

Against Fear

--by Adam Bittleston

May the events that seek me
Come unto me;
May I receive them
With a quiet mind
Through the Father's ground of peace
On which we walk.

May the people who seek me
Come unto me;
May I receive them
With an understanding heart
Through the Christ's stream of love
In which we live.

May the spirits which seek me
Come unto me;
May I receive them
With a clear soul
Through the healing Spirit's Light
By which we see.

A Psalm of David

- 1 The LORD is my shepherd;
I shall not want.
- 2 He makes me to lie down in green pastures;
He leads me beside the still waters.
- 3 He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

- 4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.

Prayers and Verses

- 5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
- 6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the LORD
Forever.

A Prayer to the Nine Ranks of Gods

In the weaving of the ether
Man's web of destiny
Is received by Angels, Archangels, Archai.

Into the astral world
The just consequences of man's earthly life
Die into Exousiai, Dynameis, Kyriotetes.

In the essence of their deeds
The honest creations of man's earthly life
Are resurrected in Thrones, Cherubim, and Seraphim.

— Rudolf Steiner, PRAYERS AND GRACES, p. 62.

Prayers and Verses for Strength

O Spirit of God--fill thou me
Fill me within my soul
To my soul give strength
Strength too for my heart
For my heart that seeks for Thee
Seeks for Thee with deepest longing
Longing to be whole and well
Whole and well and full of courage
Courageous trust that streams through my limbs
Streams as precious gift divine
Gift divine from Thee, O Spirit of God
O Spirit of God, fill Thou me.

Rudolf Steiner, Verses and Meditations, p. 188-9
translated by C. Hindes

[alternate]
O Spirit of God—fill Thou my I
Fill my I within my soul
On my soul bestow power of strength
Strength too for my heart,
For my heart that seeketh Thee,
Seeketh Thee with deepest longing,
Deepest longing for good health,
For good health and trust in life,
Trust in life that streams through my body,
Streams as precious gift divine,
Gift divine from Thee, O Spirit of God,
O Spirit of God, fill Thou my I!

Prayers and Verses for Strength (cont.)

I know from experience: neither the forces of death nor the forces of life, neither angels nor Might, neither things present nor things to come, not the World-Powers themselves, neither heights nor depths nor any other thing or Being in creation can separate us from the love of God which took on body in Christ Jesus, our Lord.

Romans 8: 38-9

Calmness I bear within me.
I bear within myself
The forces which make me strong.
I will fill myself
With the warmth of these forces
I will I permeate myself
With my own will's might
And I will feel how the calmness
Pours itself
Through all my being,
When I strengthen myself,
Finding calmness as power within myself
Through my striving's might.

R. S., Verses and Meditations, p. 186-7
translated by C. Hindes

A Prayer for Strength

The Soul's longings are like seeds,
Out of which deeds of will are growing
And life's fruits are ripening.

I can feel my destiny and my destiny finds me.
I can feel my star and my star finds me.
I can feel my aims and my aims are finding me.
The World and my soul are one great unity.

Prayers and Verses

Life grows brighter around me
Life becomes harder for me
Life will be richer within me.

— Rudolf Steiner, PRAYERS AND GRACES, p. 74.

In Illness – Prayers

Spoken by the Patient

O Spirit of God--fill thou me
Fill me within my soul
To my soul give strength
Strength too for my heart
For my heart that seeks for Thee
Seeks for Thee with deepest longing
Longing to be whole and well
Whole and well and full of courage
Courageous trust that streams through my limbs
Streams as precious gift divine
Gift divine from Thee, O Spirit of God
O Spirit of God, fill Thou me.
--Rudolf Steiner

During Convalescence

Have no fear!
Every illness is a gift of destiny,
A time of taking stock of oneself.
Make use of this time.
Have no fear.

Think on this: He who knows
the extent of his capabilities,
but achieves within these limits,
makes full and regal use of his powers.

Know also this:
Self-restraint strengthens
and increases these powers,
enabling them to keep indolence at bay.
Should it prevail
it would destroy the forces of life.
Have no fear!
--Rudolf Steiner

In Illness – Prayers (cont.)

God's protecting, blessing ray
May it fill my growing soul
So that it may apprehend
Strengthening forces everywhere.
It doth will to pledge itself
To awaken within itself,
Full of life, the might of love
Thus to see the power of God
On the pathway of its life
And to work in God's design
With everything it has
--Rudolf Steiner

Spoken for the Patient

*May the Good Shepherd lead thee
Where thou art meeting
The tasks of destiny
That thou mayest serve God.
The shining breath of the Spirit
Bear warmth into thy soul,
Granting thee strength for action
In peace with men.
--Adam Bittleston*

May the Good Shepherd lead him/her
Into peace of heart
Into hopeful thinking
Into patient strength of will
Health of body
Harmony of soul
Clarity of spirit
Now, and in the time to come.
--Adam Bittleston

In Illness – Prayers (cont.)

Intercessory Prayer

Thou angel who keepest watch
Over the destiny of . . .
Through waking and sleeping ,
And the long ages of time:
May my thoughts, filled with hope,
Reach to him/her through thee.
May s/he be strengthened
From the founts of will
Which bear us towards freedom.
May s/he be illumined
From the founts of wisdom
Which warm the inmost heart.
May s/he feel peace
From the founts of love
Which bless men's work.
--Adam Bittleston

Creator Said

The universe only pretends to be made of matter. Secretly it is made of love.

Creator said, "I want to hide something from the humans until they are ready for it. It is the realization that they create their own reality."

The eagle said, "Give it to me. I will take it to the moon." Creator said, "No. One day they will go there and find it."

The salmon said, "I will bury it on the bottom of the ocean." Creator said, No, they will go there, too."

The buffalo said, "I will bury it on the Great Plains." Creator said, "They will cut into the skin of the earth and find it even there."

Grandmother who lives in the breast of Mother Earth and who has no physical eyes but sees with spiritual eyes, said, "Put it inside of them." And Creator said, "It is done."

- Creation story from the Hopi Nation, Arizona

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.
Center down. And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch. Promise this world your love--

for better or for worse,
in sickness and in health,
so long as we all shall live.

--Lynn Ungar, 11 March 2020