

## **UK HealthCare creates shared healing moments at 11:11 and 3:33 a.m. and p.m.**

Scientific evidence shows that healing occurs through various nonmedical methods, such as prayer, energy medicine, meditation and intention. Even when distanced, people express improved quality of life, as well as statistical and clinical positive outcomes. We aim to leverage these findings by inviting all of UK HealthCare to participate in a voluntary opportunity to pause and create healing moments at 11:11 and 3:33 a.m. and p.m.

### **11:11 a.m. and p.m.**

1 minute to pause

1 prayer, mantra or affirmation, thought or spoken

1 positive thought for one person or department in the health system

1 moment of gratitude for the good in that day

### **3:33 a.m. and p.m.**

3 deep breaths for yourself – one for mind, one for body and one for spirit

3 deep breaths for someone you love – one each for their mind, for their body and for their spirit

3 people in your mind's eye who you desire to send love, gratitude and healing to in this moment

These healing moments are collectively powerful for the people of UK HealthCare and of Kentucky. Whatever the practice, we invite you to join in creating healing moments at 11:11 and 3:33 a.m. and p.m. Whether you're in a meeting, walking down the hall or working remotely, please join us to create a sense of comfort and peace.

Eastern religions often value the repeated recitation of written prayers. Below is one we can collectively use in our scheduled healing moments.

Today I am grateful for people past and present  
Who have played a role in my  
Healing Journey  
– Anonymous

If you or your team needs support through this time, contact any of us for triaged resourcing. Services provided include prayer and counseling, and coaching for stress, anxiety, decision-making and more. Integrative Medicine distance practices include virtual Reiki healing. We invite people of all religious and non-religious beliefs to join in these collective healing moments; however, participation is completely optional.

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