

33 SACRED SPELLS

MANTRAS TO CALL UPON THE GODS
AND GODDESSES OF ANCIENT GREECE



BY

SPIRITUAL AWAKENING HOME
EMMANUEL OLUWASEGUN TAIWO
JUAN ORELLANA MANUEL

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Preface

The Olympian pantheon has whispered through millennia, shaping poetry, philosophy, and the very spirit of Western imagination. Yet, beyond legend and literature, these deities embody living archetypes courage, wisdom, love, justice, renewal still accessible to anyone who approaches with reverence.

This collection gathers one hundred concise mantras, each crafted to resonate like a tuning-fork with a single god or goddess. Spoken aloud, softly chanted, or held in silent contemplation, they are designed to:

Name the deity clearly, creating a direct line of focus.

Invoke a core aspect (e.g., Athena's strategy, Apollo's clarity).

Affirm the seeker's intent, aligning inner purpose with divine virtue.

Use them as daily meditations, ritual openings, or moments of quick centering. Allow the rhythm of each mantra to slow your breath, steady your mind, and open a space where myth meets personal transformation.

Dedication

To the seekers who carry a spark of Olympus in their hearts,
and to the timeless divinities whose stories still guide our own
may these words be a bridge between mortal breath and immortal flame

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100 Greek Divine Mantras

Μάντρα 1 Ζεύς Βασιλεύς

Invocation of Zeus for awakening sovereign courage and clear-sighted authority, calling upon the king of Olympus to steady your resolve whenever you must lead or judge.

Greek mantra: *Zeû páter, keraúnie, plérōsón me tou̐ theíou sou sthénous kai phótison tèn hodón mou.*

Mantra Translation: “O Father Zeus, bearer of lightning, fill me with your divine strength and illumine my path.”

Ritual Procedure:

At first light, spread a white cloth facing the east and set upon it a fresh oak twig, a silver coin, and a small flame of olive oil.

Wash both hands in cool water, raise them skyward, and breathe three deliberate breaths.

Recite the mantra nine times, allowing the sound to roll like distant thunder.

Conclude by lifting the silver coin to the dawn, speaking your petition softly.

Extinguish the flame between moistened fingers; wrap the coin in the cloth and carry it for seven days as a seal of Zeus’s favor.

Μάντρα 2 Ήρα Τελεία

Invocation Of Hera for fortifying marriages, partnerships, and solemn vows, weaving Hera’s steadfast guardianship into every commitment of the heart.

Greek mantra: *Héra hagné, stephánōson toùs desmoús mou pístei kai harmoníai.*
Translation of the mantra: Pure Hera, crown my bonds with fidelity and harmony.

Ritual Procedure:

At sunset, entwine two plain gold rings with a length of scarlet wool and rest them beside a clear bowl of spring water.

Kneel so your breath skims the surface; intone the mantra seven times, letting each syllable ripple the water.

Untwist the wool, submerge both rings together, and place one upon your finger overnight.

At dawn return the wool to running water, sealing Hera’s blessing upon your pledge.

Μάντρα 3 Ποσειδῶν Ἐνοσίχθων

Invocation of Poseidon for emotional equilibrium, granting the sea-god's depth and composure when passions surge or confusion reigns.

Greek mantra: *Poseidṓn Enosíchthōn, báthynon tà rheúmatá mou kaì galéneuson tēn kardían.*

Translation of the mantra: Poseidon Earth-Shaker, deepen my currents and calm my heart.

Ritual Procedure:

Stand barefoot by natural water or, indoors, before a basin filled with seawater and a smooth seashell.

Stir the water clockwise thrice with the shell, then chant the mantra six times, matching the tempo to gentle waves.

Scoop a handful of the water and pour it back slowly, releasing turmoil as the liquid returns to stillness.

Place the shell under your pillow to dream with oceanic serenity.

Μάντρα 4 Δημήτηρ Γαιοφόρος

Invocation of Demeter steady growth in projects, finances, or study, aligning them with the patient rhythm of fertile earth.

