



**Blessings**  
from  
**Animals**  
**& Nature**  
**Nature's Poetry**

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# Blessing from the Lion

I am here to give you courage,  
The strength of a Lion  
And the power to do  
what you have chosen.

There is nobody as powerful as I am,  
I am the King of the Animals,  
And you can be a King or a Queen,  
When you can stand up to your Fear  
And take up your sword of light  
And say:

I am here and I will do  
What I have chosen to do.  
This is my life.





# Blessing from the Cats

It is our pleasure  
to give you our blessing,  
Sure-footed and gracious,  
We dance through our lives.

We bless you with grace  
and with beauty around you,  
We bless you that you  
see the blessings of life.







# Blessing from the Daisy.

I am a happy soul.  
I meet you in the meadows  
And try to make you smile.  
You make garlands and put them  
On each other's hair -  
Or wear them like necklaces.  
I like to be so close to you  
And wish to bless you  
With happiness and joy.

Look for me whenever you feel sad,  
And feel my joy lift your spirits at once.  
You are like me, a beautiful flower,  
A lovely being on this Earth.  
Thank you for being here -  
Thank you for being you.





# Blessing from the Dolphins

Play with us !

We bring you the joy to play.

Play with your friends

And play with your thoughts,

And loosen up and relax.

We bring the blessing

Of taking things lightly,

Of playing with sounds,

colours and ideas.

Let go of your image of reality

Trust that other versions are possible

And trust that you will find them,

When you let yourself be creative.

No pressure, just taking a moment,

Breathe, Smile

And let yourself create your life again.

We will be happy to see what it looks like,

And we will join you

In your new world.





# Blessing from the Oak Tree

May you be blessed  
with the wind in your leaves,  
May you be blessed  
with the quiet of the Earth  
May you be blessed  
with a fountain of youth,  
May you be blessed with the truth.  
May you be blessed  
with receiving and giving,  
May you be blessed  
with the sun and the moon,  
May you be blessed  
with time for love  
And may you be blessed  
with life –  
sacred life.





# Blessing from the Sparrows

We are always here with you –  
we love to see you feed us seeds,  
Give what you can, for we are small  
And need your help and all your love.

But others need your help as well,  
The hungry ones of your own kind,  
Feed them too and give them love  
For you are brothers, sisters too.

We bless you with the stars above  
That's where we come from, every one,  
We bless you with the hearing of  
The ones who need you, all around.



We bless your home,  
your house, your hearth  
And all you need to live your life  
As well and healthy as you can,  
For we are helpers from above.

Thank you for your kindness, Dear,  
Thank you for your deeds of Love  
We are near and fly with you  
Through life, your sacred living life.







# Blessing from the Elephants

We bring special magic -  
Being gentle giants,  
we have intelligence and wisdom.  
We all need to live in tune with nature,  
give each other respect  
and the dignity we deserve,  
protecting our wildlife  
and loving each other  
as brothers and sisters.

You are a part of nature, we are family.  
We care for you and love you.  
Please take care of the world -  
for the sake of your children  
and of your children's children.

We are all one.

Our blessing for you is our strength,  
our gentleness, our wisdom  
and our joy !





# Blessing from the Giraffe

We bless you with irreverence.

It is essential

When you do what you think is right,

To listen to your heart and soul

And follow your own path.

You do not need a leader, or a guide,

You can shine your own light

and lead yourself

Down dark alleys

and into the light filled places.

We are your friends,

all animals are your friends,

But we would not tell you what to do.

We can give ideas, nudge your hearts,

But you have to make up your own minds.



Will you take care of us and the world ?  
Will you do what your heart tells you ?

Only you know the answer,  
You are the one  
you should be listening to.  
Are you ready to listen  
to the whisperings of your heart ?  
I send you blessings and love –  
and a cheerful attitude,  
That will carry you  
through many ups and downs,

May my heart join your heart  
and give you what you need.





# Blessing from the Squirrel

With me around,  
you will always have enough,  
you will always have  
plenty of what you need,  
abundance even -  
All will be there for you.

My surprise for you  
Is receiving something you wished for.  
Call in the spirit of the squirrel,  
and see it happen.

Just give it a try !  
We would love to give you a surprise,  
We would like to share our abundance  
with you.

Are you ready to receive ?  
We love and care for you.







# Blessing from the Deer

Mysterious -

That's what we are for you.

A pointer to another world

Where life is lighter and more colourful.

We are your guides to the otherworld

A world of light and freedom.

We get in touch with you

And you can feel our power and our  
mystery.

Do you know that you can talk with us ?

That we can guide you through this life ?

We know what you need at any time,

We are ready to help you to the other side

To meet friends and loved ones,

Or to travel onwards, ever onwards.



Do you know that this is  
not the only life you live ?  
That there are doors to other lives,  
to other worlds ?  
We are the keepers of these worlds,  
And we would like to share them with you  
When you are ready.

Mysterious ? yes, but so are you,  
You know all these truths within you.  
You know about the sacredness of life,  
About your true soul within you.  
How can you not ?

Look into my eyes and understand  
All the mysteries of the world.  
Understand the glory and the joy  
And the truth.  
Blessings from your companions on  
This life's journey.





# Blessing from the Water Spirits

I bless you with the sound of the stars,  
I bless you with a wishing well,  
I bless you with a quiet heart,  
I bless you from above, below,  
I bless you with the ebb and flow.  
I bless you that you may live,  
I bless you that you may forgive.  
I bless the grass you walk upon,  
I bless your feet, your arms, your hands.  
I bless you now, I bless you ever,  
I bless your lips, your gentle touch –  
But most of all I bless your presence,  
Your being here, your shining self,  
For you are home, and safe and sound,  
And you are blessed all around.  
By being here, you bless this place,  
You bless it with your smiling face.  
Breathe and Love will breathe in you,  
Breathe and God will breathe in you.





