



*A Step On the Path; original art, Setsuko Yoshida*

*Deep peace of the running waves to you.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth to you.  
Deep peace of the shining stars to you.  
Deep peace of the shades of night to you.  
Moon and stars always giving light to you.*

*This traditional Gaelic prayer of blessing is reprinted, with the permission of the editor) from The Bridge of Stars: 365 Prayers, Blessings, and Meditations from Around the World. Ed., Marcus Braybrooke (London: Thorsons, 2001).*