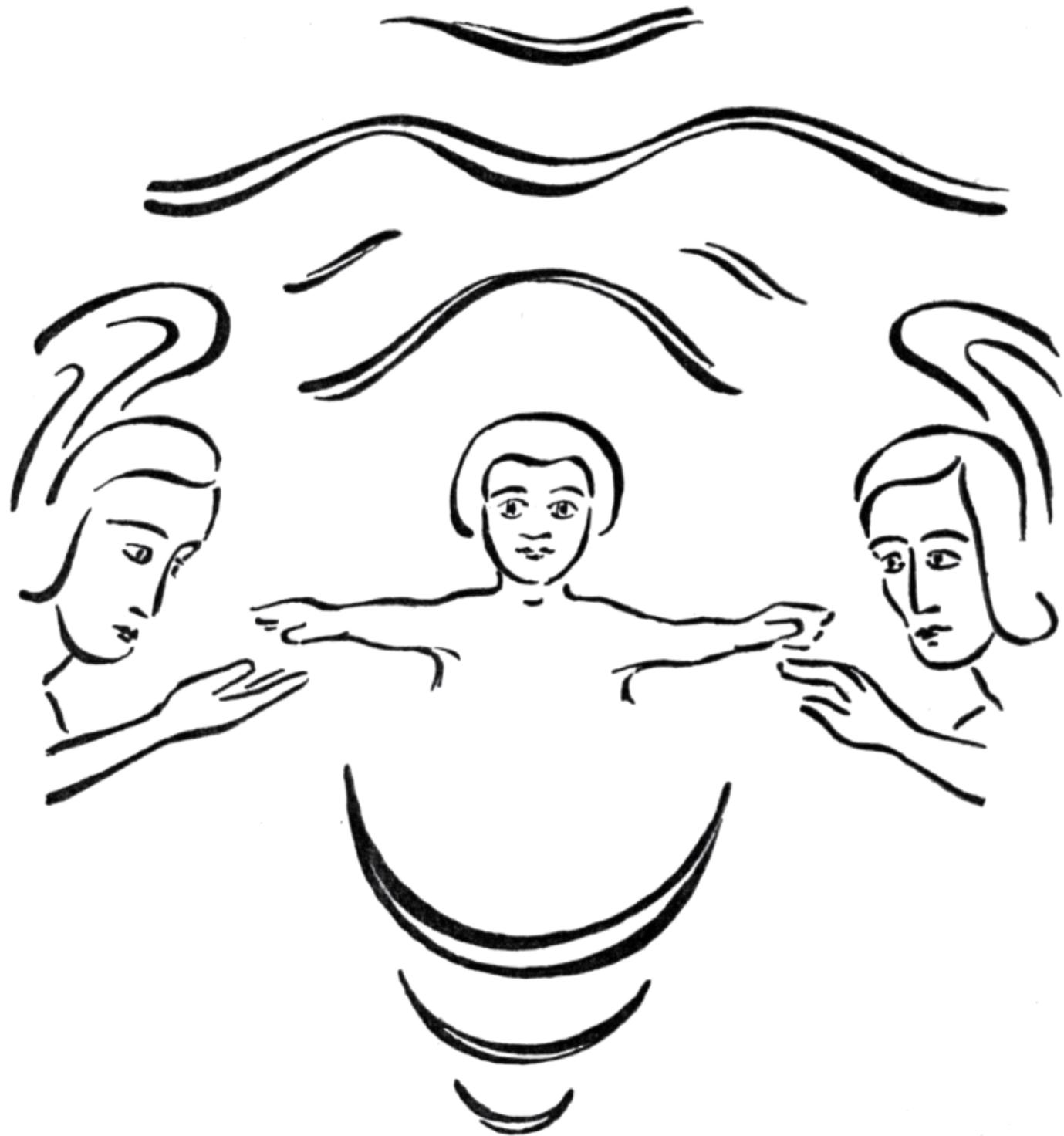


# Prayers for Mothers and Children

Light and warmth  
Of the godly spirit of the world  
Compass me about



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## Prayers for Mothers and Children

By Rudolf Steiner

Translation by Harry Collison

This collection of special prayers is a wonderful companion for parents and caregivers and will help guide children on their journey to adulthood. It includes verses for every occasion – for parents to recite as the incarnating soul prepares for birth, for the baby after birth, and for children of all ages. Also included are prayers for morning and evening and graces for mealtimes.

This book is a First English Edition, published in 1943. The prayers in this volume offer insight into the greater cosmic relationships in which individuals are immersed before birth, during life, and after death.