Greek mantra: *Dēmētēr, ploûte, thrépson toùs spórous mou hína karpophorésō.*

Translation: Demeter, granter of wealth, nourish my seeds that I may bear fruit.

Ritual Procedure:

At midday, kneel in the garden or by a pot of fresh soil.

Mix barley grains into the earth with your fingers while murmuring the mantra five times.

Plant a single seed of any nourishing plant, water it, and press your palm to the soil, feeling Demeter's pulse rise through the ground.

Tend the sprout daily; as it thrives, so shall your endeavor.

Μάντρα 5 Ἑστία Φωσφόρος

Invocation of Hestia to bring warmth, safety, and centered calm to the household and inner life, establishing a gentle sanctuary amid chaos.

Greek mantra: *Hestía, hagnòn phôs, eirénēn anáphlexon en têi estía mou kai en têi psuchêi.*

Translation of the mantra: Hestia, pure flame, kindle peace in my hearth and in my soul.

Ritual Procedure:

Just after dusk, place a small clay lamp or beeswax candle at the center of your dwelling.

Light it in silence, sit before it, and recite the mantra thrice, watching the flame steady.

Close your eyes, inhale its warmth into your chest, and envision the light spreading through every room.

Let the lamp burn to completion, then bury the spent wick at your doorstep to guard all who enter.

Μάντρα 6 Ἀθηνᾶ Γλαυκῶπις

Invocation of Athena for sharp intellect, tactical insight, and the serene courage to act decisively.

Greek mantra: *Athēnā glaukôpi, phôtison moi noûn kai didaxon moi stratēgēma sophón.*

Translation: Bright-eyed Athena, enlighten my mind and teach me a wise strategy.

Ritual Procedure:

Before sunrise, lay an owl feather (or its image) upon an open blank page.

Speak the mantra eight times, each repetition slower than the last, then write a pressing question beneath the feather.

Close the book until noon; when reopened, jot every solution that surfaces, confident that Athena's wisdom has stirred the ink.

Μάντρα 7 Ἀπόλλων Φοῖβος

Invocation of Apollo for forth clarity, truthful vision, and artistic inspiration under the sun-god's golden gaze.

Greek mantra: *Apóllōn Phoîbos, lámpson ep' emoi kai kathárison tôn noûn mou hōs krýstallon.*

Translation of mantra: Radiant Apollo, shine upon me and cleanse my mind like crystal.

Ritual. At dawn, hold a clear quartz up to the rising sun so its rays pass through the stone.

Chant the mantra ten times, exhaling through the quartz as though breathing out fog.

Touch the stone to your brow, carry it all day in your pocket, and each time confusion threatens, clasp it and recall Apollo's light.

Μάντρα 8 Ἄρτεμις Ἀγνή Κυνηγός

Invocation of Artemis to grant` focused determination and untamed independence, guiding the seeker through wilderness within and without.

Greek mantra: *Ártemi kynēgēti, oxýnnon tò blémma mou kaì eleuthérōson tò pneûmá mou.*

Translation: Artemis huntress, sharpen my sight and free my spirit.

Ritual Procedure:

Under a waxing moon, fasten a silver arrow charm to a white cord.

Whisper the mantra nine times while tying the cord around your wrist, then embark on a silent night walk beneath moonlight.

With each step, sense Artemis pacing at your flank, her presence quickening your perception.

Μάντρα 9 Ἄρης Θρασύς

Invocation Of Ares for channeling raw bravery into controlled action, transforming mere aggression into purposeful strength.

Greek mantra: *Árēs, lógchēn phérōn, plérōsón me thársei taktikōi kaì phlogi kekurōménēi.*

Translation: Ares, spear-bearer, fill me with disciplined courage and tempered fire

Ritual Procedure:

At high noon, grip an iron nail or small spearhead in your dominant hand.

Face the sun and declare the mantra eleven times, matching its cadence to your heartbeat.

Drive the nail lightly into soil or wood, anchoring your intent.

Carry a second, smaller nail on your person; when fear arises, touch it and recall the midday rite.

