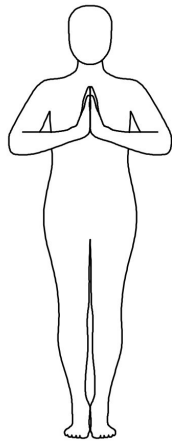


## The Caim Prayer

1. Father, Son and Holy Spirit  
Protect us this day.  
Circle and fill us  
With your love, joy and peace.
2. Father, Maker, Creator God,  
Protect us this day.  
Circle and fill us  
With your healing and your strength.
3. Jesus, our living Lord and Saviour,  
Protect us this day.  
Circle and fill us  
With your grace and your truth.
4. Spirit of truth dwelling in our hearts  
Protect us this day  
Circle and fill us  
With your comfort, wisdom and joy.

### 4.2 The Caim Prayer Sequence

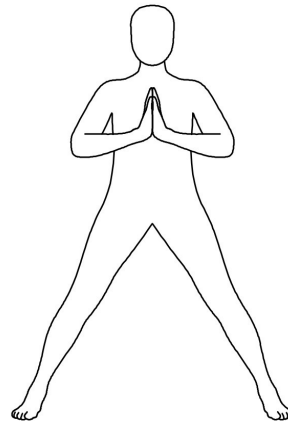


1. We begin in yoga 'Mountain' posture, standing tall with the feet together and the hands in prayer position (*Namaskara mudra*). Take a moment to connect with the in and out phases of the breath and then say

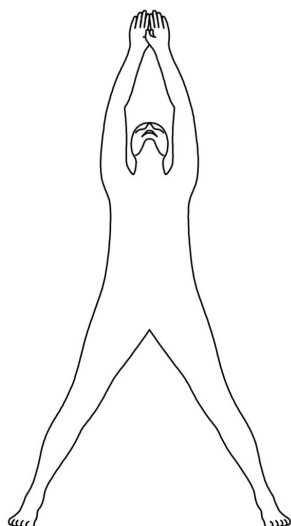
***I/We stand in the presence of the living God who is Father, Son and Holy Spirit and pray for your daily protection, blessings and fruit of the Spirit.***

***Amen.***

5. Father, Son and Holy Spirit  
Protect us this day.  
Circle and fill us  
With your love, joy, peace,  
Patience, kindness, goodness,  
Gentleness, faithfulness and self-control.

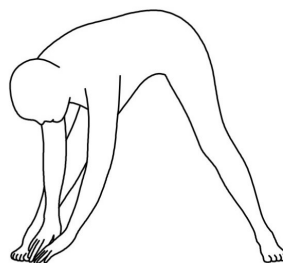
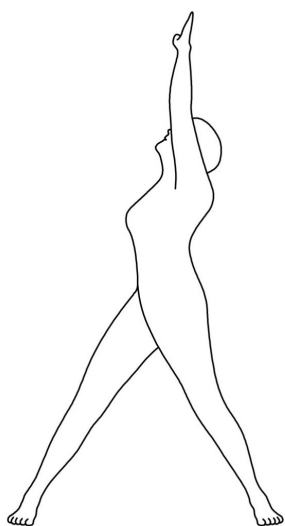


2. Side-step the feet to a comfortable, equilateral 'Triangle' stance, representing the unity in Trinity of the Father, Son and Holy Spirit.



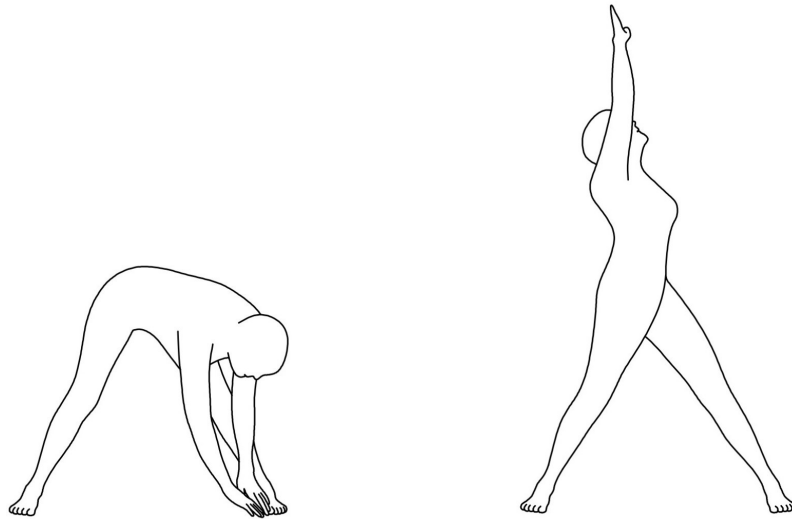
3. Lower the arms; link the thumbs (forefingers touching) and on an inhalation, raise the arms high above the head (palms facing forwards). Keeping the feet in parallel and pointing forwards; remain steady and retain an upright posture and, if possible, tilt the head slightly backwards, taking your gaze upwards to the centre space between your hands.

