

## **Benediction for July 30, 2017**

A blessing by John O'Donohue

May you listen to your longing to be free.

May the frames of your belonging  
be generous enough for your dreams.

May you arise each day with a voice of blessing, whispering in your heart.

May you find a harmony  
between your soul and your life.

May the sanctuary of your soul  
never become haunted.

May you know the eternal longing  
that lives at the heart of time.

May there be kindness in your gaze  
when you look within.

May you never place walls  
between the light and yourself.

May you allow the wild beauty of the invisible world to gather you, mind you, and  
embrace you in belonging.