Virtual Spiritual Care Resources

In addition to the Staff Chaplains available to provide spiritual and emotional support, a wide variety of electronic resources can be accessed directly by patients, family members, or staff. The following list highlights smart phone/tablet apps, audio offerings, videos, and websites that represent a number of religious and spiritual traditions and practices.

**Apps:**

Insight Timer: [https://insighttimer.com](https://insighttimer.com)

AA Big Book (unofficial):


Bible Gateway: [https://classic.biblegateway.com/app/](https://classic.biblegateway.com/app/)

Laudate (Catholic app):


The Holy Quran – English:


**Music:**

OCB Relax Music YouTube Channel | [https://www.youtube.com/c/JackFrancisComposer](https://www.youtube.com/c/JackFrancisComposer)

**Podcasts:**

On Being: [https://onbeing.org/series/podcast/](https://onbeing.org/series/podcast/)

Heart Wisdom with Jack Kornfield: [https://jackkornfield.com/podcasts-heart-wisdom/](https://jackkornfield.com/podcasts-heart-wisdom/)

Metta Hour Podcast with Sharon Salzberg: [https://www.sharonsalzberg.com/metta-hour-podcast/](https://www.sharonsalzberg.com/metta-hour-podcast/)

Interfaith Voices: [https://interfaithradio.org/Home](https://interfaithradio.org/Home)
Tablet Podcasts: https://www.tabletmag.com/podcasts


Humankind: https://www.humanmedia.org/podcast/

Baha’i Blogcast with Rainn Wilson: https://www.bahaiblog.net/bahaiblogcast/


Videos:

Seeking Spirituality in the Material World: https://www.ted.com/talks/seeking_spirituality_in_the_material_world

Jack Kornfield & Tara Brach: A Steady Heart in Times of Crisis | Guided Meditation: https://www.youtube.com/watch?v=RqTD8TqJyjg

The Noble Journey from Fear to Fearlessness: Pema Chodron: https://www.youtube.com/watch?v=6t_SGso_1PY

Websites:

Bible Gateway: https://www.biblegateway.com/

On Being: https://onbeing.org/

Center for Action & Contemplation: https://cac.org/


Latter Day Saints: https://www.churchofjesuschrist.org/?lang=eng

Jewish Virtual Library: https://www.jewishvirtuallibrary.org/the-tanakh-full-text


Alcoholics Anonymous: http://aa.org/

Mindful.org: https://www.mindful.org/

Insight Meditation Center: https://www.insightmeditationcenter.org/

Ziyara – Muslim Spiritual Care: https://ziyara.org/

Bay Area Jewish Healing Center: https://jewishhealingcenter.org/

Spiritual Care During Pandemics: https://jewishhealingcenter.org/spiritual-care-during-pandemics/

Catholic Health Association of the United States: https://www.chausa.org/home-v2

Guided Meditation for Spiritual Support - COVID-19

Chaplain Allison Kestenbaum, UC San Diego Health

This guided meditation is intended to help you reconnect with the resources you have within yourself to heal and cope. Some patients find that they need help with feelings of anxiety and fear. If this is the case for you, please let your physician or mental health provider know if you feel too anxious to engage in a mindfulness activity at this time.

If you feel you can lie down or sit still, find a quiet and calm place to do so. You may close your eyes or leave them open and relaxed. Feel yourself anchored to wherever you are – whether you are lying on your stomach, on your back, or are sitting down. Notice that you are being held by the furniture. Beneath that, you are being held by a foundation that is large, strong and dependable. Allow yourself to relax into that sensation for several seconds. Remember that whatever happens, you can gently return to this awareness of being held and rooted in something greater than yourself.

Now, notice how your breath feels. It is very common for patients with and recovering from COVID to feel unsure about breathing. Allow yourself to feel connected to the thousands of other people who have experienced the sensations that you are feeling. Let the knowledge that you are not alone wash over you, like a warm soothing water.

Imagine that you can feel support and encouragement for your breath from all around you. That support is:

Walking along side of you.

Wrapping you up like a comforting blanket or embrace.

Hovering over you, like a watchful and protective presence.

Filling your insides with health.

As you feel held in your foundation and breathing, think about who or what you have called out to at times in your life when you have felt insecure. Who or what do you believe is watching over you? Allow yourself to feel that presence and care. Although this presence is always with us, sometimes we need to “turn to face it” or “tune into it.” Allow yourself to “tune into” this presence for several seconds.

As you conclude this meditation and prepare to reorient ourselves to the room and space you are in, remind yourself that you can always draw upon the strong foundation beneath you and healing presence all around you. You may think of a phrase, sound or mantra that captures the positive feelings and healing that you have been able to access in yourself during this meditation. Perhaps it is a prayer, or a line from scripture or poetry. Perhaps it is remembering something in nature that helps you to feel safe and vibrant.

Recite this mantra five times and when you are ready, gently refocus on the space or room around you.