

I bind myself today

Atomriug indiu niurt

attributed to PATRICK OF IRELAND (5th century)

translated by WHITLEY STOKES,

revised by CHARLES WRIGHT

I bind myself to-day,
To a strong power, an invocation of the Trinity,
I believe in a Threeness with confession of a Oneness in the Creator
of Judgment.

I bind myself to-day,
To the power of the birth of Christ, with His baptism,
To the power of the crucifixion, with His burial,
To the power of His resurrection, with His ascension,
To the power of His coming to the judgment of Doom.

I bind myself to-day,
To the power of the ranks of cherubim,
In the obedience of angels,
In the service of the archangels,
In the hope of resurrection unto reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preachings of apostles,
In the faiths of confessors,
In the purity of holy virgins,
In the acts of righteous men.

I bind myself to-day,
To the power of heaven,
The light of sun,
The brightness of moon,
The splendour of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rocks.

I bind myself to-day,
To the power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me.
The ear of God to hear me,
The word of God to speak for me,
The hand of God to protect me,
The way of God to lie before me,
The shield of God to shelter me,
The host of God to defend me,
Against the snares of demons,
Against the temptations of vices,
Against [the lusts] of nature,
Against every man who meditates injury to me,
Whether far or near,
Alone and in a multitude.

English text (Stokes and Wright): Charles Wright, ed. *The Writings of St. Patrick*. (London: Religious Tract Society, 1889), via *Hymnology Archive*.

English text (Alexander): Cecil Frances Alexander, *Poems*, 1897.

Irish text: Whitley Stokes, *Goidelica: Old and Early-Middle-Irish Glosses, Prose and Verse*, 2nd ed. (London: Trubner & Co., 1872), via *Hymnology Archive*.

Original Irish (with Latin closing):

Atomriug indiu niurt trén togairm trinoit
Cretim treodataid foisi[ti]n óendatad indúilemain dail

Atomriug indiu niurt gene crist conabathius
niurt crochta conaadnocul
niurt neseirge cofresgabail
niurt tóniud dobrethemnas bratha

Atomriug indiu niurt grád hiruphin
inurlataid aingel
[ífrestul nanarchaingel]
hifrescisin eseirge arcenn fochraice
inernaighthib huasalathrach
ítairchetlaib fátha
hipraiceptaib apstal
inhiresaib fuismedach
inendgai nóemingen
hingnímaib fer firean

Atomriug indiu niurt nime
soilse gréne
etrochta snechtai
áne thened
déne lóchet (i. lassrach)
luathe gáethe
fudomna mara
tairisem talmáin
cobsaidecht ailech

Atomriug indiu niurt dé domluamaracht
cumachta dé domchumgabail
ciall dé dommimthús
rosc dé domreimcise
cluas dé doméstecht
briathar dé domerlabrai
lám dé dommimdegail
intech dé domremthechtas
sciath dé domdítin
sochraite dé dommanucul
arintleadaib demna
araslaighthib dualche
arirnechtaib aicnid
arcechnduine mídúthrustar dam
ícein 7 inocus
inuathed 7 hisochaide

I summon to-day around me all these powers,
 Against every hostile merciless power directed against my
 body and my soul,
 Against the incantations of false prophets,
 Against the black laws of heathenism,
 Against the false laws of heretics,
 Against the deceit of idolatry,
 Against the spells of women, and smiths, and Druids,
 Against all knowledge which hath defiled man's body and
 soul.

Christ protect me to-day,
 Against poison, against burning,
 Against drowning, against wound,
 That I may receive a multitude of rewards.

Christ with me, Christ before me,
 Christ behind me, Christ within me,
 Christ beneath me, Christ above me,
 Christ at my right, Christ at my left,
 Christ in breadth, Christ in length,
 Christ in height.

Christ in the heart of every man who thinks of me,
 Christ in the mouth of every man who speaks to me,
 Christ in the eye of every man that sees me,
 Christ in the ear of every man that hears me.

I bind myself to-day,
 To a strong power, an invocation of the Trinity,
 I believe in a Threeness with confession of a Oneness in the
 Creator of Judgment.

Salvation is the Lord's,
 Salvation is the Lord's,
 Salvation is Christ's,
 Let Thy salvation, O Lord, be ever with us.

Metrical translation by CECIL FRANCES ALEXANDER
 (1889):

I bind unto myself to-day
 The strong Name of the Trinity,
 By invocation of the same,
 The Three in One and One in Three.

I bind this day to me for ever,
 By pow'r of faith, Christ's Incarnation;
 His baptism in Jordan river;
 His death on Cross for my salvation;
 His bursting from the spiced tomb;
 His riding up the Heav'nly way;
 His coming at the day of doom;
 I bind unto myself to-day.

I bind unto myself the power
 Of the great love of Cherubim;
 The sweet "Well done" in judgment hour;
 The service of the Seraphim,
 Confessors' faith, Apostles' word,
 The Patriarchs' prayers, the Prophets' scrolls,
 All good deeds done unto the Lord,
 And purity of virgin souls.

Tocuirius etrum thra nahuile nertso
 fricechnert namnas nétrócar fristí domchurp ocus-
 dommanmain
 fritinchetla saibfáthe
 fridubrechtu gentliuchta
 frisáibrechtu heretecda
 frihimcellacht nidlacha
 fribrichta ban 7 goband 7 druad
 fricechfiss arachuiliu anman duini

Crist dommimdegail indíu
 arneim arloscud arbadud arguin
 conomthair ilar fochraice

Crist lim crist rium crist imdegaid crist innium
 crist íssum crist úasum crist dessum crist tuathum
 crist illius crist issius crist inerus

Crist icridiu cechduine immimrorda
 crist ingin cechóen rodomlabrathar
 crist incechrusc nomdercaedar
 crist incechcluais rodamcloathar

Atomriug indiu niurt trén togairm trinoit
 Cretim treodataid fóisitin oendatad in dulemain [dail]

Domini est salus domini est salus christi est salus
 salus tua domine sit semper nobiscum

Notes by AFM:

In the *Liber Hymnorum* the introduction to the hymn says
 "Patrick sang this when the ambushes were set against him
 by Loegaire that he might not go to Tara to sow the faith"
 (trans. Stokes, *Goedelica*).

I bind myself today: Kuno Meyer instead translates the recurring
 phrase as "I arise today" (*Selections from Ancient Irish Poetry* (NY:
 E.P. Dutton, 1911), via *Hymnology Archive*).

I bind unto myself to-day
The virtues of the star-lit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks.

I bind unto myself to-day
The pow'r of God to hold, and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward;
The word of God to give me speech,
His heavenly host to be my guard.

Against the demon snares of sin,
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 holy powers.

Against all Satan's spells and wiles,
Against false words of heresy,
Against the knowledge that defiles,
Against the heart's idolatry,
Against the wizard's evil craft,
Against the death-wound and the burning,
The choking wave, the poison'd shaft,
Protect me, Christ, till Thy returning.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same,
The Three in One, and One in Three.
Of Whom all nature hath creation:
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.