

BLESSINGS ALL AROUND US

In the last three days, a wave of shock and loss moved the ground beneath my feet, and I am focused now on blessings and gifts in all forms, such as the below image and poem that was forwarded to me by someone dear to me in the most perfect moment possible. This serves as a precious reminder to me that even in our most tender and vulnerable moments, even when the ground beneath our feet feels unstable, even when our hearts are, once again, broken open to make room for a more limitless love, even then...there are blessings all around us, if we are able to recognize them.

I bow in deepest gratitude for the infinite blessings you bring to my cherished life. May you feel blessed in return.

*"I would love to live like a river flows, carried by the surprise of its own unfolding."
-- John O'Donohue (1954 - 2008)*



Beannacht
("Blessing")

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets in to you,
may a flock of colours,
indigo, red, green,
and azure blue
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

~ John O'Donohue ~

(Echoes of Memory)