



A Soul Practice

for "[Living at the Threshold of A New Era: Soul Time](#)"

Blessed to Be a Blessing

"Our longing for the eternal kindles our imagination to bless." ~John O' Donohue

Prayer/Meditation: 10 min. daily - be still and *know*
God/Source/Love.

- Allow a slow silent breath to fill you deeply.
- As you breathe in and out, enjoy its flow within your body.
- Experience being present to the Source of this Life force that breathes in you.
- Bring to mind a time recently or in the past when you experienced being blessed.
- In this Holy Space, who comes to mind that you would like to be blessed?
- Allow yourself to see them blessed.
- Soak in the blessing of being blessed to be a blessing; know it is your Birthright.