



CCARE | The Center for Compassion and Altruism Research and Education

*COMPASSION COURSE | Cultivate a Compassionate Heart*

**BLESSING | TO COME HOME TO YOURSELF | JOHN O'DONOHUE**

## **TO COME HOME TO YOURSELF**

**By John O'Donohue**

May all that is unforgiven in you  
Be released.

May your fears yield  
Their deepest tranquilities.

May all that is un-lived in you  
Blossom into a future  
Graced with love.