

Baby Blessing

Reading And Poems #3

Baby's Way

by Rabindranath Tagore (Hindu Poet)

*If Baby only wanted to, he could fly up to heaven this moment.
It is not for nothing that he does not leave us.
He loves to rest his head on mother's bosom,
and cannot ever bare to lose sight of her.
Baby knows all manner of wise words,
though few on earth can understand their meaning.
It is not for nothing that he never wants to speak.
The one thing he wants is to learn mother's words from mother's lips.
That is why he looks so innocent.
Baby had a heap of gold and pearls,
yet he came like a beggar on to this earth.
It is not for nothing he came in such a disguise.
This dear little naked mendicant pretends to be utterly helpless,
so that he may beg for mother's wealth of love.
Baby was so free from every tie in the land of the tiny crescent moon.
It was not for nothing he gave up his freedom.
He knows that there is room for endless joy in mother's little corner of a heart,
and it is sweeter far than liberty to be caught and pressed in her dear arms.
Baby never knew how to cry.
He dwelt in the land of perfect bliss.
It is not for nothing he has chosen to shed tears.
Though with the smile of his dear face he draws mother's yearning heart to
him,
yet his little cries over tiny troubles weave the double bond of pity and love.*

From: Everyday Blessings:

The Inner Work of Mindful Parenting

by Myla and Jon Kabat-Zinn

“When we become parents, whether intentionally or by happenstance, our

*whole life is
immediately different, although it may take some time to realize just how much.
Being a parent
compounds stress by orders of magnitude. It makes us vulnerable in ways we
weren't before. It
calls us to be responsible in ways we weren't before. It challenges us as never
before, and
takes out time and attention away from other things, including ourselves, as
never before. It
creates chaos and disorder, feelings of inadequacy, occasions for arguments,
struggles,
irritation, noise, seemingly never-ending obligations and errands, and plenty of
opportunities
for getting stuck, angry, resentful, hurt, and for feeling overwhelmed, old, and
unimportant.
And this can go on not only when the children are little, but even when they are
full grown and
on their own. Having children is asking for trouble.
"So why do it? Maybe Pete Seeger said it best: 'We do it for the high
wages...kisses.' Children
give us the opportunity to share in the vibrancy of life in ways we would not
touch were they
not part of our lives....they share ...[their] vital nature with us and call it out of
us as well, if
we can listen carefully to the calling."*

"Apache Blessing"

*"May the sun bring you new energy by day,
May the moon softly restore you by night,
May the rain wash away your worries
And the breeze blow new strength into your being,
And all of the days of your life may you walk
Gently through the world and know its beauty."*

"I Am Love"

Author Unknown

*"Some say I can fly on the wind, yet I haven't any wings.
Some have found me floating on the open sea, yet I cannot swim."*

*Some have felt my warmth on cold nights, yet I have no flame.
And though you cannot see me,
I lay between two lovers at the hearth of fireplaces.
I am the twinkle in your child's eyes.
I am hidden in the lines of your mother's face.
I am your father's shield as he guards your home.
And yet... Some say I am stronger than steel, yet I am as fragile as a tear.
Some have never searched for me, yet I am around them always.
Some say I die with loss, yet I am endless.
And though you cannot hear me, I dance on the laughter of children.
I am woven into the whispers of passion.
I am in the blessings of Grandmothers.
I embrace the cries of newborn babies.
And yet... Some say I am a flower, yet I am also the seed.
Some have little faith in me, yet I will always believe in them.
Some say I cannot cure the ill, yet I nourish the soul.
And though you cannot touch me, I am the gentle hand of the kind.
I am the fingertips that caress your cheek at night.
I am the hug of a child.
I am love."*

"Ithaka"

(translation/adaptation by Sarah Ban Breathnach)

