As you are now….

May you experience joy…as you are now

May you have peace with yourself…as you are now

May you have patience with yourself…as you are now

May you show kindness to yourself…as you are now

May you seek the goodness in yourself…as you are now

May you renew faithfulness in your life…as you are now

May you show gentleness to yourself…as you are now

May you exhibit self-control in your thoughts toward yourself…as you are now

May you love yourself…as you are now