

Wash Your Hands by Dori Midnight

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Source:

Excerpt from "Wash Your Hands" by Dori Midnight

We are humans relearning to wash our hands.

Washing our hands is an act of love

Washing our hands is an act of care

Washing our hands is an act that puts the hypervigilant body at ease

Washing our hands helps us return to ourselves by washing away what does not serve.

Wash your hands

like you are washing the only teacup left that your great grandmother carried across the ocean, like you are washing the hair of a beloved who is dying, like you are washing the feet of Grace Lee Boggs, Beyonce, Jesus, your auntie, Audre Lorde, Mary Oliver- you get the picture.

Like this water is poured from a jug your best friend just carried for three miles from the spring they had to climb a mountain to reach.

Like water is a precious resource
made from time and miracle

It is already time to remember to hang garlic on our doors

to dip our handkerchiefs in thyme tea

to rub salt on our feet

to pray the rosary, kiss the mezuzah, cleanse with an egg.

In the middle of the night,

when you wake up with terror in your belly,

it is time to think about stardust and geological time

redwoods and dance parties and mushrooms remediating toxic soil.

it is time

to care for one another

to pray over water

to wash away fear

every time we wash our hands