*"Pray that your journey be long,
full of many summer mornings
when with much pleasure and much joy
you anchor in harbors never seen before;
Browse through Phoenician markets,
to purchase exquisite treasures-
mother-of-pearl and coral, ebony and amber
and sensual perfumes of all kinds-
as much as you desire.
Visit many Egyptian cities, content
to sit at the feet of sages, eager
and open to receive learning.
Keep Ithaka always in your mind.
Your arrival there is your destiny.
But do not hurry the journey at all; be patient.
Better that it lasts for many years-
longer than you can even imagine.*

*So that finally, when you reach this
sacred isle, you will be wise,
abundantly fulfilled by all you have gained along the way;
no longer expecting Ithaka to make you wealthy,
no longer needing Ithaka to make you rich.*

*Ithaka has given you the journey,
the chance to discover who you have always been.
Without Ithaka as your inspiration, you
never would have set out in search of Wholeness.*

*And should you find her poor, Ithaka did not deceive you.
Authentic as you have become, full of wisdom,
beauty and grace, enriched and enlightened by all you have experienced
You will finally understand what all of life's Ithakas truly mean."*

From "The Prophet"

By Kahlil Gibran

*"And a woman who held a babe against her bosom said,
'Speak to us of Children.'
And he said:
'Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you, yet they belong not to you.
You may give them your love but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth.
The archer sees the mark upon the path of the infinite,
and He bends you with His might that His arrows may go swift and far.
Let your bending in the archer's hand be for gladness;
For even as he loves the arrow that flies,
so He loves also the bow that is stable."*

"This Bridge"

by Shel Silverstein

*"This bridge will only take you halfway there
To those mysterious lands you long to see:
Through gypsy camps and swirling Arab fairs
And moonlit woods where unicorns run free.
So come and stay awhile with me and share
The twisting trails and wondrous worlds I've known.
But this bridge will only take you halfway there –
The last few steps you'll have to take alone."*

Every Person Born into This World

From a passage by Martin Buber (adaptation)

*Every person born into this world represents something new, something that
never existed
before, something original and unique. It is the duty of every person in Israel to
know and
consider that he is unique in the world in his particular character, and that
there has never
been someone like him before. For if there had been someone like him before,
there would be
no need for him to be in the world. Every single person is a new thing in the
world and is
called upon to fulfill his particularity in the world.*

Children learn what they live.

*If a child lives with criticism, she learns to condemn.
If a child lives with hostility, he learns to fight.
If a child lives with ridicule, she learns to be shy.
If a child lives with shame, he learns to feel guilt.
If a child lives with tolerance, she learns to be patient.
If a child lives with encouragement, he learns confidence.
If a child lives with praise, she learns to appreciate.
If a child lives with fairness, he learns justice.*

*If a child lives with security, she learns to have faith.
If a child lives with approval he learns to like himself.
If a child lives with acceptance, he or she learns to find love in the world.*

Untitled

Excerpts from Francis Thompson and William Blake

*Know you what it is to be a child? ... It is to have a spirit yet streaming from the waters of baptism; it is to believe in love, to believe in loveliness, to believe in belief; it is to be so little that the elves can reach to whisper in your ear; it is to turn pumpkins into coaches, and mice into horses, lowness into loftiness, and nothing into everything, - for each child has a fairy god-mother in his/her own soul; it is to live in a nutshell and count yourself the king/queen of infinite space; it is:
To see the World in a grain of sand,
And a heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.*

Omaha Native American Children's Blessing

*Sun, Moon, Stars, all you that move in the heavens, hear us!
Into your midst has come a new life.
Make his path smooth, that he may reach the brow of the first hill!*

*Winds, Clouds, Rain, Mist, all you that move in the air, hear us!
Into your midst has come a new life.
Make his path smooth, that he may reach the brow of the second hill!*

*Hills, Valleys, Rivers, Lakes, Trees, Grasses, all you of the earth, hear us!
Into your midst has come a new life.
Make his path smooth, that he may reach the brow of the third hill!*

*Birds, great and small, that fly in the air,
Animals, great and small, that dwell in the forest,*

*Insects that creep among the grasses and burrow in the ground, hear us!
Into your midst has come a new life.
Make his path smooth, that he may reach the brow of the fourth hill!*

*All you of the heavens, all you of the air, all you of the earth, hear us!
Into your midst has come a new life.
Make his path smooth, then shall he travel beyond the four hills!*

Understanding the meaning of the Medicine Wheel depends on the concept that a person's life consists of "conquering the four hills: Infancy, Youth, Maturity and Old Age. The four stages are celebrated in ritual as the four prime moments in life corresponding to the four directions.

