**Tree of Life Blessing**

By Shiloh Sophia McCloud

May you choose outrageous actions that challenge who you are  
and encourage who you are becoming.  
May you take one step, however small,  
toward that which you have always longed for.  
Now is the "right time."  
May you recognize the unique and powerful contribution  
that you bring to the people whose lives you touch.  
May you be as wonderful as you really are,  
and do things because you want to,

not just because you should.

May you celebrate your creativity

and believe that you are an

artist with a unique vision that no one else has.  
May you find peace and purpose and possibility

amidst the chaos

while remaining aware of the unrest in the world.

May you reach towards the Spirit

with a longing that keeps

you awake to the miracles available all around you.  
May your faith move any mountains

that stand in your way

and bring you great teachers to awaken your understanding.  
May you give up shame, guilt and self-neglect

and replace them with qualities like freedom,

integrity and self-nurturing.

May you offer the gifts and blessings   
of your soul work

to beings of the world

when the time is ripe for you to release them.

May you passionately and deeply love and be loved  
by someone who can see who you really are.  
May your body speak to you and teach you  
how to care for the temple

that houses your bright spirit.

May you walk gently on the earth

and honor your hearth and family

with your action and your rest.  
May you find and enjoy the fruit of abundance  
so that your life path can be fortified and furthered.  
May you embrace the Tree of Life  
and be informed by the wisdom

she brings to those on her path.

May LOVE be at the center of all your choices  
and may you, with me,

send this blessing to all beings.

**“Now is the Right Time” Exploration:**

* What outrageous actions will you take that challenge who you are and encourage who you are becoming? (This is the action/choice you would make if you weren’t afraid of failing).
* What one step will you take, no matter how small, towards that which you have always longed for?
* What gifts do you want to offer to yourself? To the world? What will you give yourself permission to do?
* What proof has the world offered you that you are not alone? Who is part of your tribe? Who has your back?