

# The Greek Wheel of the Year

Starting in January and ending in December, the Greek Wheel of the Year provides a guided framework for aligning our manifestation efforts, life purpose, and spiritual journeys to the cyclic nature of the Earth.



# Gods & Goddesses Cheat Sheet

## HERA

*I am the womb of creation.*

**Virtues:** Fearless speech, Pride or Magnanimity  
**Colors:** Emerald green, light blue  
**Symbols:** Crown, scepter  
**Sacred animals:** Peacock, cuckoo, cow, hawk, goose, vulture  
**Sacred plants/fruits:** Pomegranate, lily, poppy, dittany  
**Offerings:** Lilies, peacock feathers, pomegranate, various fragrances of incense

## POSEIDON

*I embrace change and transformation.*

**Virtues:** Piety, Goodness,  
**Colors:** Cyan  
**Symbols:** Trident  
**Sacred animals:** Horse, bull, dolphin  
**Sacred plants/fruits:** Pine  
**Offerings:** Sea anemone, myrrh incense, horse-shaped tokens.

## ATHENA

*I turn knowledge into action.*

**Virtues:** Fortitude, Quickness of Mind  
**Colors:** Golden red, blue, gray, pale yellow  
**Symbols:** Aegis, shield, spear, Gorgon head  
**Sacred animals:** Owl  
**Sacred plants/fruits:** Olive tree  
**Offerings:** Olive oil, olive branch, myrrh incense

## APHRODITE

*I embrace all expressions of love.*

**Virtues:** Friendship, Generosity  
**Colors:** Azure of the sky, green  
**Symbols:** Shell, mirror, knuckles (dice), sphere, her sacred belt (which could stop even Zeus's thunderbolts)  
**Sacred animals:** White dove, goose, sparrow, turtle, rabbit, white goat, swan  
**Sacred plants/fruits:** Rose, myrtle, pomegranate, apple, anemone (poppy)  
**Offerings:** Roses, myrtle, anemone (poppy), quince, apple, incense of perfumes and fragrances

## APOLLO

*I am light.*

**Virtues:** Harmony, Sincerity  
**Colors:** Gold  
**Symbols:** Lyre, bow and arrow, tripod  
**Sacred animals:** Wolf, eagle, swan, raven, crow, dolphin, ram, mouse, cicada  
**Sacred plants/fruits:** Laurel, sunflower, hyacinth, juniper, bayberry  
**Offerings:** Laurel, sunflowers, red roses, frankincense incense

## HERMES

*I am guided at all times.*

**Virtues:** Fair Dealing, Sociability  
**Colors:** Silver, saffron, gold  
**Symbols:** Winged sandals, phallus, Caduceus, shepherd's flute  
**Sacred animals:** Dog, seagull, cock, cow, ram, hawk, turtle, hare  
**Sacred plants/fruits:** Wild strawberry, saffron frankincense and styrax incense, mint for Hermes Cthonios  
**Offerings:** Tongue-shaped tokens, rosemary, almond tree, pine tree, frankincense incense

## ZEUS

*I am safe and protected.*

**Virtues:** Justice, Orderliness  
**Colors:** Deep red, deep purple  
**Symbols:** Thunderbolt, scepter, isosceles cross  
**Sacred animals:** Osprey, eagle, bull, lion, ram, sheep  
**Sacred plants/fruits:** Oak  
**Offerings:** Tokens of eagles, carnations, olive branch, styrax incense

## DEMETER

*I am attuned to the cyclic nature of life.*

**Virtues:** Endurance, Prudence  
**Colors:** Scarlet of the poppy, green, and earth tones  
**Symbols:** Sickle, torch, plough  
**Sacred animals:** Dove, bee, pig, sheep  
**Sacred plants/fruits:** Wheat, narcissus  
**Offerings:** Poppy, tokens of pigs, styrax incense, mint

## HEPHAESTUS

*I turn thoughts to things.*

**Virtues:** Industriousness, Resourcefulness  
**Colors:** Red  
**Symbols:** Fire, hammer, anvil, axe, copper, bronze  
**Sacred animals:** Dog, donkey, crane  
**Sacred plants/fruits:** Pine tree  
**Offerings:** Daisies, frankincense incense

## ARES

*I stand up for myself and others.*

**Virtues:** Bravery, Courage  
**Colors:** Red  
**Symbols:** Steel weapons, lighted torches, shield, spear, helmet  
**Sacred animals:** Cock, dog, vulture  
**Sacred plants/fruits:** Poppy  
**Offerings:** Weapons, swan images, frankincense incense

## ARTEMIS

*I embrace my pure, raw, and wild nature.*

**Virtues:** Temperance, Self-Control  
**Colors:** Silver, brown, green, amethyst, white, crocus  
**Symbols:** Torch, bow, arrow  
**Sacred animals:** Wolf, deer, bear, cat, boar, goat, wild dog  
**Sacred plants/fruits:** Wormwood, amaranth, palm, cypress tree, peanut  
**Offerings:** Cedar, jasmine, myrtle, white flowers, frankincense incense, tokens of deer

## HESTIA

*I am home.*

**Virtues:** Stability, Decency  
**Colors:** White  
**Symbols:** Hearth, veil, altar, ring of fire  
**Sacred animals:** Pig  
**Offerings:** Various fragrances of incense



# *Bonus Content*

# Hera's Virtue of Dedication

**T**he virtue of dedication or faith is about staying committed to your truth, purpose, and authenticity, no matter what. It's about respecting yourself by following your purpose, being credible and trustworthy towards others, and honouring the gods by keeping your sacred vows to serve the highest good.

