

The Lord's Prayer

Our Father who art in Heaven.

*Heaven is unlimited, it is within
ourselves as well as without.*

Hallowed by Thy name.

*Awaken in me the Spirit Self.
Spiritualize my Astral body.
Let me become one with the Holy Spirit.*

Thy Kingdom come.

*Awaken in me the Life Spirit.
Spiritualize my Etheric Body.
Let me become one with the Christ.*

Thy will be done on Earth as it is in Heaven.

*Awaken in me the Spirit Human.
Spiritualize all that is Physical in me.
Let me become one with the Father.*

Give us this day our daily bread.

*Let me not want for anything that is
necessary for my body and soul.
Nourish me with Thy Self who art the
bread and water of Life.*

Forgive us our trespasses as we forgive those who trespass against us.

*Forgive me all weaknesses and help me to
conquer and purify all inclinations that
dwell in my Etheric body, whether
inherited or my own.
Purify my imagination and thought life.*

Lead us not into temptation.

*Help me to cleanse my Astral body of all
passions and desires.
Fill me with Thy Love in order that Thy
Love overflowing from the cup of my Soul
may benefit the world.*

Deliver us from evil.

*Help me to overcome my lower self so
that I may, through Thy Goodness, Grace,
and Mercy, attain that which was given
through the birth of the Christ and belong
to those whom the evil one does not touch.*

For Thine is the Kingdom And the Power and the Glory From Eternity unto Eternity.

Rudolf Steiner gave this version of the Lord's Prayer to Helen Hecker, presumably for the Santa Barbara (California) group, founded in 1915. A resident of Montecito, Helen had been a student of Rudolf Steiner in Germany, possibly as early as 1906. After Helen's death in 1926, the members took the name Helen Hecker Group. By 1935, it was the group's "ritual" to recite this prayer together at the beginning of every meeting.