

Blessing...

John O'Donohue writes:

'It would be infinitely lonely to live in a world without blessing.'

O'Donohue believes that Blessing is a lost art, and that the world is poorer place for that. He believes that it is a gift that is to be shared to comfort us all on life's journey.

I was gifted one of John O'Donohue's books some time ago and how grateful I am for this gift and for the introduction to this exceptional poet and author.

Language itself is a blessing, we can use it to tear down or build up, to encourage hope or shatter dreams, to educate and inspire, to criticise and disillusion.

We are warned in biblical scripture to watch our words and use them wisely and timely.

So, as we enter the summer months, I choose to offer some simple and beautiful words of blessing that may echo the warmth of the season and all it may bring...

*For Beauty*

*As stillness in stone to silence is wed, may solitude foster your truth in word.*

*As a river flows in ideal sequence, may your soul reveal where time is presence.*

*As the moon absolves the dark of distance, may your style of thought bridge the difference.*

*As the breath of light awakens colour, may the dawn anoint your eyes with wonder.*

*As spring rain softens the earth with surprise, may your winter places be kissed by light.*

*As the ocean dreams to the joy of dance, may the grace of change bring you elegance.*

*As clay anchors a tree in light wind, may your outer life grow from peace within.*

*As twilight pervades the belief of night, may beauty sleep lightly within your heart.*

*John O'Donohue*

*Benedictus A Book of Blessings*

May we travel together and be blessed along the way...

Veronica. x