



**ANAMANNAN AIRSON OIHCHE AGUS  
LATHA**

**PRAYERS FOR NIGHT AND DAY**

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**RANNAN - RUNES or VERSES**

Rannan (sing. Rann) are short verses that can be said before or after various activities. Even the most mundane act can be used to honour na Brianna. some are longer than others and some are full anamannan, 'little souls' or prayers. They also help us to focus the mind and remind us of our connection to the wider universe.

Some of the Rannan are dedicated to particular deities but some are addressed to patrons. Patrons are deities you feel a connection to. Some people have a male and female patron such as an Daghdha and a' Mhòrriginn. Others may have three or none. Where a rann is dedicated to a patron, an alternate deity is suggested for that rann. Words in italics are actions to be performed not spoken. Translations of any Gaelic used are in brackets.

We offer these Rannan as SUGGESTIONS for you to use or adapt for your own practice. They are NOT a liturgy.

**FOR EVENINGS:****AT SUNSET**

Fàilte (Hail) Macha,  
 She who comes from the west,  
 She who is summoned from the waves,  
 Diffuser of excellences, gathering of boldness,  
 Who gives us the lasting fruits of sunset.

**ON SEEING THE NEW MOON FOR THE FIRST TIME IN THE EVENING**

Hail to thee,  
 Thou guiding lamp of the poor,  
 I am bowing to thee mine head,                   *(remove any headgear and bow the head)*  
 I am bending to thee mine knee,                   *(go down on one knee, genuflect)*  
 I am sending to thee mine love.                   *(place your hand over your heart)*

May thy course be smooth to me,  
 May thy light be kind to me,  
 If thy beginning be good to me,  
 Nine times better be thy ending.

**ON SEEING THE MOON (OTHER THAN NEW MOON)**

Fàilte a Ghealaich (Hail to thee thou moon),  
 Jewel of the night, fosterling of the sun,  
 Mother of the stars, Spring of Fullness.

**ON LOCKING UP**

As I place a lock upon this door,  
 May Father Midhir place a lock upon my anam (soul),  
 As you withstood the Men of Ireland,  
 May I withstand the evils of the dark.

**ON UNDESSING**

As I take from me this cloth,  
 May Father Manannan clothe me in the Feth fiada, (Mist of the Knowing Lord)  
 And preserve me from all harm.  
 Even as I shed my body of cloth,  
 May I shed also my anguish,  
 May I shed also my abhorrence,  
 May I shed also all worldly pride,  
 Cover me in the Feth Fiada (Mist of the Knowing Lord)  
 And preserve me from harm.

**ON WASHING**

Fàilte (Hail) PATRON, or Brighid  
 For giving me the waters of cleansing,  
 As this water cleanses my body  
 May PATRON cleanse my anam (soul)  
 And make me pure in the Well of thy Grace.

**ON LYING DOWN**

I lie down this night with Brighid of the Mantles,  
 With a' Mhòrriginn Darkness of Light,  
 With Caer of the timpan,  
 Peace be in my mind, joy be in my heart, contentment be in my anam (soul).

**BEFORE SLEEP:**

Hail to thee thou Moon, Jewel of the night,  
 Hold me thou in thy silvered hand,  
 From my lying down to my rising anew.

OR:

An daghda give to me of thy abundance,  
 Brighid give to me of thy wisdom,  
 Aonghas Òg give to me of my need,  
 I lie down this night,  
 With the triad of might.

OR:

Bless O bless the path on which I go,  
Bless O Bless the thing on which my hope dost rest,  
Bless O Bless the thing on which my eye doth rest,  
Bless O Brianna the eye.

Bless O Bless the love-companion of my bed,  
Bless O Bless my kith and my kin,  
Bless O Bless myself who has care of them,  
Bless O Brianna myself.

Bless O Bless the Aingeal (sleep-body) of my repose,  
Bless O bless the handling of my hands,  
Bless O bless the guarding of my guard,  
Bless O Brianna the guard.

If it is to thy glorious day I awake,  
May it be on thy own arm that I go,  
If it is to the Bealach Bo Fionn (Road of the white cow) I am bound,

May it be on thy own arm that I go,  
But I am in hope that I will see,  
Thy glorious day.

**FOR DAYTIME****ON WAKING:**

Fàilte PATRON(S) or Brigid and Manannan  
 Who has brought me from the darkness of last night,  
 To the light of this new day,  
 As thou hast brought me into the light of this new day,  
 So be bringing me to the guiding light of eternity,  
 The guiding light of eternity.

