

"For Equilibrium, a Blessing:

Like the joy of the sea coming home to shore,  
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,  
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,  
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,  
So free may you be about who you become.

As silence smiles on the other side of what's said,  
May your sense of irony bring perspective.

As time remains free of all that it frames,  
May your mind stay clear of all its names.

May your prayer of listening deepen enough  
to hear in the depths the laughter of God."

— John O'Donohue (*To Bless the Space Between Us: A Book of  
Invocations and Blessings*)