



bind myself today,
to the power of heaven,
the light of sun,
the brightness of moon,
the splendor of fire,
the speed of lightning,
the swiftness of wind,
the depth of the sea,
the stability
of earth,
the firmness
of rocks.

I arise today
to witness
a mighty
strength:
god's power to guide me.



FROM ST. PATRICK OF IRELAND BREAST PLATE