Μάντρα 10 Ἀφροδίτη Ἀναδυομένη

Invocation Of Aphrodite to awakens self-love, magnetism, and harmonious relationships, bathing the soul in the goddess's luminous grace.

Greek mantra: *Aphrodítē, aphròs genetíra, ánoixón moi kardían eis kállos kaì philían.*
Translation: Aphrodite, foam-born mother, open my heart to beauty and to love.

Ritual Procedure:

On a Friday twilight, sprinkle rose petals into a bowl of warm water infused with a drop of honey.

Then Gaze into the petal-strewn surface while repeating the mantra eight times, feeling sweetness rise upon your lips.

Wash your face and hands with the scented water, then anoint your chest with a single petal, pressing it over your heart until its softness yields to your warmth.

Then preserve the dried petal in a locket or journal as a reminder of Aphrodite's gentle tied, make sure measuring, and cutting your thread with care and grace.

Tie the thread around your wrist or keep it near your bed to honor your life's path as sacred and guided.

Μάντρα 11 Ἀσκληπιός Ἰατρός

Invocation of Asclepius for divine healing, restoration of health, and alignment of mind and spirit.

Greek mantra: *Asklēpié, therápōn tōn sōmátōn, íasaí me en sōmati kaì psychēi.*
Translation: Asclepius, healer of bodies, heal me in body and in soul.

Ritual Procedure:

At sunrise, place a bowl of clean water beside a green leaf or simple herbal salve.

Wash your hands and face gently with the water as you whisper the mantra six times.

Then apply the salve or press the leaf over your heart with gratitude.

Rest quietly for a few minutes, allowing Asclepius's healing light to fill you.

Μάντρα 12 Ἑρμῆς Ἑρμηνεύς

Invocation of Hermes's skill for communication and mediation between worlds.

Greek mantra: *Hermēs, angeliafóros, anaptýxon mou tòn noûn kaì epikoinōnéson me metà tōn theōn.*

Translation of mantra: "Hermes, messenger, expand my mind and connect me with the gods."

Ritual Procedure:

At dusk, hold a small scroll or piece of paper inscribed with your questions or desires.

Then Light a white candle and repeat the mantra seven times, feeling your mind open to new ideas and divine messages.

Then Imagine Hermes's winged sandals carrying your thoughts across realms.

Keep the scroll near you, revisiting it for inspiration.

Μάντρα 13 Ἄδης Κύριος

Invocation of Hades for strength to face the unseen and wisdom in the mysteries of life and death.

Greek mantra: Hádēs, ho kýrios tōn eschátōn tópōn, dōs moi thárso kaì gnōsin tōn apókryphōn.

Translation of the mantra: Hades, lord of the underworld, grant me courage and knowledge of hidden things.

Ritual Procedure:

In a dimly lit room, place a black stone or obsidian and light a dark candle.

Speak the mantra slowly six times, focusing on steadying your breath and grounding your spirit.

Visualize a gate opening to reveal deeper truths, inviting you without fear.

Hold the stone in your hand to absorb its protective energy, returning to it when seeking insight into difficult matters.

Μάντρα 14 Ἑκάτη Τριάς

Invocation of Hecate's guidance at the crossroads of decision and transformation.

Greek mantra: Hekátē, basilissa tōn hodōn triōn, anápausón me en tēi skotía kaì phōtísón mou tà bémata.

Translation: Hecate, queen of the three ways, grant me rest in darkness and illuminate my steps.

At night, find a quiet place where three paths or symbolic directions meet.

Light three candles arranged in a triangle and softly chant the mantra nine times.

Imagine her torch casting light into your shadowed doubts, opening new paths forward.

Let your breath steady, trusting in her protective presence as you prepare to choose wisely.

Μάντρα 15 Νηρηΐδες Θάλασσα

Invocation Nereids to get the gentle voice and calming presence of the sea nymphs.

Greek mantra: *Nēreídes, kórai tēs thalássēs, glóssá moi en hýdati psychês glykéas.*

Translation of mantra: Nereids, daughters of the sea, speak to me in the sweet water of the soul.

