

Caim

In pre-Christian Celtic culture of Wales, Scotland and Ireland embodied in the “Caim” was a protective spirit. The introduction of Christianity in these regions gave rise to the abandonment or demonization of traditional Celtic and Druid spirits or their incorporation into early Celtic Christian worship. In Scotland, “Caim” the Celtic protective spirit became “Caim” a prayer of protection. When the ancient Celtic Christians felt threatened physically or spiritually they used the Caim, or “encircling” prayer. The Caim involved both a spoken prayer and a simple ritual. Odd though the Caim may be to a modern audience, it's worth experimenting with as its symbolism moves us past the shallowness and fast pace of modern life, and points us back to an earlier age where things were taken a little slow, where faith went deeper and symbolism was very much part of daily life. The Caim is an act of faith in asking for God's protection, and is simply an acting out of a spiritual reality—that God hears our prayers and answers them.

In practice used by the Christian Celts, and still in use today, casting a “Caim” was simply done by drawing an invisible circle around yourself with your right index finger by extending your arm towards the ground and turning clockwise with the sun. As you do this, pray the prayer below and become aware that you are safe and encompassed by the love of God: that you are encircled, enfolded and protected.

**Circle me Lord
Keep protection near
And danger afar**



**Circle me Lord
Keep hope within
Keep doubt without**

**Circle me Lord
Keep light near
And darkness afar**

**Circle me Lord
Keep peace within
Keep evil out**

May You be a bright flame before me
May You be a guiding star above me,
May You be a smooth path below me,
And a loving Guide behind me,
Today, tonight, and forever.