The first hill is the South (innocence and trust) where the infant's reception into life occurs. The second hill, that of introspection, in the West, becomes the youth's solitary vigil and quest for vision. This first quest seeks the revelation of the Great Spirit's manifestation and continuing presence.

This is the time when a power animal attribute enters a Native individual's soul becoming a part of his or her name. (Sitting Bull, Black Elk, Crazy Horse and so on). It marks the beginning of the dweller within, the dreaming soul that contacts the higher spiritual planes bringing back visions that serve as fundamental guide posts in life. The hill of maturity lies to the North and represents the successful realization of ability and ambition. It is the place of recognition in which the pursuit of wisdom underlies and nourishes all action.

Sympathy with life itself grows in this quarter.

The final hill is that of old age situated in the East. It represents a quiet, reflective and meditative segment where the old ones now can pass on their knowledge to youth as they have

mastered the meaning of joy and sorrow and the many other trials and tribulations encountered over the course of their existence.

There Is A Song ***by Spike Milligan***

*There is a song in man
There is a song in woman
And that is the child's song.
When that song comes
There will be no words.
Do not ask where they are.
Just listen to the song.
Listen to it-
Learn it-
It is the greatest song of all*

Jewish Blessing

*In every birth, blessed is the wonder.
In every creation, blessed is the new beginning.
In every child, blessed is life.
In every hope, blessed is the potential.
In every transition, blessed is the beginning.
In every existence, blessed are the possibilities.
In every love, blessed are the tears.
In every life, blessed is the love.
There are three names by which a person is called:
One which her father and mother call her,
And one which people call her,
And one which she earns for herself.
The best one of these is the one that she earns for herself.'*

Irish Baby Blessing

*May all the blessings of our Lord touch your life today.
May He send His little angels to protect you on your way.
Such a miraculous gift, sent from above.*

*Someone so precious to cherish and love.
May sunshine and moonbeams dance over your head.
As you quietly slumber in your bed.
May good luck be with you wherever you go.
And your blessings outnumber the shamrocks that grow.*

An Adoption Poem

*Not flesh of my flesh,
nor bone of my bone
but very remarkably,
all my own.
And never forget,
for a single minute,
that you weren't born
under my heart,
but in it.*

From the Tao Te Ching

*Giving birth and nourishing,
having without possessing,
acting with no expectations,
leading and not trying to control:
this is the supreme virtue.*

A Baby Is A Miracle

Author unknown

This little tiny baby,
Was sent from God above,
To fill our hearts with happiness,
And touch our lives with love,
He must have known,
We'd give our all,
And always do our best.
To give our precious baby love,
And be grateful and so blessed.

A Family Is

Author Unknown

A FAMILY IS.....

A Family is a Place

To cry

To laugh

To vent frustration

To ask for help

And tease

And yell

To be kissed and hugged

and smiled at.

A Family is People

Who care when you are sad

Who love you no matter what

Who share your triumphs

Who don't expect you to be perfect

Just grow with honesty

In your own direction.

A Family is a Circle

Where we learn to like ourselves

Where we learn to make good decisions

Where we learn to think before we do

Where we learn integrity and respect for others

Where we are special

Where we share ideas

Where we listen and are listened to

Where we learn the rules of life

To prepare ourselves for the world.

The world is a Place

where anything can happen.

If we grow in a Loving Family

we are ready for the world.

