On This Day



On this day,

may I be present to the miracle of being alive. May I reach out to those who are suffering and may I use my voice as a force for good. May I have the courage to do what is right, not what is easy. May I have the strength to shine a light in the darkness. May I not distance myself from myself.



You are welcome to print and share this prayer. Please credit the artist and use #griefspace and #soulbooster when you share. For additional soul-boosting content, visit GriefSPACE at <u>www.internationalgriefinstitute.com/griefspace</u>. For more information about the author, visit <u>www.zenspirations.com and www.WhenYouLoseSomeone.com</u>.