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# **PRAYERS FOR MOTHERS AND CHILDREN**

**BY  
RUDOLF STEINER, PH.D.**

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## **Spoken by the Mother**

### **BEFORE BIRTH:**

And the soul of the child,  
Be it given to me  
According to Thy will  
Out of the worlds of the spirit.

### **AFTER BIRTH:**

And the soul of the child,  
Be it guided by me  
According to Thy will  
Into the worlds of the spirit.

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## **Spoken by the Mother for the Child**

MAY light flow into thee, that can take hold of thee.  
I follow its rays with the warmth of my love,  
I think with the best glad thoughts of my thinking on the leaping of thy heart.  
They are to strengthen thee, they are to bear thee up, they are to keep thee pure.  
I would fain gather my glad thoughts into thy steps on the paths of life,  
So they link themselves to thine own will of life  
That this may find itself in strength in all the world ever more through its own self.

---

## **Evening Prayer**

For little children who can already pray.  
FROM head to foot  
I am made in the image of God.  
From my heart right into my hands  
I feel the breath of God.  
When I speak with my mouth  
I follow the will of God.  
When I behold God  
In father and mother,  
In all dear people,  
In animal and flower,  
In tree and stone,  
Nothing can fill me with fear,  
But only with love for all that is about me.

Do not teach specially.  
An adult speaks  
it each evening;  
by-and-by  
the child speaks  
single words,  
then whole lines,  
and thus gradually comes  
to know the whole prayer.

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## Morning Prayer

WHEN I look at the sun, then I think God's spirit,  
When I move my hand, then lives in me God's soul,  
When I take a step, then stirs in me God's will.  
And when I behold a man, then God's soul lives in him.  
And so too it lives in father and mother,  
In animal and flower, in tree and stone.  
Never can fear come near to me,  
If I think – God's spirit;  
If I live – God's soul;  
If I bestir – God's will.

ABOUT me live many beings,  
About me are many things,  
In my own heart also  
Speaks God to the world.  
And best of all speaks He  
If I can love  
All beings, all men.

---

## Child's Prayer

THE growing plants live  
In sun-light's power,  
The bodies of men act  
In soul-light's might.  
And what the heavenly light of the sun  
Is to the plant,  
That is the soul-light of the spirit  
To the body of man.

---

## Child's Prayer

O sun, thou shinest over my head,  
Ah stars, you look down upon field and city,  
Ye animals, you are busy and move over the face of Mother Earth,  
And plants, you live through the force of the earth and the sun.

THE light of the sun  
Makes bright the day  
After darkest night;  
The force of the soul  
Is wakened up  
From the quiet of sleep;  
Oh thou, my soul,  
Give thanks to the light,  
For in it shines  
The might of God;  
Oh thou, my soul,  
Be up and doing.

THE seedlings are quickened  
In earthen ground,  
The sun draws them up  
From out of the darkness  
Into the light.  
Thus goodness is quickened  
In the human heart,  
The soul is drawn up  
From the ground of the spirit  
Through the force of the self.

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## Children's Song

THE light of the sun floods through  
All space so wide,  
The song of the birds sounds through  
The air so free,  
The boon of the plants is drawn  
From the bosom of earth,  
And souls of men lift up  
In thankfulness  
Their being to the spirits of the world.

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## Grace

THE plants are quickening in the earth's deep night,  
The herbs are sprouting through the power of the air,  
The fruits are ripening through the sunlight's might.  
Thus quickens the soul within the heart's holy shrine,  
Thus sprouts the might of the spirit in the light of the world,  
Thus ripens the strength of man in the glory divine.

THE light makes visible  
Stone, plant, animal and man.  
The soul makes to live  
Head, heart, hand and foot.  
The light is glad  
When stones glister,  
Plants blossom, animals run  
And men do work.  
So should the soul be glad,  
When the heart expands itself in light,  
When thoughts come warmly to life,  
And heartfelt will works.

I GAZE into the starry heavens;  
I understand the brightness of the stars,  
When I can see in it  
God's guidance of the world, so full of wisdom.  
I gaze into mine own heart:  
I understand the heart's beat,  
When I can sense in it  
God's guidance of the world, so full of goodness.  
I understand nothing of the starlight  
And also nothing of the heart-beat  
If I do not see God and sense Him.  
And God has wisely guided  
My soul into this life;  
He will lead it also to ever renewed lives.  
Thus speaks he who can think aright,  
And every year that one longer lives  
Speaks more of God and soul-eternity.

