

For Equilibrium John O'Donohue

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts include with reverence and respect.

As water takes whatever shape it is in,
So free may not be about who you become.

As silence smiles on the other side of what's said,
May your sense of irony bring perspective.

As the time remains free of all that it frames,
May your mind stay clear of all its names.

May your prayer of listening deepen enough
To hear in the depths the laughter of god.

Which image best represents your sense of the equilibrium in the poem/prayer?



What are you doing to maintain equilibrium in your life?