

## **Washing Hands and Feet - Visual Diagram**

### **HAND WASHING:**

1. Pour over RIGHT hand, then LEFT.
2. Repeat alternate pours (3x each).
3. Do not speak between washing and blessing.
4. Blessing is recited while hands are moist.

### **FOOT WASHING:**

1. Pour over RIGHT foot, then LEFT.
2. Dry each foot with a clean towel.
3. Speak blessing or intention aloud or silently.
4. Approach with reverence and stillness.