

# GO AND...

## BLESSING FOR THE LONGEST NIGHT BY JAN RICHARDSON

All throughout these months  
as the shadows  
have lengthened,  
this blessing has been  
gathering itself,  
making ready,  
preparing for  
this night.

It has practiced  
walking in the dark,  
traveling with  
its eyes closed,  
feeling its way  
by memory  
by touch  
by the pull of the moon  
even as it wanes.

So believe me  
when I tell you  
this blessing will  
reach you  
even if you  
have not light enough  
to read it;  
it will find you  
even though you cannot  
see it coming.

You will know  
the moment of its  
arriving  
by your release  
of the breath  
you have held  
so long;  
a loosening  
of the clenching  
in your hands,  
of the clutch  
around your heart;  
a thinning  
of the darkness  
that had drawn itself  
around you.

This blessing  
does not mean  
to take the night away  
but it knows  
its hidden roads,  
knows the resting spots  
along the path,  
knows what it means  
to travel  
in the company  
of a friend.

So when  
this blessing comes,  
take its hand.  
Get up.  
Set out on the road  
you cannot see.

This is the night  
when you can trust  
that any direction  
you go,  
you will be walking  
toward the dawn.



—Jan Richardson

from [The Cure for Sorrow: A Book of Blessings for Times of Grief](#)