

**A Blessing for Presence** by John O'Donohue

May you awaken to the mystery of being here  
And enter the quiet immensity of your own presence.  
May you have joy and peace in the temple of your senses.  
May you receive great encouragement when new frontiers beckon.  
May you respond to the call of your gift  
And find the courage to follow its path.  
May the flame of anger free you from falsity.  
May warmth of heart keep your presence aflame and anxiety never linger about you.  
May your outer dignity mirror an inner dignity of soul.  
May you take time to celebrate the quiet miracles that seek no attention.  
May you be consoled in the secret symmetry of your soul.  
May you experience each day as a sacred gift, Woven around the heart of wonder.

Source: O'Donohue, J., (1998). Eternal Echoes. Exploring our hunger to belong. London, Bantam Books. p.139

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