

## ***How to use Transformational Blessings***

Whether you've downloaded a **Transformational Blessings Kit** or dream up your own, there are a myriad of ways you might wish to use blessings beyond just reading them to yourself. Here are some ideas: (Print and cut apart the included 4 sheets of blessings into strips...)

- Use the full complement of blessings printed from the Kit as a gift
- Pass around a basketful of them to draw from at parties (each person might read the one s/he picked aloud so everyone gets the benefit of them all)
- Do this as an activity at a baby or wedding shower
- Use them, printed elegantly, as wedding favors
- Print/stamp them on greeting cards - use them yourself or give sets of them as gifts
- Print them on gift tags - use them for your gift-giving or give sets of them as gifts
- Include one in each letter or holiday card you write
- String them on the Christmas tree, or above a doorway/mantle, and ask visitors to select one
- Print them on the wall above a doorway or window
- Use them in homemade advent calendar windows
- Put them in family members' lunch boxes
- Use them in church bulletins
- Make them into bookmarks
- Print them on small cards for business customers to select on the counter
- Put one on a houseguest's pillow each night
- For hotel/motel managers: Put one on each pillow in every room
- For doctors, massage therapists, etc.: Place one on the table/chair for every patient/client
- Embroider them on pillows, sachets, and the like
- Pass them out to strangers in need
- Leave them in public places where they'll be seen by people who need them
- Hide them around the house to find again later!

**What's *your* idea?** Send it here: [ideas@TransformationalBlessings.com](mailto:ideas@TransformationalBlessings.com)

May you seek and find the gift in all situations

May you learn to truly live in the moment, letting go of your reactions to the last one so as to be able to appreciate this one and the next

May you choose from your highest perspective and take responsibility for your choices in each moment

May you discover new ways to approach old problems, and new problems that truly *interest* you (or new interest in the problematic?)

May you realize that one candle utterly transforms a dark room... and that *you* can be that light

May you *feel* the sunlight that is behind every darkening bank of clouds

May you find glints of inspiration even in words spoken by people you'd rather not hear

May you be the wind under the wings of someone who is having trouble rising from the ground – and may someone help *you* soar in turn

May you know precisely when to praise most loudly and criticize most softly – and when to simply stay silent

When you're tempted to condemn something as being bad, may you bless it instead with the possibility of its being used for good

May you understand that pain denied cannot be transformed

The next time you find yourself enjoying the shade of a gorgeous old tree, remember too that someone planted it from a mere seed or slip years ago – and that many of your plantings will come to such fruition, even beyond your knowing

May you have the wisdom to not expect things to go perfectly every day – or to redefine “perfect” as *your* being perfectly poised to deal with things *however* they go

May your desire to fly be far greater than your fear of falling

May you transcend the *seeming* logic of blame and fairness by forgiving and starting anew...  
unlocking a potential for change

May you realize when you awaken each day that you are the artist, your day a canvas,  
and your life a masterpiece

If you know that in a month from now the worry of today will have receded into the  
background, may you have the wisdom to sometimes leap ahead a month (or a year,  
or a hundred years) in your mind

May you learn to differentiate between *observations* of negative things and the negative  
thinking that *holds* them in your consciousness and nurtures them

May you strive always for *inner* transformation in parallel with all that you do to  
transform your world around you

May you recognize the humor in even the most dire of situations (at least after the  
fact) and let laughter bubble up from within you, despite it all

May you remind yourself, often, that any uncomfortable moment *is* and so is impossible to  
avoid (and avoid compounding the discomfort through fighting it – let it pass)

May you realize that you *are* blessed now with all that you need to transform your life  
into whatever shape you would like it to be: you have a heart, a mind, and will

May you *intently* love whatever there is to love in every person or situation, driving a  
wedge of light into even the darkest of experience

May you consider your “failures” as simply part of a brainstorming process put into action, and  
realize that one of the continuities of life is that there will always be opportunities for you, or  
others, to revise and improve on what you have produced to date

May you be less concerned about discovering a fountain of youth and more concerned  
about *being* a fountain of wisdom

When you are feeling afraid of the confusion that's unstoppable – change – may you consider that the larva enfolded in its cocoon has only to accept the process of transformation to find itself a butterfly, with wings, and colors, new form and capabilities ...*because of* change and growth

May you open the doors of learning wider by realizing that not all teachers are wise or wonderful or kind... or even called “teachers” (some are actually people you “can't stand”)

May you decide today, right now, to face forward with courage and positive expectation and creativity, and to face backward with compassion and understanding for all those on your path (especially yourself)

May you be filled with joy to your capacity today – and may your capacity for joy grow every day

The next time you feel rotten physically or emotionally, may you successfully shift from being the feeler into being the *observer*

When you find yourself thinking negative thoughts, may you really *find* yourself thinking negative thoughts... and edit them

The next time you doubt that you can create something good just by having a good attitude, may you think about the last time you created something negative by thinking something pessimistic

May you ask yourself today, “What if my past *wasn't* a mistake? What if I learned exactly what I needed to learn from what has gone before?”

May you benefit from practicing changing your “I can't”s to “I haven't as yet”s

May you make a vow today to create your thoughts, words, and deeds from within the framework of the person who you truly desire to be

May you revel in the realization that you can make differences in the world that absolutely no one else can make, just by being the best *you* you can be

May you choose to become aware of the forks in the road that there are all throughout the day

When you are feeling that you are desperately in need of guidance, may you not just ask for it and wait expectantly, but go out on a limb and *feel* it coming to you

May you completely give up on examining all around you for flaws – and simply note and bless them when they arise unbidden before you

May you have the wisdom and intuition to recognize the problems that are likely to burn themselves out without your intervention... and let them do so

May you question what message a fear or insecurity may have for you... What shift are you being invited to make in your thinking?

When you are wondering in what direction you ought to grow, may you look to what you are afraid of, now

May you insist on telling yourself the truth about “normal” – that your normal is constantly evolving, and that it doesn’t *contain* the “bad” things but your increased strength in recovering and learning from them

If you are having trouble getting yourself to fear less or to forgive, may you try the experiment of working at *loving* more and noticing whether those other dilemmas thereby ebb away

May you, when you are faced with a challenging predicament or a mystery that urgently needs to be solved, never lose sight of the fact that you *have*, absolutely countless times, met such and successfully navigated them... and you *will* be able to do it again, in time

May you never fear or be discouraged to begin change from where you are – and if you feel yourself to be in the dark, do not be discouraged that your first steps away are still in pre-dawn gloom

May you make a commitment to learn to be happy despite having unfulfilled dreams (because you’ll *always* have unfulfilled dreams, each replacing the other as it is fulfilled)

Instead of asking what life can give you, may you consider the question of what life *asks* from you, and how you might use your talents to respond