**ON RISING**

I arise this day,  
 Through strength of heaven, clarity of moon, glory of sun,  
 splendour of fire, Speed of lightning, swiftness of wind,  
 depth of sea, Stability of earth, firmness of rock,  
 I arise this day by strong name of the Brianna (the gods),  
 By invocation of the same, The three as one.

**ON DRESSING**

Fàilte (Hail) Manannan,  
 Knowing Lord of the Mist,  
 As I cover my body with cloth,  
 So clothe me in the Feth fiada (Mist of the Knowing Lord),  
 And preserve me from all harm.

**BEFORE COOKING:**

Failte (Hail) Mother Ana, from whom all blessings flow,  
 Milk and eggs and butter  
 Meal and herb and bulb  
 Produce of the flock and herd and shoal  
 I will put water on them all,  
 In thy name.

*(Sprinkle a little pure water over the ingredients or cooked food. When mixing or laying out a plate always move deiseal, that is sunwise also known as clockwise or from east, to south, to west, to north)*

**GRACE BEFORE MEALS (SHORT FORM)**

Failte (Hail) PATRON(S),  
Who has given me the food on my plate,  
This food is the work of many hands,  
May the hands who prepared it be blessed,  
Let no whit adorn my body that would hurt my awakening soul,  
Let no whit adorn my body that would hurt my awakening soul.

**GRACE BEFORE FIRST MEAL**

Give us O Brianna (Gods) of the morning meal,  
Benefit to the body the frame of the soul,  
Give us O Brianna (Gods) of the nineth bread,  
Enough for our need at evening close.

Give us of the honey-sweet foaming milk,  
Give us the substance and word of the fragrant farms,  
Give us along with blessed sleep,  
Rest in the shade of the Five Great Trees.

Give us this night of the corn that shall last,  
Give us this night of the substance that hurts not,  
Give us this night anear to the hearth,  
The Coire Ansaic, (Undry Cauldron or Cauldron of Plenty) that never empties.

Be with us by day, be with us by night,  
Be with us by light, be with us by dark,  
In our lying down and our rising up,  
In speech, in walk, in deed.

**GRACE AFTER MEALS**

Praise be to thee,  
Glory be to thee,  
Reverence be to thee,  
For all thou hast given us.....

As thou hast given us life,  
 To earn our daily food,  
 So grant us peace ever-lasting,  
 For the sake of the Sitheachan. (Blessed Dead)

Grant us grace throughout our lives,  
 Grant us life at the hour of our deaths,  
 Be with us in crossing uisgechan nam beo is nam marbh (the waters of the living and the dead,)  
 In traversing an Cuan Doirche Bròin (the Dark Ocean of sorrows)  
 In travelling Bothar Bo Fionn, (Road of the White Cow)  
 Til we come at last to am Magh Mell, am Magh Mell (The Pleasant Plain)

### **BEFORE BAKING BREAD:**

Failte (Hail) Father Lugh, Champion of the fields of riches.  
 Failte (Hail) Mother Àine, Fire of the Corn.  
 Failte (Hail) a' Chailleach, Reaper who cannot be outrun.

A fallaid for thy age,	<i>(Sprinkle some flour into the bowl)</i>
A fallaid for thy growth,	<i>(Sprinkle some flour into the bowl)</i>
A fallaid for thy beauty,	<i>(Sprinkle some flour into the bowl)</i>
A fallaid for thy substance,	<i>(Sprinkle some flour into the bowl)</i>
A fallaid for thy worth.	<i>(Sprinkle some flour into the bowl)</i>

### **BEFORE TRAVELLING:**

Bless to me an Daghda,  
 The earth beneath my feet,  
 Bless to me O Lugh,  
 The sky above my head,  
 Bless to me Midhir,  
 The thing of my desire,  
 Thou Evermore of Evermore,  
 Bless to me my rest.

**BEFORE TRAVELLING BY OR OVER SEAS OR RIVERS:**

O thou Beings of the Heights and Depths,  
Imprint thy blessings upon us,  
Carry us safely to the haven of peace,  
Bless our boatmen and our boat,  
Bless our anchors and our oars,  
Bless our halyard and mainsails  
O thou Kings of the elements  
Keep them in their place,  
'Til we return home safely in peace.

