

Embrace the Mystery

GRIEF
SPACE
Support Practices Adapted FOR THIS Challenging Era



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May I embrace the mystery without having to define it.

May my heart always be open to possibility.

May I find the strength to stand in my truth

and allow others to stand in theirs.

May I listen without judging

and give without expecting.

May I embrace the opportunity

to climb another rung on my life's ladder

without worrying that I might fall.

May I accept, even when I don't understand.

May I be present to the love and the pain,

the hope and the joy that are part of my journey.

May all I do and all I say always come from a place of love.

