

First Reading: Listen now with the ears of your heart as I read this blessing the first time through and enjoy the sacred pause that follows.

A blessing for you today.....

What are you longing for? What brought you here, now, in this present moment? What brings your soul alive? May this blessing wash over you and be absorbed into every fiber of your being.

May you listen now to the voice of desire that disturbs you when you have settled for something safe.

May you have the wisdom to enter generously into your own unease and to discover the new direction your longing wants you to take.

May the forms of belonging — in love, creativity and friendship — be equal to the grandeur and the call of your soul.

May the one you long for long for you.

May you not abandon your dreams and may they gradually reveal the destination of your desire.

May a secret Providence guide your thought and nurture your feeling.

May your mind inhabit your life with the sureness with which your body inhabits the world.

May your heart never be haunted by the old damage of your past.

May you come to accept this Longing, this desire as Divine urgency and....

May you know the urgency with which God longs for you...always and forever.

**This blessing is adapted from the words of John O'Donohue.*

Second Reading: Listen now for the words within the blessing that are speaking to your heart. (After). Now let those words resonate deep within your soul as if they were being spoken directly to you by your Beloved.

Third Reading: Spend a few moments now allowing your heart to open to the One whom you long for and who longs for you.