

Blessed Be The Unfolding, As We Raise Our Hands in Surrender

BY ANNIE MUELLER

Blessed be the Source.

Blessed be the Spirit within.

Blessed be the light dancing.

Blessed be the energy flowing, on and on, moving within us,
moving us, transforming and exploring, choosing and creating.

Blessed be the I AM, the beating heart of a magnificent
existence broader and vaster and deeper than we can imagine,
contained in a single cell.

Blessed be, blessed be, blessed be.

Blessed be the unfolding.

Blessed be the suffering.

Blessed be death, this other face of life.

Blessed be the shadows that help us see our Selves.

Blessed be the fears that show us our desires.

Blessed be the rocky path, the cutting stones, the uphill
trudge, the deserted trail, the lonely night, the wandering
years.

Blessed be what is lost, for it too shall be found.

Blessed be the falling apart.

Blessed be the ripe melon bursting open, spilling juice and
flesh and seed.

Blessed be each moment of our own breaking open.

Blessed be the terror.

Blessed be the confusion.

Blessed be the sorrow and the anger, the bitter jagged edges
of heartbreak, the regret that seems to swallow us whole.

Blessed be the belly of that whale, where we collapse and

dissolve, where dust returns to dust, where spirit returns to spirit.

Blessed be the releasing.

Blessed be the sleep, the sweet rest, the infinite calm.

Blessed be the waking again.

Blessed be the discovery of our own power.

Blessed be the raising of our hands in surrender.

Blessed be the agony, blessed be the ecstasy.

Blessed be the darkness, blessed be the light.

Blessed be our knowing and unknowing.

Blessed be our forgetting and remembering.

Blessed be our breaking apart.

Blessed be our coming together.

Photo by [Brooke Cagle](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment](#)

Sip a little more:

***No More Self-Betrayal – Listening To Your Self
Is The First Step To Loving Others***

***Unearth The Voice That Keeps Singing & Be The
Amazing Thing***

***Recognize Your Symptoms Of Breaking Free – This
Is Not A Disease, It Is The Cure***

"Strength is more about how you pick yourself up after the moment of destruction than it is about never falling down in the first place."

SHANNON CROSSMAN

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