

Below is the Celtic Incantation of St Patrick's Breastplate:

*I arise today*

*Invocation of the Trinity*

*Belief in a threeness*

*Confession of oneness*

*Meeting in the creator*

*I arise today*

*Brightness of sun*

*Whiteness of snow*

*Splendor of fire*

*Firmness of rock*

*I arise today*

*Wisdom of God for my guidance*

*Eye of God for my foresight*

*Ear of God for my hearing*

*Word of God for my utterance*

*Christ before me*

*Christ behind me*

*Christ within me*

*Christ below me*

*Christ above me*

*Christ to the right of me*

*Christ to the left of me*

*Christ in lying down*

*Christ in sitting*

*Christ in rising up*

*Christ in the heart*

*Christ in the mouth*

*Christ in every eye*

*Christ in every ear*

*I arise today*