



Blessed are you who face your fears, and
who have the courage to walk
through them;
for you have found the pathway to
healing and wholeness.

Blessed are you who have learned from
your mistakes, and
have brought them into the light;
for through regret and forgiveness
new life is born.

Blessed are you who have developed patience,
whose actions arise from your
heart and soul;
for the art of right timing brings
fulfillment.

Blessed are you who respect another's being,
who act not out of anger, jealousy,
or frustration;
for you have learned that love is
ever the answer.

Blessed are you who walk gently upon Earth,
who recognize your interconnectedness
with all of life;
for you are in communion with the
Heart of creation!

NAN MERRILL
MEDITATIONS BOOK