

From "The Pilgrim" by Shaun Davey

I arise today ... Through the strength of Heaven

Light of sun ... Radiance of moon ... Splendor of fire ... Speed of lightning ... Swiftmess of wind ...

Depth of the sea ... Stability of earth ... Firmness of rock

I arise today ... Through Gods strength to pilot me

Gods eye to look before me, Gods wisdom to guide me, Gods way to lie before me, Gods shield to protect me

From all who shall wish me ill ...Afar and anear, Alone and in a multitude

Against every cruel, merciless power that may oppose my body and soul

THE BREASTPLATE OF ST. PATRICK

