

10

**A BLESSING FOR THE
DIASPORA HEART**

Diaspora Blessing

For every person who carries home in their spirit,
even when oceans, borders, and years stand in between.

May you remember that your heart is not divided—it is expansive.
It holds family, memory, culture, responsibility, and hope all at once.
It carries both longing and belonging.
And still, it beats with courage.

May you be gentle with yourself when the weight feels heavy—
when you worry from afar, when you give more than you have,
when guilt whispers that you must always be strong.
May you know that your care is already enough.

May you find rest in small moments—
in familiar music, warm food, prayer, laughter, and shared stories.
May your body remember safety.
May your breath return you to the present.
May your spirit know that you are held.

May you release what was never meant for you to carry alone.
May you set boundaries without shame.
May you ask for help without fear.
May you receive support with open hands and an open heart.

May your culture continue to root you,
your community continue to strengthen you,
and your identity continue to guide you,
even as you grow, change, and build new chapters far from home.

May you honor both where you come from
and who you are becoming.

And when the world feels uncertain,
may you remember this truth:

You belong.
Your wellbeing matters.
Your peace is worthy of protection.