# Blessing from Cuba

I wish you happiness, luck and love  
I wish you glad days, fanciful and fun !  
I wish you great relief when things are done,  
Time to relax and play in the sun.  
I wish you good times with me and you  
With friends around and loved ones too.  
But most I wish to say to you  
Make this life special, take your time  
For the things you love,  
And for the things that make you smile.  
To thine own self be true, be who you are -  
That's how I love you, truly, always -  
I deeply love and cherish you.  
Being but small, my heart is grand,  
Around, around, around us all  
My heart holds you and all in Love.  
This life is special, make it count  
And make your dreams come true,  
Yes, make your dreams come true.





# Blessing from the Sweet Pea

I bless you with light  
With a jump in your step  
I bless you with friends  
A smile on each face  
I bless you with flowers  
All along on your path  
And I bless you with beauty,  
Good health and good will.

I bless your light hands  
To help those in need  
I bless your soft heart  
To reach out to give  
I bless you with enchanting  
Adventures in life  
I bless you all day  
And I bless you all night.







# Blessing from the Bears

We bless you with  
the strength of bears,  
With focus and the ease of tracking,  
Resilience and perseverance,  
And standing up for you and yours.

But mostly we bless you  
With the joy of playing,  
Of tumbling and rumbling  
Like little bears do –  
May your life be playful too !





# Blessing from the River

I bring you the water of life,  
I bring you your destiny,  
take you along,  
Let me show you  
the way to your goals.

I bless you with knowing  
your path and with finding  
A way through the darkest of times.  
There's always a stream  
that can take you along,  
Never mind where you are  
and where you have been,  
My flow will find you a home.



I bless you with trusting  
your path and your wisdom,  
I bless you with knowing  
which way to choose,  
And leaving the past,  
yet finding the future,  
We leave and we find  
every moment together,

Moving and trusting  
and moving along,  
Moving and trusting  
the flow in your heart.  
Flowing and finding  
the way of your soul.





# Blessing from the Butterflies

This is what we give to you:

A basket full of life,

We help you choose the best for you,

And sometimes too, we say to you

It's time to wander on,

It's time to wander on.

This is what we wish for you :

That you see what is best –

Choose your life, and choose again,

Your life will change and so will you,

And you keep making choices, then,

You make them once again.



Trust that you are given what  
You can take on, this life is yours.

Make the best of what you have  
And if you can't, then look at us –  
And take a leap of faith and fly  
To better shores, to better times –  
And start your life anew -

Make something of this life of yours,  
Make something of this life,  
And -  
Soar !







# Blessing from the Swans

We bless you now  
with grace and beauty,  
Swim with us for a while -

Sail upon the seven seas,  
And see the beauty all around,  
And feel that you are free.





# Blessing from the Mountains

May the stability of Earth be thine,  
May the strength  
of the mountain face be thine,  
May the warmth  
of the mountain belly be thine,  
May the elevation  
of the mountain peak be thine,  
May the clarity  
of the rocks and crystals be thine  
And may the power  
of the whole mountain range  
be thine.





# Blessing from the Pine Tree

My blessing for you  
is a place from which  
you can see for yourself  
What needs to be done,  
What needs to be changed,  
And what is perfect as it is,  
Just perfect as it is.





# Blessing from the Eagle

I bless you with freedom,  
to take things lightly,  
To see as far as I see.

I bless you with sight,  
To see to the future  
To know what is coming your way

I bless you with ease  
to open your wings  
And soar to the height  
of your dreams.

And I bless you with friends,  
To make life worthwhile,  
And a place where your soul can rest,  
A place where your heart can rest.







# Blessing from the Bees

Dancing, dancing,  
We are ever dancing,  
Finding the honey for you.

Twirling, twirling,  
We are ever swirling,  
We fly and have much to do.

We love the sun, we love the hive,  
We love each other too.  
We wish you joy,  
the gold of the sun,



We wish you friendships  
And joyful surroundings,  
We wish happy times for you !

We bless you with light,  
With a heart of gold,  
For you make the world go around.  
Yes, we and you, you and we,  
we make the world go round.





# Blessing from the Volcano

I bless you with fire,  
with truth in your eyes,  
Clarity to see your path.  
I bless you with ideas,  
Inspiration and thoughts  
To create from the depths of your soul.

I bless you with the power  
To fulfill your dreams,  
With excitement  
And a spring in your step,  
To skip to your goals, or to run.

It is imperative that you find your truth,  
Listen to the voice of your heart,  
Feel the excitement, the inner delight,  
And feed the fire of your soul.





# Blessing from the Amethyst

I bless you with structure,  
With a sense of knowing  
How things are  
And why you are here.

I bless you with clarity,  
An inner light seeing,  
Your purpose  
And where you belong.

I bless you with surprises,  
With light and laughter,  
With fun and with friendships too.

I bless you with true love  
And the place you call home,  
In the hearts of the people you love,  
In the hearts of the loves that you find.







# Blessing from the Sun

The light of the sun  
May shine on your path,  
May soften the darkness  
And help you find  
Your truth,  
Your life  
And your self.





# A Christmas Blessing from the Animals & Nature

We wish you joy and peace on Earth,  
We wish you happiness and love.

We wish you friendship in your heart  
With you and yours and everyone.

We hope that you will find the time  
To listen to your deepest wishes,  
Hold your friends and family tight  
And give them love with all your might.

We send you healing, hope and love  
And blessings for this special time –  
May you feel light from God above,  
And peace inside and love for all.

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