



The Fourth Man

The Spiritual Shield

Imagine a shield which could protect me

Even from a humming gnat,

Even from a ray of sunlight,

Even from the sound of thunder.

Let the spiritual shield which protects me from evil

Be as good.

I want my soul to be free from

Even the smallest sinful emotion –

Every kind of evil.

Image: Tamara Katzenbach

Poem: Celtic Parables; Stories, poems and prayers; Robert Van de Weyer