

Ekklesia Madriana Making Daily Devotions

As we approach the altar and the image of the Divine, we bow, bowing the head, or sometimes from the waist. The hands are held together with the palms touching, below the chin. Women may also curtsy by slightly bending the knees and putting one foot behind the other. We never turn our back on the altar.

First we make the Pentacle.

Secondly, we say the Silver Star.

Then we say the morning prayer at the beginning of the day before we set about our tasks, or the evening prayer at the very end before retiring.

After this we may add any other prayers of our own, or meditate for a while.

We close with the Silver Star and the making of the Pentacle, bowing and withdrawing.

If you wish you may take off your shoes when at the shrine.

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Blessing Food and Drink

"Eat not the bread of tyrants nor drink their drink, but offer them first to She that owns them."

These words from the Teachings command us to bless all our food and drink before we partake of them.

We make the Sacred Star, the Pentacle, over the item and say the following words:

"Lady of all nature, I thank you for the gifts of Your creation. Grant me Your Blessing, now and eternally."

This may be said out loud, in a whisper or internally, as the occasion requires, if one prefers to be discreet in public. Also we may bless each item individually before consuming, or offer larger quantities in the home, such as a loaf of bread. The bread is then held up in the upraised hands as the blessing is spoken.

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The Pentacle, or Sacred Star

The Pentacle is a powerful protective symbol. It is a variant of the five-pointed star of the Goddess.

To form the Pentacle, one should first touch the forehead, then, visualising a line of silver etheric light, bring the hand diagonally to touch the left hip, then draw another line to touch the right shoulder; then the left shoulder, the right hip and finally the forehead again.

One of the most important symbolismes of the Pentacle is that of the elements or seasons. The uppermost point represents the fifth element: Spirit, and the fifth season, Moura. The other elements are arranged sunwise (clockwise) around the remaining points in order of the seasons: Water (Spring), Fire (Summer), Earth (Autumn) and Air (Winter) as in the diagram.

The forming of the Pentacle symbolises the Cosmic Drama. We touch first Spirit, which represents the purity of the first creation; then Earth - the descent into matter; then Water (the Easter element) - the sacrifice of Our Lady in coming to us; then Air - the star of Her coming and the bringing of Her light; She brings us to the consuming Fire of Her Mother's love - to "the Rose that is a Flame and the Flame that is a Rose"; through the Divine Fire, we are purged of imperfection and return to our first purity, touching Spirit again.

As well as its devotional value, the Pentacle can form a barrier against harmful psychic influences.

