

A Midsummer Blessing

Breathe in the sweet evening air,
Embodiment of all that is fresh and tonic for souls grown weary.
Breath out all that troubles, congests and provokes -
The calm stillness of evening is here.

Let the gentle rustle of the breeze caress your aching sinews,
For this is a time of rest and favour,
A time of contentment and peace.

Sit beside the cool of the river,
Befriended by the shade of bowing trees,
Grown heavy with a mantle of green.

Watch the swarming specks above the water,
Pulsating hither and thither in a frenzied cloud.
Absorb the stillness of the pool,
In harmony with the graceful glide of the trout.

Enter the slow drift of the water.
Let it seep into your being.
And still your fevered mind,
To soothe your soul with its perfect calm.

Rejoice in the cheerful chatter of bird and brook,
To quell any sense of isolation or separation,
And know that all is good.

This is a time of fullness –
Of energy, light and life.

It is a time of strength and fulfilment,
When deeds are done, and journeys made.

It is a time of flourishing,
When all is grown long and luxuriant,
Fed by a barely resting sun.

Draw on the energy that is light,
To charge your day with vigour.
Join the playful chorus of skylark, swift and starling,
And let joy enter your soul.

Take time to play in a season of plenty:
Climb sun-kissed rocks,
Sail the seas,
Walk the high places,
Stroll the sands,
And journey to places new.

The year is at its zenith,
So feed on its warmth and light,
To live your dreams,
And dream of new horizons,
Knowing that God smiles at you.