Ritual Procedure:

Near water or with a bowl of purified water, gently sprinkle the liquid over your face and hands as you recite the mantra seven times.

Envision the soft waves of the ocean's edge washing away burdens, leaving a serene and fluid spirit.

Let your thoughts ebb and flow like the tide, open to inspiration and calm.

Μάντρα 16 Ἑρμῆς Ἑρμαφρόδιτος

Invocation Of Hermes for embracing the union of dualities within oneself.

Greek mantra: *Hermê, Hermaphroditê, syndésón mou tà enantía kai enopoiésón me.*

Translation: Hermes Hermaphroditus, unite my opposites and make me whole.

In a private space, light a candle that blends both black and white wax.

Slowly intone the mantra eight times while visualizing the harmonious merging of light and shadow, masculine and feminine, strength and vulnerability.

Feel the pulse of balance flowing through your body, cultivating completeness and self-acceptance.

Μάντρα 17 Κάλι

Invocation of Kali to change skin to the transformative powers respected in Greek mystery traditions.

Greek mantra: *Kalí, theá tēs metamórphōsēs, lýson tà desmá mou kai anástēson me ek tōn stáchthōn.*

Translation: Kali, goddess of transformation, loosen my bonds and raise me from the ashes.

In a space where you feel safe, burn a small bundle of dried herbs or incense.

Recite the mantra seven times with deep intent, imagining the shedding of old limitations like a phoenix rising.

Feel the renewal burning away fear and embracing rebirth.

Μάντρα 18 Νύμφη Δρυάς

Invocation of Dryad nymph for guardian in the forest of silence and nature gifts.”

Greek mantra: *Nýmphē Dryás, phýlaxón me en tōi dásei tōn siōpōn kai anápnēusón me en tēi phýsei.*

Translation: Dryad nymph, guard me in the forest of silence and breathe life into me through nature.

Sit quietly among leaves or branches, breathing deeply and slowly reciting the mantra eight times.

Feel the strength and patience of ancient trees flowing into your limbs and heart.

Allow the silence of the woods to calm your mind, renewing your connection with the earth.

Μάντρα 19 Ἄρτεμις Φεγγάριον

Invocation of Artemis’s during lunar light to guide through uncertainty.

Greek mantra: *Ártemis, phenggárimon theá, phōtísón tà skoteinà monopátia mou.*
Translation: Artemis, moon goddess, illuminate my dark paths.

On a new moon night or under moonlight, find a place where you feel surrounded by nature.

Light a silver or white candle and repeat the mantra seven times, letting your eyes adjust to the gentle glow.

Imagine a silver bow and arrow aimed at your doubts, clearing them with precision and calm.

Carry the feeling of moonlit clarity into your challenges.

Μάντρα 20 Διόνυσος Θύραυλος

Invocation of Dionysus for requesting for inner Joy

Greek mantra: *Diónysē, theé tēs charâs, anápson tēn phlógān tēs zōēs en emoi.*
Translation: Dionysus, god of joy, ignite the flame of life within me.

Ritual Procedure:

During an evening of celebration or quiet reflection, hold a bunch of grapes or a cup of wine.

Slowly chant the mantra nine times, feeling warmth spread from your chest outward.

Visualize a swirling, vibrant fire energizing your body and spirit, opening doors to creativity and exuberance.

Let laughter or music flow naturally as an offering to the god of festivity.

Μάντρα 21 Ἡρακλῆς Ἀνδρεία

Invocation of Hercules For Courages in moments of challenge.

Greek mantra: *Hēraklê, ándra tês aretês, dídou moi andreían en peirasmôis.*

Translation: Heracles, man of virtue, grant me courage in trials.

Ritual Procedure:

Stand firm and steady, breathing deeply as you repeat the mantra six times.

Envision the strength of the hero coursing through your veins, fortifying your resolve against obstacles.

Feel your muscles tighten not in tension but readiness, prepared for endurance and success.

Carry this strength with humility and purpose.

