’t your jam!