**Credits for the poems and music we used in our first online finger meditation.**

**Music:** Prayer for Compassion by David Darling on an Album of the same name

The Spirit of Reiki by Madama and Shastro on an album called Reiki Offering

**Readings:** Language is powerful by Karen Campbell [www.creativesoulcraft.com](https://creativesoulcraft.com/blog)

Psalm of Resilience by Kit Kennedy
kit.kennedy@yahoo.com and
[http://www.poetrybites.blogspot.com](http://www.poetrybites.blogspot.com/)

Pandemic by Lynn Ungar