

Day Two: Blessings



Name three people you'd like to bless and spend one minute blessing each one in your mind.

For my blessings, I usually say something (silently) like: "May you be happy, may you feel loved, may you feel appreciated, may you feel seen and understood, may you know peace, may you be safe and may you feel safe, may you have abundance, may you feel smart and worthy, may you know the joy of community and companionship."

You may want to start with people that are easy to bless — people you love. As you do this more, you can move on to people that are more challenging. You can even bless your enemies. Lobsang, my husband, blesses some world leaders that we strongly disagree with, which I think is truly beautiful and inspired! Sometimes I bless people that I hear about in the news that are suffering.

You may like to include yourself in the people you are blessing.

I find that blessing people that challenge me gently opens my heart, sometimes just a tiny bit, if the person is really tough. When I'm blessing people that I love and feel close to, a deep feeling of tenderness springs up. And when I'm blessing people, I'm so much more aligned with the person I dream of manifesting – I feel kinder, more relaxed, more open.

For my practice, I set a one-minute timer on my phone that I repeat for each of the three blessings, and I usually close my eyes, and imagine the person's face. You can do it however works best for you.

TODAY'S PRACTICE

Who are you blessing today?
