



## **Benedictus: A Book of Blessings**

*John O'Donohue*

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We have fallen out of belonging. Consequently, when we stand before crucial thresholds in our lives, we have no rituals to protect, encourage and guide us as we cross over into the unknown. For such crossings, we need to find new words. What is nearest to the heart is often farthest from the word. This book is an attempt to reach into that tenuous territory of change that we must cross...'

In sharing words of profound grace and wisdom, master storyteller John O'Donohue's *Benedictus* offers blessings to shelter us as we confront the many challenges we face on our journey through life.

Living in an anxious world - a world so often dominated by unwelcome change, unhappiness and even despair - many readers will find comfort in John O'Donohue's illuminating introductions, covering areas such as Beginnings, Desires, States of the Heart, Callings and Beyond Endings, and the blessings themselves provide an inspiring and reassuring new vision of possibility. It is also a vision of hope and belonging for this sometimes troubled world.

## **Benedictus: A Book of Blessings Details**

Date : Published 2007 by Bantam Press

ISBN : 9780593058626

Author : John O'Donohue

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# From Reader Review *Benedictus: A Book of Blessings* for online ebook

## **Kate says**

This is a great reference for blessings, useful in all sorts of situations, for marriage, for dying, for the artist at the start of the day, for the exhausted, for dozens of different situations. At the end of the book O'Donohue includes several brief essays on the art of blessing. So sad that we lost him so young. He gave us a great deal in his brief life.

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## **Melanie Brennan says**

A delightful book. I keep it by the couch and re-read sections regularly

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## **Skyluv says**

When you lose someone you love,  
Your life becomes strange,  
The ground beneath you becomes fragile,  
Your thoughts make your eyes unsure;  
And some dead echo drags your voice down  
Where words have no confidence  
Your heart has grown heavy with loss;  
And though this loss has wounded others too,  
No one knows what has been taken from you  
When the silence of absence deepens.

Flickers of guilt kindle regret  
For all that was left unsaid or undone.

There are days when you wake up happy;  
Again inside the fullness of life,  
Until the moment breaks  
And you are thrown back  
Onto the black tide of loss.  
Days when you have your heart back,  
You are able to function well  
Until in the middle of work or encounter,  
Suddenly with no warning,  
You are ambushed by grief.

It becomes hard to trust yourself.  
All you can depend on now is that  
Sorrow will remain faithful to itself.

More than you, it knows its way  
And will find the right time  
To pull and pull the rope of grief  
Until that coiled hill of tears  
Has reduced to its last drop.

Gradually, you will learn acquaintance  
With the invisible form of your departed;  
And when the work of grief is done,  
The wound of loss will heal  
And you will have learned  
To wean your eyes  
From that gap in the air  
And be able to enter the hearth  
In your soul where your loved one  
Has awaited your return  
All the time.

- John O'Donohue, *Benedictus* (A Book of Blessing)

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### **Norah says**

A wonderful book to just dip into, which I do, so its not actually officially 'read' but is always at hand, and highly recommended!

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### **Jennifer Osborne says**

John's book really are beautifully written and are food for the soul.

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### **Angela Joyce says**

This is full of spiritual comfort and a gentle challenge to love and bless others. I am so glad I read it, and I'm sending a copy to someone I know who is on her way to becoming a bereavement counselor. It's got a blessing for just about every situation one can think of, and they're all just wonderful.

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### **Malene says**

A delightful selection of reflections for any circumstance you may encounter.

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### **Clive Johnson says**

A beautiful collection of blessings for many common, as well as less common, life challenges. Inspiring and encouraging, this is a book to refer to again and again when facing change or crises.

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### **Aideen Dunne says**

Very beautiful pottery book with a poem for all needs.

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### **Warren Cann says**

Beautiful.

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### **John Buchanan says**

Uneven, but that may reflect where the reader is at. Last three chapters struck a chord. Great, great poem "For a Leader."

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### **Sheila Quealey says**

This is a gift of a book. Written by John O'Donohue it is a book of blessings, as he calls them. For many they could be considered poetry. He captures the heart with these blessing because when reading them it is hard to imagine that he didn't write them especially for me. The moving ordinariness of his observations make them accessible to the confused or unsure believer. This book comforts and is not the kind that you read once and place on your bookshelf - this is a book that has a special place next to your bed where it is always only an arms length away from you before sleep.

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### **Natalie Grueninger says**

Absolutely loved this! It's a book I will treasure forever.

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### **V.J. Fadely says**

I've had a copy of this book for several years. The pages are dog-eared from reading and re-reading. In it you'll find profound and soulful blessings relative to nearly any situation written by a former priest and poetic philosopher, an Irishman from Connemara, John O'Donohue. I refer to it often for inspiration, calm and guidance, and as a reminder of the beauty and goodness of the world if only we keep our eyes open. It's a

book I'll always keep at hand. (Note: after Mr. O'Donohue's passing, it was re-released as "To Bless the Space Between Us.")

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## **Lucinda says**

*Dominus vobiscum*

'There is a Quiet light that shines in every heart.  
It is what illuminates our minds to see beauty,  
Our desire to seek possibility and our hearts to love life...  
This shy inner light is what enables us  
to recognize and receive our very presence here  
as a blessing.'

1. There is a kindness that dwells deep down within all things and often lingers in the unlikeliest of places..
2. Each new day is a path of wonder. Oftentimes, it may seem as though we have taken the longest voyage to arrive at that which was nearest all along..
3. Taking risks into possibilities will lead to new horizons. An unlived life is one that remains 'safe', yet your heart calls out for freedom and creativity..
4. The Celtic mind values time. One is constantly invited to grow – to transform and become more than you have been. All we need is bravery and grace..
5. A blessing is a protective circle of light. Adhere to your inner light so that it may illuminate the darkness with glorious lustre! Do not succumb to the sneaky shadows of the night..
6. A blessing makes distance kind and forgiving.. the greatest distance is not tangible but cognitive. Separation enables us to connect more deeply with freedom, ascension and compassion..

*As one continues on their personal venture of discovery, never forget to take a moment to pause and reflect, with peaceful gratitude. Every single moment; the good and the bad are a blessing, for we are presented with even more possibilities and hope..*

***bis vincit qui se vincit in Victoria!***

