Brave Blessing

I stand in the stillness
that shows me how to take up more space.

I breathe into this moment.

My days are filled with sacred pause,
I am here to be with the blessings of my life.

I am here to feel I am a blessing.
I let this inform my system.

My body is a blessing.
My breath is a blessing.
My presence on this earth is a blessing.

I take this in.

I let my being vibrate with this.
I need not hide it away anymore.

All of existence is a blessing.
My existence is no different.

When I feel discomfort or fear about being too much,
I breathe and take in the blessing of my life.

If I feel vulnerability or shame that I am bad or wrong,
I breathe and take in the blessing of my life.

When I feel hunger or the deep ache for wanting more for myself,
I breathe and take in the blessing of my life.

If I feel unsurity or anxiety that I won't get it right,
I breathe and take in the blessing of my life.

Through any awkward moments that my mind creates,
telling me my existence is damned

I feel what is here within me.

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There is nothing I need to send away
or off into the shadows.

My whole being can settle here.

There is nothing to fix or change.
I welcome everything that I'm currently feeling.

This is my greatest blessing.
This is where I rest into the wholeness
of existence flowing through me.

This is my devotion.
I accept my blessings in this moment.

I don't need to overthink this.
I don't need to manage or squander this.

My blessings are not limited... nor are they scarce.

All the blessings of my life naturally regulate
through my days, seasons and cycles.

I come to know this intimately.

Fully taking in my blessings, I'm able to let them flow.
They know where to go, to best be of service.

These blessings live in the cells of my form.

I stand in this power.
I let it move through me.

I am breathed alive by my blessings.

The blessings of love.
The blessings of nature's intelligence.
The blessings beyond what I can even comprehend.

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I pause and rest softly into this.

This is holy ground in which I allow my life
to bless me in each moment.

My blessings are too numerous to count.

They are simple and ordinary,
present in each of my daily tasks and moments.

I return to my essential blessings.
My body. My breath. This moment that I am present to.

I am blessed by the beating of my heart.
I feel what is moving under its pulsation.

I am blessed to stand here, with myself.
As I stand here, I stand for the divine.

It is our nature to be a blessing.
It is our nature to receive blessing.

I let this be.
I need not fight nor resist this anymore.

I accept my inherent nature as blessing.
This helps me let go of false pretenses and masks
as I slip into its most delicate skin.

Taking in the continual flow of natural blessings,
I live in coherence with all of life.

I let this moment show me how to receive,
to absorb and savor these sustained blessings in my life.

I walk forth, carrying the wisdom of my blessings.

May they pour into my life
and into all of existence.

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