Every Person Born into This World

From a passage by Martin Buber (adaptation)

Every person born into this world represents something new, something that never existed before, something original and unique. It is the duty of every person in Israel to

know and consider that he is unique in the world in his particular character, and that there has never been someone like him before. For if there had been someone like him before, there would be no need for him to be in the world. Every single person is a new thing in the world and is called upon to fulfill his particularity in the world.

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Know you what it is to be a child? ... It is to have a spirit yet streaming from the waters of baptism; it is to believe in love, to believe in loveliness, to believe in belief; it is to be so little that the elves can reach to whisper in your ear; it is to turn pumpkins into coaches, and mice into horses, lowness into loftiness, and nothing into everything, - for each child has a fairy god-mother in his/her own soul; it is to live in a nutshell and count yourself the king/queen of infinite space; it is:
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And a heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.

Mother's Heart

Author Unknown

(This would be nice to be read by the mother).

I loved you from the very start,
You stole my breath, embraced my heart.
Our life together has just begun
You're part of me my little one.
As mother with child, each day I grew,
My mind was filled with thoughts of you.
I'd daydream of the things we'd share,
Like late-night bottles and Teddy bears.
Like first steps and skinned knees,
Like bedtime stories and ABC's.
I thought of things you'd want to know,
Like how birds fly and flowers grow.
I thought of lessons I'd need to share,
Like standing tall and playing fair.
When I first saw your precious face,
I prayed your life be touched with grace.

I thanked the angels from above,
And promised you unending love.
Each night I lay you down to sleep,
I gently kiss your head and cheek.
I count your little fingers and toes;
I memorize your eyes and nose.
I linger at your nursery door,
Awed each day I love you more.
Through misty eyes, I dim the light,
I whisper, "I love you" every night.
I loved you from the very start,
You stole my breath, embraced my heart.
As mother and child our journeys begin,
My heart's yours forever little one.

There Is A Song

by Spike Milligan

There is a song in man
There is a song in woman
And that is the child's song.
When that song comes
There will be no words.
Do not ask where they are.
Just listen to the song.
Listen to it-
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In every life, blessed is the love.
There are three names by which a person is called:
One which her father and mother call her,
And one which people call her,

And one which she earns for herself.
The best one of these is the one that she earns or herself.

Reading from John 3:5-8

Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, ‘You must be born again.’ The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” (John 3: 5-8)

Irish Baby Blessing

May all the blessings of our Lord touch your life today.
May He send His little angels to protect you on your way.
Such a miraculous gift, sent from above.
Someone so precious to cherish and love.
May sunshine and moonbeams dance over your head.
As you quietly slumber in your bed.
May good luck be with you wherever you go.
And your blessings outnumber the shamrocks that grow.

An Adoption Poem

Author unknown

Not flesh of my flesh,
nor bone of my bone
but very remarkably,
all my own.
And never forget,
for a single minute,
that you weren't born
under my heart,
but in it.

From the Tao Te Ching

Giving birth and nourishing,
having without possessing,
acting with no expectations,
leading and not trying to control:
this is the supreme virtue.

Irish Blessing

May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.

May God be with you and bless you;
May you see your children's children.
May you be poor in misfortune,
Rich in blessings,
May you know nothing but happiness
From this day forward.

May the road rise to meet you
May the wind be always at your back
May the warm rays of sun fall upon your home
And may the hand of a friend always be near.

May green be the grass you walk on,
May blue be the skies above you,
May pure be the joys that surround you,
May true be the hearts that love you.

Zuni Indian Prayer

Now this is the day.
Our child,
Into the daylight
You will go standing.
Preparing for your day.

Our child, it is your day,
This day.
May your road be fulfilled.
In your thoughts may we live,
May we be the ones whom your thoughts will embrace,
May you help us all to finish our road.

Celtic Blessing

May the strength of the wind and the light of the sun,
The softness of the rain and the mystery of the moon
Reach you and fill you.

