



## **The Gentle Art of Blessing, by Pierre Pradervand**

On awakening, bless this day, for it is already full of unseen good which your blessings will call forth, for to bless is to acknowledge the unlimited good that is embedded in the very texture of the universe and awaiting each and all. [...]

The minute anyone expresses the least aggression or unkindness to you,  
respond with a blessing: Bless them totally, sincerely, joyfully --  
for such blessings are a shield that protects them from the ignorance of their misdeed and deflects the arrow that was aimed at you.

To bless means to wish, unconditionally and from the deepest chamber of your heart, unrestricted good for others and events; it means to hallow, to hold in reverence [...] To bless is to invoke divine care upon, to speak or think gratefully for, to confer happiness upon, although we ourselves are never the bestower, but simply the joyful witnesses of life's abundance.

To bless all without distinction is the ultimate form of giving, because those you bless will never know from whence came the sudden ray that burst through the clouds of their skies, and you will rarely be a witness to the sunlight in their lives.

When something goes completely askew in your day, when some unexpected event upsets your plans and you also, burst into blessing. For life is teaching you a lesson, and the very event you believe to be unwanted, you yourself called forth, so as to learn the lesson you might balk against were you not to bless it. [...]

It is impossible to bless and judge at the same time.

--Pierre Pradervand, From "The Gentle Art of Blessing  
[<http://www.gentleartofblessing.org/>]"