



# *A Soul Practice*

*for "The Fall Season of Our Lives"*

## *Soul Witnessing*

This month, I offer you the following prayer that I will be praying daily for you, and as a prayer that you might consider daily praying and reflecting upon for others and for yourself [changing the *You* to *I*].

### **A Friendship Blessing, by John O'Donahue**



May you be blessed with good friends.

May you learn to be a good friend to yourself.

May you be able to journey to that place in your soul where there is great love, warmth, feeling and forgiveness.

May this change you.

May it transfigure that which is negative, distant, or cold in you.

May you be brought in to the real passion, kinship, and affinity of belonging.

May you treasure your friends.

May you be good to them and may you be there for them;

May you never be isolated.

May they bring you all the blessings, challenges, truth, and light that you need for your journey.

May you always be in the gentle nest of belonging with your anam cara.