

# Delicate Grace



A Collection of Blessings  
by Caitlin Sanders

**If you're reading these words,  
this book is dedicated to you.**

May it be a place for you to come to feel uplifted, a soft space where you can gather strength and find yourself renewed.

Whether all filled up with encouragement or with new found space to settle into your soul, I hope that in any way, and in every way, it becomes a living, breathing blessing for you.

Each page is graced with an inspired blessing and space for you to make the book your own. Add your own thoughts, your own reflections--whispers from your very own heart.

May it become a sacred place where it feels safe to be just you.

And it is my hope that as you do, you will grow in courage and brightness to share your brilliance with the world.

We need you.

I'm so glad you're here.

With much love and abundant blessings,  
Caitlin

Day 1~

may you be blessed with the roots  
of a strong and steady tree.

may you drink in its nourishment  
and its steadiness, for free.

Day 2~

may you be blessed with the confidence to stand tall,  
and to sway with the wind,  
letting the breeze blow through.

may you let everything unneeded  
all  
fall away,  
leaving you with the gift  
of focusing  
on you.

Day 3~

may you know today  
how much you are loved--  
in each moment,  
through and through.

there is no one more special in this moment,  
than purely exceptional you.

Day 4~

may you be blessed with love.

for yourself, for each moment,  
for every ease,  
every grace.

Day 5~

may you be blessed with rest.

may you be blessed with the rest that springs from the  
soul,  
that soothes and comforts  
and heals and transforms.

resting and blessing.  
your resting is a blessing.

Day 6~

may you be blessed with solace,  
with the delicate glow  
of the moon.

may you rest in the space  
where there's nothing but grace;

in the evening, in the morning,  
and every grand afternoon.



Day 7~

may you be blessed with humility  
to see the radiance that you are.

to see the glow and honor the flow,

a slow-motion, bright-burning,  
unexpected  
shooting star.

Day 8~

may you be blessed with patience.  
in each and every moment,  
in all you're going through.

may you know the treasures  
that await,  
just on the other side.

a one-way  
radiant rainbow.

Day 9~

may you be blessed with the tenderness  
of love for yourself--  
the glue that will pull you through.

may it make each moment  
a nurturing nest,  
as you prepare to hatch anew.

Day 10~

may you be blessed with comfort  
as all the leaves fall.

one by one,  
each grief  
unbearable.

may you feel the warmth from within,  
as a sun that shines upon you,  
whispering,

*you're still here. you're still safe.*  
*you're still here. you're still safe.*

## Day 11~

may you be blessed with a loving someone  
to help guide you on this flight.

someone who knows  
the twists and the turns,

who can hold your hand  
as you draw a line in the sand,

& set off  
to do what  
calls to *you*.

Day 12~

may you be blessed in knowing  
the blessing that you are.

your presence is your purpose;

your laughter,  
an act of service.

Day 13~

may you be blessed with grace.  
grace in the quiet,  
grace in the noise.

grace in the knowing,  
and with all that remains unknown.

may you know that you're watched over,  
and guided every step.

today and every day,  
in every single way.

Day 14~

may you be blessed with openness,  
with space to really breathe.

to take in the breath  
of all that life is,  
and all that is here  
to give.



Day 15~

may you be blessed with courage.

may you be blessed with the courage  
to trust your heart,  
and to follow  
wherever it leads.

It may not  
always be pretty.

In the end,  
You'll stand in awe.

Day 16~

may you be blessed  
with wind, beneath your wings.

to carry you on your flight  
as you reach new heights  
and allow yourself  
to truly soar.

Day 17~

may you be blessed with steadiness,  
a sureness, beneath your feet.

may you follow the stones  
that lead you home,  
blessing everyone you meet.

Day 18~

may you be blessed with the eyes to know your beauty,

to see the way you sparkle

and you shine.

your heart aglow will set the flow

to bring all you hope to find.

Day 19~

may you be blessed with peace.

each breath in

each breath out.

allowing it to calm & soothe.

may you melt inside

and perhaps you'll find

that you

are the one, being breathed.

Day 20~

may you be blessed with abundance,  
may it rain from the sky!

autumn leaves and summer skies.

all here for you to savor,  
to soak in and enjoy.

knowing that you're rich  
with each moment passing by.

Day 21~

may the light of you shine through  
in everything you do.

creating ripples  
and igniting sparks.

guiding you  
inspiring you  
as you're here make your mark.

Day 22~

may you be blessed with the knowing  
of who you already are.

may you be confident,  
take heart,  
your magic is in your art.



Day 23~

may you be blessed with the sparkle  
of moonlight,  
on a midnight water's edge.

may it guide your every step,  
leading you, only  
to the very *best*.

Day 24~

may you be blessed with the feeling of upliftment,  
lifting and carrying you  
through each day.

may you know  
you don't have to hold it together.

angels will help you  
to find your way.

Day 25~

may you be blessed with the love that comes from your  
soul,

in its fullness,  
its pureness, and grace.

may you know how much you're loved,  
today  
in every single way.

Day 26~

may you be blessed with the courage to let it all  
fall apart.

allowing yourself,  
to fall apart, and fall open--  
may you find sweet peace  
and gentle release.

Day 27~

may you be blessed with character.

permission

to be

who you are.

may you allow your personality to sparkle and shine,

let it shine, shine, right on through.

nowhere to go, nothing to do,

just sparkling, sun-shining you.

Day 28~

may you be blessed with the forgiveness  
that stems from the heart.

giving to yourself.

and giving to yourself generously--  
your time, your attention and love.

in the giving you'll find  
you forgive.

Day 29~

may you be blessed with a grand vision  
for this beautiful, new  
horizon.

may you be welcomed  
into the sunlight,  
into the splendor of each day.

following the sprinkles  
and the rose petals  
that *angels* leave in your way.

Day 30~

may you be blessed with the knowing  
that you carry all within you.

every ounce  
of strength & determination,

every bit  
of gentleness & love.

may you treat yourself with compassion  
each and every,  
*whole day through.*

and may you know that there are always  
*angels here with you.*