*NB For those with high or low blood pressure or a heart condition, the recommendation in standing posture is to avoid raising the arms above the head and not to gaze upwards. Instead raise the hands to the level of the forehead and when flexing forwards and downwards, ensure the head goes no lower than hip level and the hands no lower than the knees. The circling of the upper body, arms and inter-linked hands follows a similar pattern to that of the illustrated practice but is a scaled-down version.*



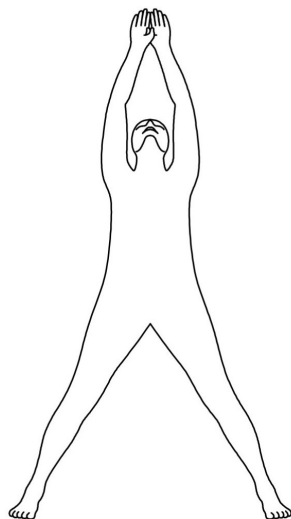
4. Turn your head, shoulders and hips to the right, and as you breathe out, draw a half-circle round an imaginary 'clock-face' with your arms, hands still interlinked, down towards your right foot, continuing through the centre point between your feet. On the way down, saying

***Father, Son and Holy Spirit,.....***

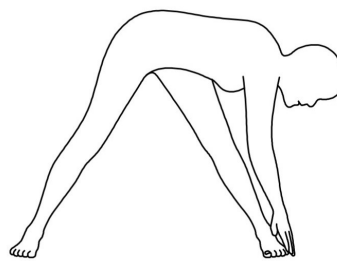
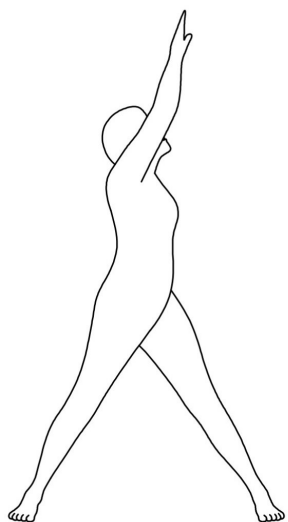


5. As you breathe in, continue the 'clock-wise' circling movement of the hands, arms and torso round towards the left foot and up the left side, On the way up saying

*Protect us this day*

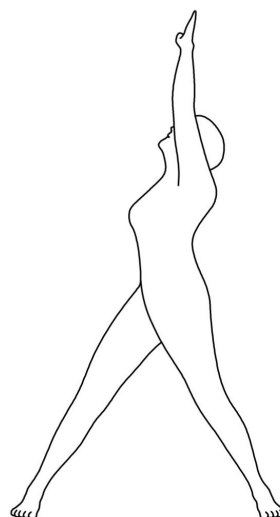
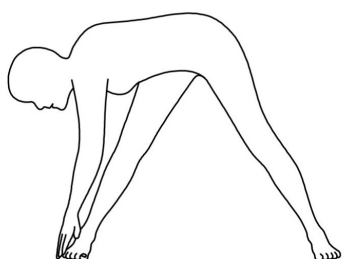


6. Return to the centre forward-facing 12 o'clock position (as 3).



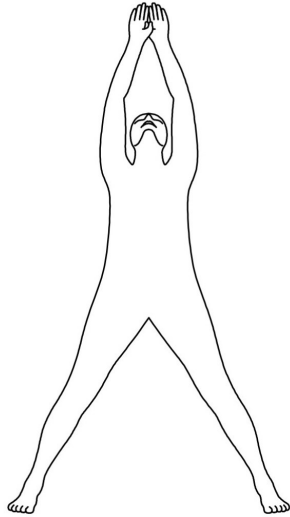
7. Turn your head, shoulders and hips to the left, and as you breathe out, allow the fingers of your linked hands and arms to reach out and draw a half-circle round an imaginary 'clock-face' down towards your left foot, turning in to the centre point between your feet. On the way down saying

**Circle and fill us**



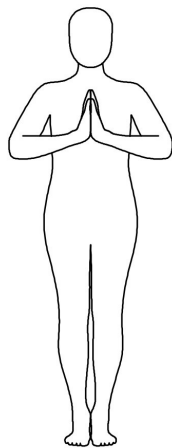
8. As you breathe in, continue the 'clock-wise' circling movement of the hands, arms and torso round towards the right foot and up the right side, On the way up saying

**With your love, joy and peace.**



9. Return to the centre forward-facing 12 o'clock position (as 3 and 6). This constitutes one complete round.

The same postural sequence is repeated a second time but to the words of the second verse of the prayer (see Page 32). The postural sequence is then reversed in such a way that you turn first to the left instead of the right and the circling action of the arms and torso is now initiated anti-clockwise and completed clock-wise (using verses 3 and 4). Finally, unlink the hands and slowly lower arms to either side whilst saying the words of verse 5.



10. Finish with the hands in prayer position (*Namaskara mudra*)

**Amen.**

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.....Since we live by the Spirit, let us keep in step with the Spirit*

Galatians 5:22 and 25 NIV