**STUDYING CELTIC EPIGRAPHY, ARCHAEOLOGY OR MYTH:**

Father Manannan,  
You who reveals that which is concealed,  
And conceals that which is evident,  
Let me sup from the Well of Buan's Hazels,  
Let me drink from the Five Streams,  
May I come to the Confluence of Wisdom,  
To Perfections of goodness,  
To the Heel of a sage,  
To the Circuits of splendour.

**WRITING ON CELTIC PAGAN SUBJECTS:**

Daughter of the Proud Flame,  
Sister of the glorious sun,  
You are welcome white morning,  
Illuming level lands for me.

Mother Brigid, send forth thy fiery arrows,  
Father Manannan, reveal that which is hidden,  
Father Oghma, place thy chains from mouth to ear,  
May my song come from the white plain of knowledge.

**OR:**

May I be the son of poetry,  
 Poetry, daughter of scrutiny,  
 Scrutiny son of meditation,  
 Meditation son of Great Knowing,  
 Great knowing, son of seeking  
 Seeking, Daughter of Investigation,  
 Investigation, daughter of Science,  
 Science, son of Great Good Sense,  
 Great Good Sense, son of Comprehension,  
 Comprehension, daughter of Wisdom,  
 Wisdom, daughter of the Three Gods of Art.

**COMPOSING RANN, ROSG, RITUALS OR ANY ACT OF  
 DRAOIDHEACHD**

It is by my will alone,  
 That I set my mind in motion,  
 It is by the grace of Brigh,  
 thoughts become words,  
 Words acquire form,  
 Form becomes a making,  
 It is by my will alone,  
 I set my mind in motion.

**BEFORE STARTING WORK:**

Father Midhir,  
 You who cleared the stones from Meath,  
 And laid rushes over Tethba,  
 And built the causeway of Moin Lamhrige,  
 And withstood the men of Ireland,  
 May the work of hand and mind and voice,  
 Be an offering unto you this day.

**WHILE DOING ANY REPETITIVE WORK:**

Tha mi air slighe na firinn, Tha mi air slighe mo fise  
 I am on the path of truth, I am on the path of my knowledge

**BEFORE EXERCISE:**

Father Lugh,  
You who makes great play, sport and diversion,  
Champion of champions that cannot be bested,  
Thanks be to you for bringing me,  
To the time to strengthen my muscles and refresh my mind,  
May the work of muscle and sinew,  
Be an offering unto you.

## WEATHER PHENOMENA

### ON SEEING LIGHTNING OR HEARING THUNDER

Hail an Daghdá,  
Whose voice is heard in the heavens, whose might is seen in the skies.

#### OR:

Hail Lugh,  
Hardness that gives victory,  
Piercer of Seven covers,  
Dispeller of Darkness

### ON SEEING MIST OR FOG

Fàilte (Hail) Manannan,  
He who reveals that which is hidden,  
And conceals that which is evident

### DURING A STORM

Fàilte (Hail) a' Chailleach,  
Striker of the black tempest,  
Mistress of the gloom,  
Raiser of Storms.

### DURING RAIN

Fàilte (hail) Donn,  
Rider on the winds, cloud-gather,  
Fair chief, whose beauty exceeds blooms,  
Thank you for the gift of gentle rains,  
That nourishes the fertile plains.

**ON SEEING THE SUN:**

Hail to thee,  
Eye of the Great god,  
Eye of the God of glory,  
Eye of the king of hosts,  
The king of the living.

## **BENEDICTIONS**

### **GENERAL BLESSING**

Beannachd Bhrianna Leat/ Leibh! The Blessings of the gods be with you!

### **ON RECEIVING A COMPLIMENT, CONGRATULATIONS OR A GIFT**

My eye blesses you for that!

### **ON A DEPARTING FRIEND**

May the road rise up to meet you,  
May the sun be always at your back,  
May the gentle wind caress your face,  
May the soft rains wash your soul clean,  
May the Brianna (The Gods) hold you their hands,  
Until we meet again.

**or:**

The love of heaven be with you,  
The love of the seas be with you,  
The love of the earth be with you  
Until we meet again.

### **ON A SICK FRIEND**

May Brigid spread her mantle over you.  
May Eadaoin spread her wings over you.  
May a' chailleach dispense the Balsam of Healing Teat to you.

### **Good wishes**

Luck and prosperity to you!

