

A Self-Blessing

*I bless myself
and these things around me
these things that make the circle of my life..*

*I bless myself
and my past
For in blessing my past
and these things that I bring from ages past
I become who I am now.
Good or bad, cheerful or painful, my past is a blessing.
For it has formed me
shaped me
held me
released me
thrust me into the present.
I bless my past in me.*

*I bless myself
and these things to my left and right..
I bless myself
in my present
the two halves of who i am today.
For in blessing both my intellect and my emotions
and these things I gather into my life I live now
I recognize who i am now.
Left and right
rational and spiritual
words and images
austerity and comfort-
I bring divisions together.
My present blesses me
For it is how I am n the world
how I think and feel
how i act and live.
It pulls me out of the past
and thrusts me into the future.
I bless my life as it is today.*

*I bless myself
and the things that point to what is to come.
I bless myself
And my uncertainties, my potentialities, my future.
For in blessing what is new in my life
I move toward what I can be:
unknown but shown
unpredictable but mapped
potential to be fulfilled.
My future is waiting for me
more of who I am is waiting for me to be reborn.
I bless my life as it is now.
Every-day of my life..*

Barbara Arclinger