

The Caim: Christian Prayer in the Celtic Tradition

In times of danger the Hebridean Celts practiced a form of prayer called the caim. Using the index finger of their right hand, they would point and turn a full circle sun-wise. This was no magic. Neither was it an attempt to manipulate God. It was simply action that served to remind them that we are always surrounded by the embrace of the Beloved. God is our encompasser, our encircler. It is a tuning into the truth that in Christ “we live and move and have our being.”

The caim is a form of prayer particularly comforting when we are times of trouble, or for those of us who struggle particularly with feeling safe. Try it with one of the prayers below. Point with your finger, make the circle and say the prayer.

Remember, you are not making something happen; you are stepping into the awareness of a reality which is always true and present, when you're aware of it and when you're not.

The Powers of God

The arm of God
circle about
The arm of God
put foes to rout.

The love of Christ
encompassing me
The love of Christ
setting me free.

The power of Spirit
now to surround
the power of Spirit
within me resound.

The Weaver

I weave into my life this day
The Presence of God upon my way
I weave into my life this hour
The mighty God and all God's power.
I weave into my sore distress
God's peace and calm and no less.
I weave into my step so lame
Healing and helping of God's name.
I weave into the darkest night
Strands of God shining bright,
I weave into each deed done
Joy and hope of the Risen Son.

The Caim

The Holy Three
Protecting be
Enfolding me
In eternity
To shield
To save
To circle
My house
My home
My work
My play
Each night
Each day
Each dark
Each bright
In your light
Forever
May it be
Now
And in eternity.