



**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*

