

# Blessing to all

## **Say the following to yourself:**

- May I be happy
- May I be healthy
- May I be safe
- May I live in peace and serenity

## **Now picture someone you love and admire and say:**

- May you be happy
- May you be Healthy
- May you be safe
- May you live in peace and serenity

## **Now picture someone you are struggling with and say:**

- May you be happy
- May you be Healthy
- May you be safe
- May you live in peace and serenity

## **Say the following to yourself again twice:**

- May I be happy
- May I be healthy
- May I be safe
- May I live in peace and serenity

*A prayer/meditation by Nancy Waite-O'Brien <zoloftsmom@msn.com>*