

Ares, God of War

Amidst quickening clouds of discord, passionate Ares, God of War, fortifies our psyche - a fiery sword, abundantly flowing with the dazzling essence of action. His presence within calls forth determination, bravery and bold defiance - a powerful demand upon our conscious and unconscious selves to conquer adversity, hostility and conflict. His forceful, yet purifying gifts enable us to center our spirits with crystal clarity; to adjust our thoughts, feelings, and behaviour relevant to social, physical and inner battles.

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Homeric Hymn to Ares

Ares, exceeding in strength, chariot-rider, golden-helmed, doughty in heart, shield-bearer, Saviour of cities, harnessed in bronze, strong of arm, unwearying, mighty with the spear,

O defence of Olympus, father of warlike Victory, ally of Themis, stern governor of the rebellious,

2

Daughter of the Sun,
the burial chamber
Lies in the darkness
til thy light appears.
From thy Throne of
Silence send us comfort,
Bast, beloved,
banish all our fears.
Mother of the gods,
no gods existed
Til thou camest there
and gave them life.
Sekhmet of the boat,
the wicked fear thee
Trampling down
all evil and all strife.
Mother of the gods,
the great, the loved one,
Winged and mighty,
unto thee we call,
Naming thee the
Comforter, the Ruler
Bast, beloved,
Mother of us all.

The Egyptian Book of the Dead

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A Ritual of Protection

If possible, cleanse yourself with salt/water and incense beforehand. Use whichever hand you are comfortable using.

Place some oil on tips of fingers while saying the blessing and touch the areas as indicated.

May my mind be sharp
(touch forehead)
May my energy be focused
(touch left hip)
May I have courage
(touch right shoulder)
May I have strength
(touch left shoulder)
May I be do what needs to be done
(touch right hip)
May Spirit banish fear, protect me
from harm and return me safely home
(touch forehead again and hold)

4



See yourself surrounded by protection.

You can add your prayers, thoughts or thanks to end, or use the ones included here.

If you wish, you can replace the word Spirit with the names of favorite Gods or Goddesses.

Repeat as needed.

Note: The five-pointed star is an ancient symbol of protection used by cultures worldwide, not just by today's wiccans and pagans. Many police and military badges include a star of protection. It was chosen in this context as a way for any member of any pagan faith to create a ritual for themselves.
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