

A Friendship Blessing

by John O'Donohue

May you be blessed with good friends,
And learn to be a good friend to yourself,
Journeying to that place in your soul where
There is love, warmth and feeling.
May this change you.

May it transfigure that which is negative, distant,
Or cold within your heart.
May you be brought into real passion, kindness,
And belonging.

May you treasure your friends.
May you be good to them, be there for them
And receive all the challenges, truth and light you need