



Sacred Cycles Celebrant Training

Become a Spiritual Leader for Life Cycle Events

Selected Baby Blessing Readings

A CHILD LEARNS WHAT HE LIVES – Dorothy Law Nolte

If a child lives with criticism
he learns to condemn.
If a child lives with hostility
he learns to fight.
If a child lives with ridicule
he learns to be shy.
If a child lives with shame
he learns to feel guilt.
BUT,
If a child lives with tolerance
he learns to be patient.
If a child lives with encouragement
he learns confidence.
If a child lives with fairness
he learns justice.
If a child lives with security
he learns to have faith.
If a child lives with approval
he learns to like himself.
If a child lives with acceptance and friendship
he learns to find love in the world.

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.”

Adapted From Quotes by Thich Nhat Hanh

Our Beautiful Boy, we are grateful that you have chosen us to be your parents.
To be beautiful means to be yourself. May you accept yourself and see the beauty inherent within you.
May you lead a life of reverence and walk as if you are kissing the Earth with your feet.
May your joy be the source of your smile, and your smile be a source of joy to the world.

Smile, breathe and go slowly.
Because you are alive, everything is possible.
Yet, Life is available only in the present moment.

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."

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.

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.

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.'