



My Creative Soul Blessings

“May the blessing of sleep bring refreshment and release
And the Angel of the moon call the rivers of dream
To soften the hardened earth of the outside life,
Disentangle from the trapped nets the hurt and sorrow
And awaken the young soul for the new tomorrow.”

~ *Vespers*

Are you in touch with your bliss and your blessings? Take a moment or two to feel that question out before responding. Now look around with all your senses wide open and attuned to the present while giving thanks and blessings for being alive and in tune with the now.

Creative Soul Prompt: To live in bliss we must first recognize and acknowledge all that we are grateful for and then continually remind ourselves to thank the Universe and the Divine for these good graces. What are you grateful for? Name 3 things and then bless each one by writing them down in your journal.

Bliss



Design a **Creative Soul Blessings Collage** to help you focus upon gratitude and bliss every single day. Add photos, memorabilia, and favorite quotes to remind you of what matters most in your life then hang your collage in a prominent place where you will be inspired by it every day.

Creative Soul Affirmation: *In each moment I am alive with grace, bliss and perfect knowing. I am so very blessed to be here now.*