

**BLESSING IN THE CHAOS**

To all that is chaotic  
in you,  
let there come silence.  
Let there be  
a calming  
of the clamoring,  
a stilling  
of the voices that  
have laid their claim  
on you,  
that have made their  
home in you,  
that go with you  
even to the  
holy places  
but will not  
let you rest,  
will not let you  
hear your life  
with wholeness  
or feel the grace  
that fashioned you.  
Let what distracts you  
cease.

Let what divides you  
cease.  
Let there come an end  
to what diminishes  
and demeans,  
and let depart  
all that keeps you  
in its cage.  
Let there be  
an opening  
into the quiet  
that lies beneath  
the chaos,  
where you find  
the peace  
you did not think  
possible  
and see what shimmers  
within the storm.

@Jan Richardson  
from *The Cure for Sorrow:*  
*A Book of Blessings for Times of Grief*

