

A Blessing of Solitude, by John O'Donohue

May you recognize 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 your 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.