Μάντρα 22 Θέμις Δίκαιος

Invocation of Themis to strengthen your sense of fairness and discipline.

Greek mantra: *Thémis, theá tês dikaiosýnēs, dôs moi orthên krísin kai enkrátēian.*

Translation: Themis, goddess of justice, grant me sound judgment and self-control.

Sit quietly and breathe evenly while repeating the mantra eight times.

Visualize scales balancing perfectly in your mind's eye, weighing actions and intentions with clarity.

Let your heart align with integrity and your mind with temperance.

Approach decisions with calm deliberation and righteous purpose.

Μάντρα 23 Περσεφόνη Βασίλισσα

Invocation of Persephone's power of death and renewal to awaken new beginnings.

Greek mantra: *Persephónē, basilissa toû Háidou, ánoixón moi tà pýlē tēs anagénēsēs.*
Translation: Persephone, queen of Hades, open for me the gates of rebirth.

In a quiet, dim space, light a deep red or purple candle and slowly recite the mantra seven times.

Ritual Procedure:

Imagine standing at the threshold of a dark garden, feeling the earth's pulse beneath your feet.

Visualize the blossoming of spring after winter's rest, symbolizing your transformation and growth.

Carry this cycle of renewal in your heart as you move forward.

Μάντρα 24 Ήφαιστος Τεχνίτης

Invoke Hephaestus's creative fire to forge your destiny.

Greek mantra: *Héphaistos, theè tēs phōtiás kai téchnēs, pláson tôn drómon mou metá sophías kai dýnamis.*
Translation: Hephaestus, god of fire and craft, shape my path with wisdom and strength.

Light a small fire or candle near your work tools or materials.

As you repeat the mantra slowly nine times, envision sparks of inspiration igniting inside you, shaping your thoughts and actions like molten metal.

Feel your hands steady and your mind focused, ready to create and transform obstacles into opportunities.

Μάντρα 25 Ἀθηνᾶ Σοφία

Call upon Athena's clarity and insight

Greek mantra: *Athēnā, theá tēs sophías, phōtísón me en taís skotíais tēs dianoías mou.*
Translation: Athena, goddess of wisdom, illuminate me in the darkness of my mind.

Ritual Procedure:

Sit calmly and breathe deeply, focusing on the center of your forehead.

Repeat the mantra eight times, feeling a warm light spread from your mind's eye outward.

Imagine her owl's watchful gaze guiding your thoughts, clearing confusion, and fostering sharp perception.

Allow your intuition to awaken, guiding you to wise decisions.

Μάντρα 26 Ἄρης Πόλεμος

Summon Ares's fierce energy when facing conflict.

Greek mantra: *Áre, theè tou polémou, dós moi thársos kai akatáblēton pneûma.*

Translation: "Ares, god of war, grant me courage and an indomitable spirit."

Ritual Procedure:

Stand firmly with feet shoulder-width apart, breathing steadily.

Recite the mantra seven times with conviction, imagining a burning shield forming around you, deflecting fear and doubt.

Feel your heart beat strong and steady, ready to confront challenges with boldness and resilience.

Use this strength wisely, tempered by awareness.

Μάντρα 27 Ποσειδῶν Κύμα

Invoke Poseidon's mastery over the tides and storms.

Greek mantra: *Poseidōn, ánax tōn ōkeanōn, eléngxon tà kýmata tēs zōēs mou.*

Translation: "Poseidon, lord of the oceans, control the waves of my life."

Near water or with a bowl of saltwater, gently splash the water and chant the mantra eight times.

Envision waves rising and falling under your command, symbolizing your emotional and life currents.

Feel grounded yet fluid, able to navigate change and turmoil with power and grace.

Let your spirit be as vast and deep as the sea.

Μάντρα 28 Δημήτηρ Μητέρα

Invoke Demeter's nurturing presence to foster growth within.

Greek mantra: *Dēmētēr, gēs mētéra, thrépson tò pneûma mou metà euphorías kai galénēs.*

Translation: "Demeter, mother of the earth, nourish my spirit with abundance and peace."

