

**A BLESSING FOR OLD
AGE**

*May the light of your soul
mind you, May all your
worry and anxiousness
about becoming old be
transfigured,*

*May you be given a wisdom
with the eye of your soul, to
see this beautiful time of
harvesting.*

*May you have the
commitment to harvest your
life, to heal what has hurt
you, to allow it to come
closer to you
and become one with you.*

*May you have great dignity,
may you have a sense of how
free you are,*

*And above all may you be
given the wonderful gift of
meeting the eternal light and
beauty that is within you.*

*May you be blessed, and may
you find a wonderful love in
yourself for yourself.*

*From ANAM CARA (Soul
Friend) by John O'Donohue*