May beauty delight you and happiness uplift you,
May wonder fulfill you and love surround you.
May your step be steady and your arm be strong,
May your heart be peaceful and your word be true.
May you seek to learn, may you learn to live,
May you live to love, and may you love - always.

Traditional Irish Blessing

May you always have walls for the winds,
A roof for the rain, tea beside the fire,
Laughter to cheer you, those you love near you,
and all your heart might desire.

May the sun shine all day long,
Everything go right, and nothing wrong.
May those you love bring love back to you,
And may all the wishes you wish come true.

May luck be your friend
In whatever you do
And may trouble be always
A stranger to you.

Blessing

(Author unknown)

May the strength of the wind and the light of the sun,
The softness of the rain and the mystery of the moon
Reach you and fill you.
May beauty delight you and happiness uplift you,
May wonder fulfill you and love surround you.
May your step be steady and your arm be strong,
May your heart be peaceful and your word be true.

May you seek to learn, may you learn to live,
May you live to love, and may you love - always.

Iona Community Prayer

Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the Son of Peace to you.

Omaha Native American Blessing

Sun, Moon, Stars, all you that move in the heavens, hear us!
Into your midst has come a new life.
Make his/her path smooth, that he/she may reach the brow of the first hill!

Winds, Clouds, Rain, Mist, all you that move in the air, hear us!
Into your midst has come a new life.
Make his/her path smooth, that he/she may reach the brow of the second hill!

Hills, Valleys, Rivers, Lakes, Trees, Grasses, all you of the earth, hear us!
Into your midst has come a new life.
Make his/her path smooth, that he/she may reach the brow of the third hill!

Birds, great and small, that fly in the air,
Animals, great and small, that dwell in the forest, Insects that creep among the grasses
and
burrow in the ground, hear us!
Into your midst has come a new life.
Make his/her path smooth, that he/she may reach the brow of the fourth hill!

All you of the heavens, all you of the air, all you of the earth, hear us!
Into your midst has come a new life.
Make his/her path smooth, then shall he/she travel beyond the four hills!

I Want You To Be Happy

(Author Unknown)

I want you to be happy. I want you to fill your heart with feelings of wonder and to be full of courage and hope.

I want you to have the type of friendship that is a treasure - and the kind of love that is beautiful forever. I wish you contentment: the sweet, quiet, inner kind that comes around

and never goes away.

I want you to have hopes and have them all come true. I want you to have a real understanding of how unique and rare you truly are. I want to remind you that the sun may disappear for a while, but it never forgets to shine. May the words you listen to, say the things you need to hear. And may a cheerful face lovingly look back at you when you happen to glance in your mirror.

I wish you the insight to see your inner and outer beauty. I wish you sweet dreams. I want you to have times when you feel like singing and dancing and laughing out loud. I want you to be able to make your good times better and your hard times easier to handle. I wish I could find a way to tell you - in untold ways - how important you are to me.

Of all the things I'll be wishing for, wherever you are and whatever I may do, there will never be a day in my life when I won't be wishing for the best... for you.

The Greatest Gift Of All

Author Unknown

We give you the greatest gift of all,
a headstart that will last throughout your life

We shall do our best to teach you,
but it will be up to you to learn.

We shall try to guide you in the right directions,
but it will be up to you to make the right decisions.

We shall also encourage you to seek your own independence,
but it will be up to you to be responsible.

We shall tell you about 'drink and drugs',
but it will be up to you to say 'no'

We shall teach you about respect,
but you will choose whether to appreciate it's value.

We shall encourage you to try,
but you should want to succeed for yourself.

We shall teach you kindness,
but it will be up to you to be good-natured.

We shall teach you to share,
but it will be up to you to be unselfish.

We shall model values for you.
but you have to develop your own morals.

We give you this knowledge as a gift with all our love.

Untitled (sometimes called "My Dear Child")

Author Unknown

You are the poem
I dreamed of writing,
The masterpiece
I longed to paint.