Essentially, dedication is about knowing your values and ideals and staying true to them despite their unpopularity or other people's opinions. When we take the time to align with our authentic self through daily spiritual practice, we consciously shape our values, ideals, and personality, according to our authentic nature. Yet, maintaining these values and ideals can be tricky, as when we come out of alignment we can be easily swayed by other people. Dedication is the willpower to maintain our alignment and stick to our values no matter what others do.

For example, I no longer enjoy drinking or partying heavily. Alcohol lowers my vibration, loud music stresses me out, and I get overwhelmed when I'm surrounded by many people. In the past, I would easily fall victim to peer pressure and follow my friends on a night out partying, which left me feeling guilty and lethargic the following day. Having nurtured the virtue of dedication by connection with Hera, I'm now able to withstand the peer pressure and assertively decline such requests. As a result, I'm honouring my values and staying dedicated to my path.

When we dedicate ourselves to our personal values, we eventually feel drawn to take our collective values of the groups we belong to, into consideration, too. For example, we're more inclined to think about our family, national, and global values; to think beyond just ourselves and start caring about how we can leverage our dedication to personal change to creating collective change. This shift from personal to collective dedication can express in politics, spirituality, personal development, social work, or any other medium for creating collective change.

# 4 Types of Zeus

Zeus had the most epithets of the Greek Gods, relating to his many qualities. The following epithets are the ones I personally use more often, and the ones which I feel are most useful for working with Zeus in a practical way to follow your purpose and spiritual journey of ascension.

1. **Ypatos (Supreme):** Zeus Ypatos represents the status and power of the god as the supreme deity that maintains order in the cosmos. When you connect with Zeus Ypatos, you tune yourself to the frequency of divine order and instantly feel safe, protected, and trusting that things are always working out. I often call upon Zeus Ypatos when I find myself doubting myself or my path, or when I feel anxious or fearful about the future, as a way of reminding myself that there's a collective divine plan already in order ensuring that it'll all unfold as it should. Zeus Ypatos' energy dissolves all fear and tunes me into my inner, innate faith, in myself, and in the Universe.
2. **Sthenios (Strengthening):** Zeus Sthenios channels the strength we need to overcome life's hurdles and obstacles. Whenever we feel weak or unable to complete a task or follow our purpose, it's because we disconnected ourselves from life force energy. We're not meant to solely depend on our own mental, emotional, and physical health, but rather channel the infinite well of strength and power that's constantly available to us in the Universe. When we open ourselves up to divine intelligence, we channel this Universal creative force and we can use it to accomplish anything we desire. Zeus Sthenios holds the frequency of this creative force, and connecting with him opens us up to receiving it plentifully.
3. **Keraunios (Thunderous):** Zeus Keraunios holds the frequency of the creative, pollinating energy of the divine light that creates the cosmos. As I mentioned earlier, the thunderbolt symbolises the primal life force that flows within everything and everyone. Zeus Keraunios is that life force energy, and when we connect with him we can receive an inexhaustible amount of creative energy that we can use to progress on our life and purpose. I personally call upon Zeus Keraunios daily by visualizing an energetic thunderbolt descending from the sky and flowing through my chakra, all the way from the top of my crown to the base

chakra and into the earth. This practice clears my body and energy of low-level vibrations, and tunes me to the frequency of creation which powers up my creativity.

4. **Ktesios (Of the House):** Zeus Ktesios is part of Zeus that looks after our physical house and possessions. Since Zeus is the god that creates and maintains orders in the cosmos, he does so, too, with the household. Calling upon Zeus Ktesios will not only help you keep your home and possessions safe, but it'll help you feel safe in your home, in your body, and in the world. In the ancient times, people had altars to Zeus Ktesios in the storage spaces of their houses where they stored their most priceless possessions – at the time, mostly food and clothing. Setting up an altar to Zeus Ktesios in your house is a great way to invite the god in your house, and nurture a feeling of safety and stability in your living space (more on how to set up altars in Chapter X)

# Ares' 4 Styles of Communication

A practical way of conceptualizing Ares' dimensions and utilizing conflict mindfully, is by understanding the four main styles of communication. I've found that these communication styles help us both tame and channel Ares' energy in the most effective way based on various scenarios, both on a personal and a collective level.

1. **Passive Communication:** This communication style is absent of Ares' energy, and it involves not expressing personal thoughts, feelings, or needs, and instead allowing others to do so for you. Passive communicators allow others to make decisions for them for fear of tension or conflict, which often leads to repressed anger and resentment. When used mindfully, this communication style can be useful to pacify a situation when you're fearful that you're about to be harmed.
2. **Aggressive Communication:** This communication style expresses Ares' energy in full force. It can manifest in expressing thoughts, feelings, and needs at the expense of others, acting defensively or hostile during confrontations, and even engaging in physical violence to getting your needs met. When used mindfully, aggressive communication can help you defend yourself or others from harm, and prevent a problem from getting worse.
3. **Passive-Aggressive Communication:** This communication style utilizes Ares' energy in subtle and subversive ways. Passive-aggressive communicators seem passive on the surface but they subtly act out in aggressive ways, often through sarcasm, spreading rumours, giving the silent treatment, and sabotaging people's efforts. Like aggressive communication, this style also disregards other people's thoughts, feelings, and needs, but in less obvious ways. Unlike passive or aggressive communication, this communication style isn't very helpful, and it'll likely damage or undermine your relationships.
4. **Assertive Communication:** This is the healthiest of all communication styles, which channels Ares' energy in a balanced way. Assertive communicators share their thoughts, feelings, and needs in a direct and honest way, while also respecting other people's thoughts, emotions, and needs. Being assertive involves stating things calmly and directly, avoiding making generic accusations, and

instead sharing about your feelings and needs in specific terms. Although most communication styles are needed on certain occasions, assertive communication is the most effective use of Ares' energy, to create healthy, long-term relationships.