**or:**

Wealth and good fortune to you!

## AN CAIM - ENCOMPASSMENT

### ENCOMPASSMENT OF SELF

an Caim, encompassment is a means to protect yourself against the Evil Eye, bad wishes, accidents and misfortune. Stand facing the east. Bring your right arm up until it is parallel to the floor. Extend your index finger out and close the rest of your fingers into a fist. AS you say one of the following rann pivot on your right foot so your arm and finger draw a circle around you. Always finish pointing to the east.

### LORICA - BREASTPLATE PRAYER

The Brianna before me, The Brianna behind me;  
The Brianna beside me, The Brianna above me;  
The Brianna below me, The Brianna within me;

*(At the end of each of the following lines bring the right hand up to the chest as if grabbing something.)*

I bind unto myself this day, the power of life;  
The power of death, the power of rebirth;  
I bind unto myself this day the strong name of the Brianna,  
By invocation of the same, the Three as one.

I bind unto myself this day the virtues of the starlit heavens,  
The glorious sun's life-giving rays; The whiteness of the moon at even,  
The flashing of the lightning free, The whirling winds tempestuous shocks  
The stable earth, the deep salt sea around the eternal rocks.

I bind unto myself this day the power of Three to hold and lead,  
Their eyes to watch; Their might to stay; Their ears to harken to my needs.  
The will of Brianna to teach; Their hands to guide; Their shield to ward;  
The word of Brìgh to give me speech; The Shining Ones to be my guard.

*(Stand facing the east)....*

Against the demon snares of geis, the vice that gives temptation force;  
The natural lusts that war within; the hostile men that mar my course;  
Or few or many, far or nigh, in every place and in all hours,  
Against their fierce hostility, I bind to me these sacred powers.

I bind unto myself this day the strong name of the Brianna,  
By Invocation of the same, The three as one;  
Of whom all nature hath creation, eternal Mother, Father, One;  
Praise to The Shining Ones of my salvation.

*(Extend your right arm out until it is parallel to the floor. Point with your index finger and move clockwise as you say the lines of the next two verses until you finish facing the east.)*

The Brianna be with me, The Brianna within me;  
The Brianna behind me, The Brianna before me;  
The Brianna beside me, the Brianna to win me;  
The Brianna to comfort and restore me.

The Brianna beneath me, the Brianna above me;  
The Brianna in quiet and in danger;  
The Brianna in the hearts of all who love me;  
The Brianna in the mouths of friends and strangers.

### **an CAIM - SIMPLE FORMS**

The Brianna above me,  
The Brianna before me,  
The Brianna to my right,  
The Brianna behind me,  
The Brianna below me,  
The Brianna to my left,  
To guard and to ward me.

Or:

FEMALE PATRON above me	or a' Mhorriginn	or Macha
MALE PATRON before me,	or an Daghdha	or Nuadha
FEMALE PATRON to my right,		
MALE PATRON behind me,		
FEMALE PATRON below me,		
MALE PATRON to my left.		
To guard and to ward me.		

The spear of Lugh above me,  
 The Shield of Manannan before me,  
 The Cranes of Stinginess to my right,  
 The Mace of Wrath behind me,  
 The Red Rowing Wheel below me,  
 The Cranes of Stinginess to my left,  
 To guard and to ward me.

### **SEUN SÀBHALOIDH - CHARM OF PROTECTION**

an t-sian, the Charm was most effective when performed out of sight of anyone else. It was performed by a woman on a man. The man would face east. The woman would start in the east and move deiseil around the man as she said the rann.

The charm placed by Brigid on her son,  
 The charm placed by Macha on her twins,  
 The charm placed by Manannan about his shield,  
 The charm placed by an Daghdha on the Brùgh.

Charm against arrow,  
 Charm against sword,  
 Charm against spear,  
 Charm against bruising and drowning.

Charm against firebrand,  
 Charm against adder,  
 Charm against serpent,  
 Charm against harm in fields of battle.

Charm against child of sìth,  
 Charm against child of earth,  
 charm against hostile one,  
 Charm against deadly peril.....

Be the cowl of an Daghdha over thee,  
 Be the cowl of Manannan over thee,  
 Be the cowl of Aonghas Òg beloved over thee,  
 Be the cowl of Lugh over thee.

To guard thee from your back,  
 To preserve thee from thy front,  
 From the crown of thy head and thy forehead,  
 To the very sole of thy feet.

