



Defensive shield

Ingredients

A small box or jar
Pen and paper

Choose the Timing

The Moon in Aries
Waning moon for removing stress
Waxing moon for increasing resilience
New moon for renewed energy
Full moon for a blend of the above



On the paper, list out the things that are causing you stress at the moment.

Fold the paper in half. Close your eyes and visualise the paper growing in size, so that it can be used as a shield.

Say the incantation

Aries moon, shield of Mars
Allow these stressors to depart
Increase my strength, my resolve
To go forward, stress will dissolve

Continue to visualise a shield and place the folded paper in the box, closing the lid.

