



DAILYGOOD

News that Inspires

## Beannacht: A Blessing for the New Year by John O'Donohue

For Josie

On the day when  
The weight deadens  
On your shoulders  
And you stumble,  
May the clay dance  
To balance you.

And when your eyes  
Freeze behind  
The grey window  
And the ghost of loss  
Gets in to you,  
May a flock of colours,  
Indigo, red, green,  
And azure blue,  
Come to awaken in you  
A meadow of delight.

When the canvas frays  
In the currach of thought  
And a stain of ocean  
Blackens beneath you,  
May there come across the waters  
A path of yellow moonlight  
To bring you safely home.

May the nourishment of the earth be yours,  
May the clarity of light be yours,  
May the fluency of the ocean be yours,  
May the protection of the ancestors be yours.

And so may a slow  
Wind work these words  
Of love around you,  
An invisible cloak  
To mind your life.

[Note: "Beannacht" is the Gaelic word for "blessing." A "currach" is a large boat used on the west coast of Ireland.]