An isle art thou at sea,  
 A hill art thou on land,  
 A well art thou in the desert,  
 Health art thou to the ailing.

Great fear have thy for their lives,  
 Who see the person around whom shall go the charm.

## **FIRE-LIGHTING CHANT**

Please use this chant when you light a fire out of doors. If we all use the same chant we will build the group energy.

This one is Old Irish, from The Morrighu's Prophecy.

<b><u>an RANN</u></b>	<b><u>PRONUNCIATION</u></b>	<b><u>TRANSLATION</u></b>
Odhb do crann	Udj' do crahn	A knot for a tree
Crann do ten	Crahn do chin	A tree for the fire
Tene a nn-ail	Chineh ah neyel	A fire in a stone
Ail a n-ur	Eyel ah nyueer	A stone in the soil

*By Ard-dhruidh airidh. Arch-druid Emerita Ellen Evert Hopman*

## SAINING

### TRIANNTAN OF PREPARATION

#### MEDITATION

*The first stage of a saining is to focus intent. Our intent directs our Brìgh to carry out then purpose of the ritual. Take a few moments to concentrate on cleansing. For example, you could imagine a bright light emanating from the item you are focusing on, growing and filling the object. You could imagine the object being surrounded by a lake of fire and then a lake of water. When you feel you have focused the mind you can move on to the next stage.*

#### CHANTING THE FONN

*(take a deep breath and release it three times. Repeat the following Fonn nine times, remembering to breath in after each line)*

Glann, san, geal, slainte - Glahn, san, gyal, slahn-che

Clean, holy, bright, healthy

*(Stand in the eastern position facing your shrine, if you have one.)*

#### LET NO HINDRANCE

Fàilte Midhir Glormhor-cleas,  
 Thou who removed the stones from Meath,  
 And withstood the men of Ireland,  
 Locked doors cannot fetter thee.

(Hail Midhir glorious-feat)

Thou who comes unbidden and unseen,  
 Place thy Cranes of Stinginess around me,  
 May 'don't come, don't come' be before me,  
 May 'pass away, pass away' be on my right  
 May 'go away, go away' be on my left.....

Let no hindrance be upon my deiseil,  
 Let no hardship come upon me,  
 Smooth as the causeway of Moin Lamhrige (Moor of the King's Hand)  
 Peaceful be the tall choice forest.

Rivers to turn in eddies,  
 Calm be the whistling wind,  
 Verdant be the beauteous plains,  
 Purpose be fulfilled  
 As yet unconquered,  
 Midhir Glormhor-cleas. (Midhir Glorious-feat)

### TRIANNTAN OF SANCTITY

#### AN DEISEIL (THE CIRCUMAMBULATION)

*(The object being consecrated should be placed at the sacred centre. ace the east. Walk around the object from east to west, in a clockwise manner three times).*

*While performing the Deiseil, you can use the Fonn from earlier or you can chant others.*

*For example you could use:*

*“co sinne that, an domhan tath” - ko see-nye tah, an doh-ən tah*

*When we come together, worlds come together*

*Or*

*“amhrunn, amhrunn” – oh or ow – roon - my intent, my intent*

*Or another Fonn as you wish or you can do it silently, focusing on cleansing.*

**DRAWING OF WATER**

The shelter of Mother Brigid,  
Be nigh my hands and my feet,  
To go out to the well,  
And bring me safely home;  
And bring me safely home.

May Manannan aid me;  
May Fand the calm preserve me;  
May sweet Aine give me light,  
And Eadaoin the pure be near me;  
And Eadaoin the pure be near me.

*(The jug is then filled with water.  
The jug is then lifted to the east.)*

O Beings of the heights and depths,  
Imprint Thy blessings upon this vessel and its contents;  
Blessed be the Mothers who give us,  
The waters of consolation;  
The waters of consolation.

*(Face the East and chant)*  
Fire in Water.

*(turn to the south and raise the jug)*  
Spirit in water.

*(turn to the west and raise the jug)*  
Science in water.

