



# 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.*

