

A Caregiver's Blessing

You are needed as a caregiver.

*You have been called upon to help another,
a call you have accepted.*

*You now hold a caring responsibility for someone else,
someone who depends on you.*

*May you bring life-giving energy to what you do, aware that
energy flows more easily at some times than at others.*

*May you find kind acceptance in your time together, along with
good humor, clear understanding, and wise judgment.*

*May you always be open to receive that which will help:
the wisdom of others, their kindness, and their support.*

*May you be responsible for your own ongoing care,
knowing that you cannot share what you do not have.*

*May you be anchored in the moment,
alert to what is around you and within you,
and in touch with that which surrounds and binds you all.*

*May you be comfortable with silence as well as conversation,
with simply being as well as with actively doing.*

*May you always stay open to the possibilities as they evolve:
growing closeness, widened perspective, deepened meaning.*

*In the midst of all that is happening,
may you recognize signs of the Sacred as they appear,
while allowing yourself to be held in that quiet embrace.*

*Through it all, may you know blessing while sharing blessing,
remembering that it is through your act of giving
that you richly receive.*

*May humble gratitude continually mark your journey—
a journey that you have chosen,
even as it has chosen you.*

This Time of Caregiving (2007)

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