

A Blessing for the Journey

Breathe in the air, fresh with new adventure.

Breathe out all that has cluttered, choked and blinded your living.

For today you live anew.

The present is all that matters – unmediated, unfiltered, earthed.

Inhabit this beckoning land and learn its ways, discover its secrets.

Be absorbed by this new world without thought or intention.

Then you will connect with every living thing, attuned to life's beat.

And though the way may be hard and the journey testing,

May you find strength in the struggle and resilience in the challenge.

May beauty soften your heart and touch your soul.

May you know that this is exactly where you are meant to be –

Loved, cherished, chosen.

May you find the peace that passes all understanding,

Embodied in ancient sea-beds or caught in dew-laden threads.

Sense its presence in the passing of the wind,

Finding your rhythm in the beat of the land,

Unrushed, as you sense the flow.

Let the journey touch you,

Let it shape you,

Let it enter your heart.

Then you will be blessed -

A different person from the one who started,

Enriched, renewed, reborn.