



For Friendship

by John O'Donohue

**May you be blessed with good friends,
And learn to be a good friend to yourself,
Journeying to that place in your soul where
There is love, warmth, and feeling.
May this change you.**

**May it transfigure what is negative, distant,
Or cold within your heart.**

**May you be brought into real passion, kindness,
And belonging.**

May you treasure your friends.

**May you be good to them, be there for them
And receive all the challenges, truth, and light you need.**

**May you never be isolated but know the embrace
Of your eternal soul friend,
The living God.**

From "Benedictus" by John O'Donohue

