

**May you be blessed with good friends  
May you learn to be a good friend to yourself.  
May you be able to journey to that place in your soul  
Where there is great love, warmth .feeling and forgiveness  
May this change you  
May it transfigure that which is negative, distant or cold in you  
May you be brought into, the real passion, kinship and affinity of belonging.  
May you treasure your friends  
May you be good to them  
And may you be there for them  
May they bring you all the blessings, challenges, truth and light  
That you need for your journey  
May you never be isolated  
But may you always be in the gentle nest of belonging with your “soul friend”**

Poem re friendship