*(turn to the north and raise the jug)*  
Substance in water

*(turn to the east once more and raise the jug)*  
Power in water

*(place the jug on the shrine/altar)....*

I invoke the fire of heaven by Eye of the Great God  
*(place a gold-coloured coin into the water)*

I invoke the fire of ocean deep by Fand's tears.  
*(Place a silver-coloured coin in the water)*

I invoke the fire of the earth by Stone of Equal Life.  
*(Place a bronze-coloured coin in the water)*

A band sacred strong and steadfast.  
*(Place a quartz crystal in the water)*

### **BLESSING OF THE BRAND**

*(Hold the saining bundle in your left hand and place your right hand over it with fingers spread wide)*

Brigid bless this brand,  
May its light shine like the blessed dawn,  
Dispelling darkness of the dark clouds.

May Aine bless this brand,  
May its light shine like the blazing summer sun,  
Giving strength to corn and man.

May Tlachtga bless this brand,  
May its light shine like the Red Rowing wheel,  
Blinding all that would do us harm.

May Daghdha, king of the elements,  
Be its help, be its aid,  
May Manannan, bright-warrior,  
Guard it with his shield,  
May Nuadha, Brilliance of Honour,  
Ward it with his sword,  
May Lugh, king of combats,  
Defend it with his spear.

*(Sprinkle the saining bundle with the water three times)*

**TRIANNTAN OF SANCTITY****KINDLING OF THE FLAME**

Blessed be the luscious precious jewel,  
 Ridge-chain of delight,  
 Red serpent that sorrows,  
 Vermillion bull of shining horn,  
 Blazing through wondrous worlds.

Blessing of sun, fire-blessing.  
 Blessing of dew, light-blessing,  
 Blessing of moon, honour-blessing,  
 Blessing of wisdom, passion-blessing.

I will kindle my flame this even/morning,  
 In the presence of the Shining Ones of heaven and earth,  
 In the presence of Mother Brigid of the loveliest form,  
 In the presence of Father Manannan of the myriad charms,  
 Without malice, Without jealousy, without envy,  
 Of anyone under the sun,  
 But the Shining Ones to guard me,  
 Without malice, without jealousy, without terror,  
 Of anyone under the sun,  
 But the Shining Ones to shield me.

*(Light the flame)*

Kindle thou o Brianna in my heart within,  
 A flame of love to my neighbour,  
*(cup your hands around the flame and bring it up to your face as if washing it)*  
 To my foe, to my friend, to my kindred all,  
*(cup your hands around the flame and bring it up to your face as if washing it)*  
 To the brave, to the knave, to the thrall,  
*(cup your hands around the flame and bring it up to your face as if washing it)*  
 From the lowliest thing that liveth,  
 To the names that are highest of all  
*(cup your hands around the flame and bring it up to your face as if washing it)*

**SHOWER UNFAILING**

Shower unfailing, vigorous,  
 Gem-filled with its sparkles,  
 Bright pearl-faced vessels,  
 Resplendent with bounteous fruit.

Be thou a well-spring of grace,  
 Be thou a river of goodness,  
 Be thou a lake of virtue,  
 Be thou an ocean of purity.

*(Sprinkle the object with water three times. Light the saining bundle from the hearth-flame)*

May the Brianna give blessing,  
 To the piece that is here,  
 May this vessel born of man and beast,  
 Be made pure in the well of thy grace.

*(Hold the object and move the saining bundle round it, deiseil, three times).*

**TRIANNTAN OF ENDING****THANKSGIVING OF THE SAINING**

Much of riches, much of food,  
 Much of beds, much of rest,  
 Much of mirth, much of singing,  
 Much of people be ever here  
 Be ever here.

*(The remaining water should be placed on the shrine. It can be used to bless items or food during Devotionals or other rituals or it should be placed in the hollow of a stone outside.)*

**SMOORING THE HEARTH**

I am smooring the flame,  
 As Mother Brighid would smoor,  
 The compassing of Brighid be upon the hearth,  
 Whole be house and hearth,  
 Whole be son and daughter,  
 Whole be wife and man,  
 Whole the household all.

Who shall keep watch this night?  
 Nuadha sun-bright  
 Daghdha of the White Smoke,  
 Lugh of the Red Spears,  
 Brighid gentle and bright,  
 Macha mistress of fire, mist and blood,  
 Aine, lady of the wisps.

The encompassing be upon ourselves,  
 The encompassing be upon the house  
 The encompassing be between ourselves and others.

*(The flame is extinguished)*

**CHANTING THE AMHRUNN**

*(Stand in the Eastern position and chant as you clear away)*

Amhrunn, Amhrunn                      ah or ow -roon                      My Intent, my intent