

The Circling Prayer and Blessing



This blessing is traditionally used for new born children and at the end of life. It is also appropriate for use by an anamcara before a profound spiritual encounter such as a spiritual direction session or a period of guided visualization. A candle may be lit and used to circle the head of the person to be blessed.

The anamcara circles with the candle in a counter clock-wise direction saying:

Circle *her/him*, Lord, keep harm without
Circle *her/him*, Lord, keep evil without
Circle *her/him*, Lord, keep strife without
Circle *her/him*, Lord, keep lies without
Circle *her/him*, Lord, keep hatred without.

Anyone may name something they wish to be kept without.

The anamcara circles in a clock-wise direction saying :

Circle *her/him*, Lord, keep peace within
Circle *her/him*, Lord, keep love within
Circle *her/him*, Lord, keep trust within
Circle *her/him*, Lord, keep truth within
Circle *her/him*, Lord, keep good within.

Anyone may name something they wish to be kept within.

Conclude the blessing with the following invitation:

May you have the commitment to know what has hurt you.,
to allow it to come close to you, and in the end, to become
one with you. Amen.