

Some Daily “Prayers” and Practices for Wiccans, other Neo-Pagans and Heathens

Prayer and Magic

Some Neo-Pagans make a distinction between *prayer* and *magic*. One form of prayer is supplication – asking deity for boons or favors, as in “Oh, Lord, please _____.” Many Neo-Pagans say that we don’t need to pray that way because we have the right and capability to focus energy for ourselves.

But there are other form of prayer, too, including “conversation” with deity, meditation, and adoration. Most Neo-Pagans also use affirmations, such as, “I am a child of the Goddess, and worthy of her love.”

Establishing a routine that includes affirmations and meditations – and maybe even prayer – is a good way to stay in touch with our spiritual energy. Here are some examples.

Greeting the Day

I rise with the God: let the day begin!
I'll use the strength I find within.
I'll journey with the Sun, and spin
my energy to calm the din.

Lord of the Sun, shine on me!
Light my path and let me see
how my heart and soul are free.
Hail and welcome!

Hail the Sun and the eye that sights it!
Hail the day and the God who lights it!
Hail to life and the heart that excites it!

Affirmations

- ▶The Goddess is my mother and I am blessed with her love. I can open my heart to her.
- ▶The God is my brother and stands beside me. I am never alone.
- ▶There is a haven in my soul, where I can find peace.
- ▶I am stronger today than I was yesterday.
- ▶I am loved even when I stumble, and there are hands to help me regain my balance and walk on.

- ▶What I put into the world returns to me. What I do matters. I make a difference.
- ▶I can change myself to change the world.

Farewelling the Day

I rest with the God: let the day be done!
I'll be strong, knowing we are one.
I'll sleep with the Sun until the morn,
and like the God, I'll be reborn.

Lord of the Sun, you shone on me!
You lit my path so I could see
How my heart and soul are free!
Hail and farewell!

Hail the Sun and the souls who crave it!
Hail the day and God who gave it!
Hail the night and the courage to brave it!
Hail and farewell the Sun!



Vows

Another form of magic, which some might call prayer, is making vows to the Goddess and/or to the God. Here are some daily vows you can make.

Today I'll find a reason to smile,
and time when I can be still for a while.
Today I will appreciate at least one
thing, and I will disrespect none.

Today I will see the sun shining somewhere,
and by it know that the Gods *do* care.

Today I will respect myself and others,
and in all of us, the Gods.

Today I will work on anger, and not let my temper rise.
Whatever people say to me, I won't let it entice
my fury; I'll walk away.
I'll let it be, so that for me it'll be a not-angry day.

Whatever I do today
I'll do in the Goddess' name.
And whether I face or walk away,
I won't bring the Goddess shame.

I won't call myself a fool today,
or say any such words to myself.
I'll value me as much today
as She values me herself.

Snack and Meal Blessings

It's always appropriate to hold up something you're eating with your hands – a sandwich or a chicken leg or a cookie – or the first forkful of food, and say, “May no one hunger.” Before you take your first drink of a meal's beverage, you can raise your glass and say, “May no one thirst,” too.

Here's are other blessings you can say before you begin any meal (or snack):

Blessings for the nourishment,
and blessings for the taste.
Blessings for the company –
may none of it go to waste!

Life feeds upon life. As I eat I am reborn.
My spirit feeds others – by this meal it is sworn.

May none ever hunger, may none ever thirst.
May our Gods and our ancestors
always feast first.

Bathing Blessings

Something else we do often is bathe. Here are a couple of ideas for shower or face/hand-washing blessings. You might like to set these rhymes to easy tunes, and sing them softly (or in your head) as the water washes over you.

Sacred water, wash me clean
Remove the dust from where I've been.
Leave me sparkling, leave me new.
Leave me blessed by morning dew.

I have felt the stormy pain; now I feel the gentle rain.
As I wash my skin, so I'm cleansed within.

Soapy bubbles, wash away
the dirt that clings to me today.
Blesséd water, rinse away
the [sorrow] [anger] [fear] [_____] that clings to be me today.

Other Daily Routines

Here are a couple of other things you can do on a daily basis.

In the morning, in the evening, and/or before you undertake anything important, make the sign of the pentagram with your body. (The illustration is from *Enchantment Encumbered*, by Ladies Garr and O'Gaea.)



Something else you can do on a daily basis, without drawing much attention, is walk a pentagram. Visualize a pentagram on the floor or the ground. Outside, you may be able to shuffle a bit to make a visible penta-path, or maybe use landmarks to remind you where the points are.

Assign qualities to each point, and as you walk the lines between the points, you can consider the relationship of the qualities to each other. For example, if you assign the qualities of trust, curiosity, honor, love, and wisdom to your pentagram, then your path would take you from trust to honor, from honor to wisdom, from wisdom to curiosity, from curiosity to love, and from love back to trust.

As you walk, you'd be thinking about the relationships between those qualities. Of course, you can assign other qualities – check your *Book of Shadows* for which element is associated with which point, and work with qualities that correspond to each element, always keeping Spirit at the top. (In this example, curiosity corresponds to Air, honor to Fire, love to Water, and wisdom to Earth.)



Adorations

When we recognize how great and wonderful the Goddess and God are, we can offer prayers of appreciation and gratitude; these are commonly called adorations. Here are a couple of examples ... and your experience will inspire more.

Great Mother, you are the womb and web of life. Your unconditional love is eternal, and your nourishment is boundless. Your heart is as open as the seas and skies are wide and deep. Your embrace is the safe soul of eternity. I praise you in the temple of Nature, and I bless you at the altar of my life.

Horned One, you are the spark and body of life. Your example is impeccable, and your support is boundless. Your heart is as brave as the fields and mountains are wide and tall. Your camaraderie is the safe haven of trust. I praise you in the temple of Nature, and I bless you at the altar of my life.

My gracious Lady and gentle Lord, in whispering breezes and mighty gales, I see you and love you. In the rising and setting of the Sun and Moon, in the ebb and flow of the tides and seasons, I see you and love you. In the lifetimes of mountains and meadows, forests and fields, I see you and love you. In birth and death and rebirth, I see you and love you. In the depths of sorrow and at the peak of joy, I see you and love you. And in all places and times, in every act and thought, I bless you and honor you.

Your Own Ideas

When you come up with other greetings, farewells, affirmations, vows, etc. remember to write them down and date them in your *Book of Shadows*. Please write and tell us about them, too. We'll look forward to hearing from you. Blessed be.



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Mother Earth Ministries-ATC Offers Suggestions for Daily Prayer and Practice



No matter what Pagan or Heathen path you follow, you follow it day by day. We may call what we do by different names, but many of us like to make daily devotions.

Forming a habit of daily worship and/or affirmation, in addition to the holy days we celebrate in Circles or Blóts or other Pagan services, and in addition to the magical rituals we conduct, can help us stay focused on our faith. Devotions – prayers, blessings, vows – can help to structure our days and organize our minds. Not all Neo-Pagans and Heathens use such techniques, but many do, and they help us learn and maintain the discipline we need for ritual and magic.

If you follow a particular Tradition, have been guided along your path by personal teachers, or have found one or two books especially meaningful, you may already know and use some daily affirmations, invocations, or prayers.

If you are still looking for ideas and examples, this brochure may help. We hope so! Unless they are otherwise credited, the samples here were written by Lady O'Gaea. You may feel free to use them; if you add them to your *Book of Shadows* or other magical notebook, remember to give credit.