You are the shining star
I reached for in my ever-hopeful quest
For life fulfilled...

You are my child.

Now with all things
I am blessed.

A Parent's Love

Author Unknown

A parent's love is something that no one can explain.
It is made of deep devotion and of sacrifice and pain,
It is endless and unselfish and enduring come what may,
For nothing can destroy it or take that love away...

It is patient and forgiving when all others are forsaking,
It never fails or falters even though the heart is breaking,
It believes beyond believing when the world around condemns
It glows with all the beauty of the rarest, brightest gems
It is far beyond defying, it defies all explanation,
It still remains a secret like the mysteries of creation.
A many splendor miracle. Man cannot understand
And another wondrous evidence of Life's tender guiding hand.

Forever Young by Bob Dylan

May God bless and keep you always
May your wishes all come true
May you always do for others
And let others do for you
May you build a ladder to the stars
And climb on every rung
May you stay forever young
Forever young, forever young
May you stay forever young

May you grow up to be righteous
May you grow up to be true
May you always know the truth
And see the lights surrounding you
May you always be courageous
Stand upright and be strong
May you stay forever young
Forever young, forever young
May you stay forever young

May your hands always be busy
May your feet always be swift
May you have a strong foundation
When the winds of changes shift
May your heart always be joyful
May your song always be sung
May you stay forever young
Forever young, forever young
May you stay forever young

Untitled

Author unknown

Hello there little fellow!
The good news is going 'round
That you've made a "happy Landing"
And arrived all safe and sound
Well this just comes to tell you
That you're lucky as can be

To become the newest member
Of so nice a family!

These Are The Years

Author Unknown

These are the years, the gentle years
the soft and sentimental years
when wee little fingers reach and touch
and little eyes gaze with wonder and trust,
when you love so tenderly and so much
these are the gentle years.

These are the years, the rainbow years
the quiet walk on tiptoe years,
the years of laughter and smiles and sighs
when both of you watch with misty eyes
the tiny bed where a cherub lies,
these are the rainbow years.

These are the years, the tender years,
the blissful, sweet-surrender years
when your little treasure from above
is the soul and purpose and center of
your plans and dreams and dearest love,
these are the tender years.

What is a Family?

Author Unknown

A family is
The sweetest feelings
The warmest hugs
Trust and togetherness
Unconditional love
The stories of our lives written on the same page
The nicest memories anyone has ever made
Treasured photos
Thankful tears
Hearts overflowing with all the years
Being there for one another

Supporting and caring
Understanding, Helping, Sharing
Walking life's path together
And making the journey more beautiful because,
We are a family.....And a family is Love.

Untitled

Author Unknown

She's a little bit of sunshine
She's a smile to light our days
She will steal our hearts and
Keep them with her warm endearing ways
She's our precious little daughter
With a sweetness from above
Who will fill our years with laughter
And our lives with lots of love.

A Boy Is . . .

Author Unknown

Trust with dirt on its face,
Beauty with a cut on its finger.
Wisdom with bubble gum in its
hair, and the
Hope of the future with
A frog in its pocket.

A Baby Girl Is ...

Author Unknown

one of the most beautiful miracles in life,
one of the greatest joys we can ever know,
and one of the reasons why there is a little extra sunshine,
laughter and happiness in your world today.

God-Parent's Blessing for a New Baby

I bless this baby to be filled with my unending love. From the center of my heart, I will nurture, guide and teach this child and wish the best upon this new innocent soul.

Grandparents' Blessing

May you live to see your world fulfilled. May your destiny be for worlds still to come. And may you trust in generations past and yet to be. May your heart be filled with intuition and your words be filled with insight. May songs of praise ever be upon your tongue and your vision be on a straight path before you. May your eyes shine with the light of holy words and your face reflect the brightness of the heavens. May your lips speak wisdom and your fulfillment be in righteousness even as you ever yearn to hear the words of the Divine.