

Lullaby Reiki



I remember my mother singing to me at bedtime. I felt safe and sleepy and so loved. The gentle energy wrapped me like a blanket.

I think we can attune to this experience, those of us lucky enough to have had our mothers sing lullabies, and make it part of our reiki healing tools.

The Great Mother

Some see Her as the dark goddess of the earth, as the Greeks saw Demeter and her deep love for her lost daughter. Some see Her as Isis and her care for her husband Osiris and son Horus. She can be Celtic Rhiannon or Branwen, Norse Frigga, even Sumerian Inanna.

She brings a compassion and instinct for comforting a child. Fruits, flowers and crops grow well in her presence. Animals show her nature, such as a cow with a calf. She is deeper than the warrior sky gods and wiser. She knows the better vision for humanity and encourages us to seek it. She sings lullabies when we need her.

Famous Lullabies

Brahms lullaby

Lullaby, and good night, with pink roses bedight,
With lilies o'er spread, is my baby's sweet head.
Lay thee down now, and rest, may thy slumber be blessed!
Lay thee down now, and rest, may thy slumber be blessed!

Lullaby, and good night, your father's delight,
Shining angels beside my darling abide.
Soft and warm is your bed, close your eyes and rest your head.
Soft and warm is your bed, close your eyes and rest your head.

Sleepyhead, close your eyes. father's right here beside you.
I'll protect you from harm, you will wake in my arms.

Guardian angels are near, so sleep on, with no fear.
Guardian angels are near, so sleep on, with no fear.

The Irish lullaby

Over in Killarney,
Many years ago,
Me mother sang a song to me
In tones so sweet and low.

Just a simple little ditty,
In her good old Irish way,
And I'd give the world if she could sing
That song to me this day.

Too-ra-loo-ra-loo-ral,
Too-ra-loo-ra-li,
Too-ra-loo-ra-loo-ral,
Hush, now don't you cry!

Too-ra-loo-ra-loo-ral,
Too-ra-loo-ra-li,
Too-ra-loo-ra-loo-ral,
That's an Irish lullaby

An Italian lullaby

Dormi, dormi, bel bambino,
Sleep on, O baby dearest,

Vago figlio del mio cor,
Thou darling of my heart;

La tua madre sta vicino,
Thy mother standeth near thee,

Tutta gioia tutt' amor.
All her love and joy thou art.

A French lullaby

Bonsoir, bonne nuit,
Couvert de roses,
Garnies de petits ongles,
Glisse sous l'édredon:
Demain matin, si Dieu veut,
Tu seras à nouveau éveillé,
Demain matin, si Dieu veut,
Tu seras à nouveau éveillé,

Bonsoir, bonne nuit,
Gardé par des angelots,
Qui te montrent en rêve
L'arbre du petit enfant Jésus:
Dors seulement, bienheureux et doucement
Regarde dans les rêves du Paradis
Dors seulement, bienheureux et doucement
Regarde dans les rêves du Paradis.

A Medieval English lullaby

Lavender's blue, dilly dilly, lavender's green,
When I am king, dilly, dilly, you shall be queen.
Who told you so, dilly, dilly, who told you so?
'Twas my own heart, dilly, dilly, that told me so.
Call up your men, dilly, dilly, set them to work
Some with a rake, dilly, dilly, some with a fork.
Some to make hay, dilly, dilly, some to thresh corn.
While you and I, dilly, dilly, keep ourselves warm.
Lavender's green, dilly, dilly, Lavender's blue,
If you love me, dilly, dilly, I will love you.
Let the birds sing, dilly, dilly, And the lambs play;
We shall be safe, dilly, dilly, out of harm's way.
I love to dance, dilly, dilly, I love to sing;
When I am queen, dilly, dilly, You'll be my king.
Who told me so, dilly, dilly, Who told me so?
I told myself, dilly, dilly, I told me so.

An American lullaby

Hush, little baby, don't say a word,
Daddy's gonna buy you a mockingbird.
And if that mockingbird won't sing,
Daddy's gonna buy you a diamond ring.
And if that diamond ring turns to brass,
Daddy's gonna buy you a looking glass.
And if that looking glass gets broke,
Daddy's gonna buy you a billy goat.
And if that billy goat won't pull,
Daddy's gonna buy you a cart and bull.
And if that cart and bull turn over,
Daddy's gonna buy you a dog named Rover.
And if that dog named Rover won't bark,
Daddy's gonna buy you a horse and cart.
And if that horse and cart fall down,
You'll still be the sweetest little baby in town.

A Maritime lullaby - English and French

Sweet and low, sweet and low
Wind of the western sea;
Low, low, breathe and blow,
Wind of the western sea;
Over the rolling waters go
Come from the dying moon, and blow,
Blow him again to me,
While my little one, while
My pretty one sleeps.

Sleep and rest, sleep and rest
Father will come to thee soon;
Rest, rest, on mother's breast,
Father will come to thee soon;
Father will come to his babe in the nest,
Silver sails all out of the west,
Under the silver moon,
Sleep my little one, sleep,
My pretty one, sleep.

A Hypnotic lullaby: don't read this one while driving! ☺

Sleep, oh sleep,
While cool winds so softly are blowing;
Sleep, oh sleep,
While rivers so gently are flowing,
Sleep, oh sleep,
Sleep, oh sleep.

Sleep, oh sleep,
While birds in the treetops are singing;
Sleep, oh sleep,
While echoes with music are ringing,
Sleep, oh sleep,
Sleep, oh sleep.

Sleep, oh sleep,
While angels are guarding above you;
Sleep, oh sleep,
While I tell you how much I love you,
Sleep, oh sleep,
Sleep, oh sleep.

Attunements

You can relax into the trust and love of the Great Mother, and Great Father for that matter, and let them initiate you into this energy. Closing your eyes and singing softly would be good too.

Good luck!

Ps In the musical film "Mary Poppins" Julie Andrews sings a very sweet lullaby which is worth downloading. She plays a sort of magical fairy godmother who comes to babysit children in a troubled household. Cute movie. There's also a bit of song in the film "Hook" about Peter Pan, played by Robin Williams. His daughter sings from the bow of the Pirate Ship.

