**A Blessing for Staying Inside**

Joyce Bartlett.

May you find happiness in the small

spaces. Joy in the staying put. No

highways. No office buildings. No

crowded subways.

May you find peace in your own kitchen.

May your four walls feel like a

sanctuary. A haven from a noisy world.

May you take pleasure in a bad pun, a

bowl of popcorn. Laughing with the people closest to you. Patting

the grateful dog. The clever cat.

May you discover the delight of writing

letters on paper. In baking cookies. In

the birds visiting your early spring

Garden.

May you find yourself fully in the

present moment. Where all of life is

happening right now. And worries about

the future don’t exist.

May you invent ways to help people who

need you. Because times like this were

made to remind us that we are all the

Same.

Even as you wrap yourself in a blanket

of solitude, may you discover the secrets

of the universe from your spot on the

Couch.

And … may you be so well-loved

that others will rejoice when you are

finally able to run into their arms again.