

A Blessing Of Solitude

May you recognise in your life the presence, power and light of your soul.

May you realise that you are never alone
that your soul in its brightness and belonging
connects you intimately with the rhythm of the universe.

May you have respect for your own individuality and difference.

May you realise that the shape of our soul is unique,
that you have a special destiny here
that behind the façade of your life there is something
beautiful, good, and eternal happening.

May you learn to see yourself with the same delight, pride
and expectation with which God sees you in every
moment.

*John O'Donohue, anam cara: Spirit Wisdom from the
Celtic World, 1997, p.161*