Ritual Procedure:

Sit on the earth or hold a handful of soil, feeling its texture.

Repeat the mantra nine times while envisioning golden fields of grain swaying in the sun.

Feel your inner self nourished and calm, ready to bloom and prosper.

This connection strengthens patience and gratitude for life's cycles.

Μάντρα 29 Ἑστία Φλόγα

Call upon Hestia's protective warmth to create sanctuary within and without.

Greek mantra: *Hestía, phlógā hestiás, phýlaxón me en tōi oíkō kai tēi kardíā.*

Translation: "Hestia, flame of the hearth, guard me in home and heart."

Light a small flame or candle in a sacred space, repeating the mantra seven times.

Visualize a steady, comforting fire burning both in your home and within your chest, offering safety and peace.

Let this warmth inspire harmony in your relationships and self-care.

Μάντρα 30 Νίκη Θρίαμβος

Invoke Nike's victorious spirit before an important endeavor.

Greek mantra: *Níkē, theá toû thriámbou, dōs moi níkēn en pantì agōnī.*

Translation: "Nike, goddess of victory, grant me triumph in every struggle."

Stand tall, raising your arms as if crossing a finish line.

Repeat the mantra eight times with growing strength, visualizing a laurel wreath placed upon your head.

Feel the surge of confidence and success flowing through you, empowering your actions toward achievement and honor.

Μάντρα 31 Ἑρμῆς ἄγγελος

Call on Hermes's swiftness to carry your prayers and bring guidance.

Greek mantra: «Ἑρμῆ, ἄγγελε θεῶν, φέρε μοι ἀγγελίαν φωτός καὶ εὐτυχίας.»

Transliteration: *Hermē, ángelos theōn, phére moi angelián phōtós kai eutyxías.*

Translation: "Hermes, messenger of gods, bring me a message of light and fortune."

At dawn or dusk, hold a winged symbol or feather, repeating the mantra seven times. Imagine a golden messenger soaring between realms, delivering insights and opportunities. Trust in swift and favorable communication that clears obstacles and opens doors.

Μάντρα 32 Τρίτων Ἀγνός

Invoke Triton's purifying power by a body of water or with a bowl of water

Greek mantra: *Trítōn, huie toû Poseidōnos, kathárisón me en tōi hýdati tēs alétheias.*
Translation: "Triton, son of Poseidon, cleanse me in the waters of truth."

As you recite the mantra eight times, visualize the water washing away illusions and falsehoods.

Feel your spirit purified and clear, ready to perceive reality with honesty and strength.

This cleansing opens the way for authentic growth and clarity.

Μάντρα 33 Κέρβερος Φύλαξ

Call upon Cerberus's fierce guardianship when facing danger or fear.

Greek mantra: *Kérbere, phýlax toû Háidou, phýlaxón me en têi skiá sou apò pantòs kakoû.*
Translation: "Cerberus, guardian of Hades, protect me in your shadow from all harm."

In a quiet, dim space, imagine the three-headed hound standing vigilant by your side.

Slowly chant the mantra six times, feeling a shield of protective energy envelop you.

Know that no harm can penetrate this sacred defense, allowing you to move forward boldly and secure.

End of Book General Warning and Guidance

This book provides mantras and guidance intended for spiritual practice and personal empowerment. The invocation of gods and goddesses is a sacred act that demands respect, sincerity, and a clear heart. Users are advised to approach these rituals with mindfulness and ethical intention.

Spiritual practices, including those involving divine invocation, can affect one's emotional and psychological state. If at any point during the practice you feel uncomfortable, distressed, or uncertain, it is recommended to pause and seek guidance from a qualified spiritual advisor or counselor.

This book is not a substitute for professional medical, psychological, or religious advice. It is intended for those who seek a deeper connection to the energies and archetypes of the Greek pantheon, and should be used responsibly.

Always ensure your ritual space is safe and private. Use proper materials as recommended, and avoid any actions that might endanger yourself or others. Respect cultural and historical contexts and avoid appropriation without understanding.

May this work inspire insight, strength, and harmony in your spiritual journey.