

# BLESSING OF SOLITUDE

May you recognise in your life the presence,  
power and light of your soul.

May you realise that you are never alone  
that your soul in its brightness and belonging  
connects you intimately with the rhythm of the universe.

May you have respect for your own individuality and difference.

May you realise that the shape of our soul is unique,  
that you have a special destiny here that behind the façade of  
your life there is something beautiful, good, and eternal  
happening.

May you learn to see yourself with the same delight, pride and  
expectation with which God sees you in every moment.