

HEKATE'S CROSSROADS: THE SACRED CONVERGENCE

By Cyndi Brannen

Not to be shared outside of Covina.

*Hekate Enodia, Guide of the Way,
I stand at the threshold of understanding.
Hekate Trioditis, Goddess of the Three Ways,
Where land meets sea meets sky.
Where past meets present meets future.
Where my three selves converge in wholeness.
Hekate Phosphoros, Light Bringer,
Illuminate the paths I have traveled.
Show me where your torches have guided my steps.
Grant me the courage to look honestly at my crossroads.
The wisdom to understand their lessons.
The clarity to see where I stand now.
Hekate Kleidoukhos, Keeper of Keys,
Unlock the doors of memory and insight,
Show me the keys I carry within.
Standing at the crossroads of gnosis,
Honoring the journey that has brought me here,
Walking forward with your guidance.
Hail Hekate of the Crossroads.
Hail the Sacred Convergence.
Hail the Journey of Transformation.*

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The strophalos symbolizes the crossroads. You can discover all about this powerful symbol in a separate guidebook.

The crossroads is the most sacred site for Hekate's devotees. It is where worlds converge, where the veil thins, and where transformation becomes possible. For over two thousand years, witches and seekers have met Hekate at the crossroads, leaving offerings and receiving her guidance through the liminal spaces where ordinary reality meets the realm of spirits.

This guidebook will help you understand the profound symbolism of Hekate's crossroads, create crossroads energy in your practice, and map your own personal journey through life's thresholds. Whether you're new to working with Hekate or deepening an established practice, the crossroads offers a powerful framework for understanding your spiritual path and the goddess who walks beside you.

NOTE: There will be a separate guidebook for Honoring Hekate on The Dark Moon which will include an in-depth discussion of Hekate's Suppers.

The History of Hekate's Crossroads

In ancient Greece and Rome, Hekate was known as *Enodia* (Guide of the Way) and *Trioditis* (Of the Three Ways), epithets that directly connect her to crossroads and pathways. The Greeks believed that crossroads—especially three-way intersections—were places where the restless dead gathered and where the boundary between the living world and the spirit realm grew thin. Hekate, as guardian of thresholds and guide of souls, naturally ruled these liminal spaces.

Ancient devotees would leave offerings called *Deipna* (suppers) at crossroads on the Dark Moon, placing food at three-way intersections to honor Hekate and appease wandering spirits. These offerings typically included bread, eggs, fish, honey cakes, and garlic. The practice acknowledged Hekate's role as protector of travelers, guide of the dead, and keeper of boundaries between worlds.

Statues of Hekate, often depicting her three-formed nature, were erected at crossroads throughout the ancient world. These *Hekataia* served as both devotional sites and protective markers. Travelers would pause to make offerings and prayers before continuing their journeys, seeking Hekate's protection and guidance.

The symbolism of the three-way crossroads connects to Hekate's triform nature in multiple ways. The three paths can represent:

- The three worlds: Upper World (sky/spirit), Middle World (land/everyday life), and Lower World (sea/underworld)
- The three phases of existence: past, present, and future

- The three aspects of self: lower self (intuition/body), middle self (action/ego), and higher self (wisdom/spirit)
- The three stages of life: maiden, mother, and crone
- The three elements meeting: land, sea, and sky
- The three visible phases of the moon: waxing, full, waning

In ancient magical texts like the *Greek Magical Papyri*, crossroads feature prominently in spells and rituals. Practitioners would bury magical items at crossroads, perform invocations there, and use crossroads dirt in their workings. The crossroads was understood as a place of power where magic could be amplified and where communication with spirits—including Hekate herself—was most accessible.

This ancient understanding continues in modern practice. Today's Hekatean witches still recognize crossroads as sacred sites where Hekate's presence is most readily felt and where transformative magic can occur.

Understanding Crossroads Energy

Crossroads energy is fundamentally *liminal*—it exists in the in-between spaces where one thing transitions into another. This liminal quality makes crossroads powerful sites for transformation, decision-making, and spiritual work.

Characteristics of Crossroads Energy

- **Convergence:** Multiple paths, energies, or possibilities come together at a single point
- **Choice:** Standing at a crossroads requires decision—which path to take, which direction to follow
- **Threshold:** The crossroads marks a boundary between what was and what will be
- **Potential:** All possibilities exist simultaneously at the crossroads before choice collapses them into action
- **Visibility:** From the center of the crossroads, you can see in all directions—past, present, and future paths
- **Vulnerability:** Standing at the crossroads means being exposed, visible, and open to change

- **Power:** The convergence of energies creates a vortex of magical potential

Types of Crossroads

Crossroads exist in both physical and metaphorical forms:

Physical Crossroads:

- Three-way intersections of roads or paths
- Places where land, sea, and sky meet (beaches, clifftops, lakeshores)
- Doorways and thresholds of homes
- Ends of driveways where private property meets public road
- Graveyards and cemeteries
- Bridges spanning water or valleys
- Forest clearings where multiple paths converge

Temporal Crossroads:

- Dawn and dusk (between day and night)
- Dark Moon (between lunar cycles)
- Solstices and equinoxes (between seasons)
- Midnight (between days)
- Samhain/Halloween (between the year's halves)

Personal Crossroads:

- Major life transitions (graduation, marriage, divorce, career changes)
- Moments of crisis or breakthrough
- Times of decision when multiple paths are possible
- Initiations and rites of passage
- Endings that precede new beginnings

Creating Crossroads Energy

You don't need to travel to a physical crossroads to work with this powerful energy. You can create crossroads energy in your sacred space through intentional practice.

Crossroads Altars

A crossroads altar brings the convergence of the three worlds into your sacred space. Here's how to create one:

1. Choose a location for your altar—ideally at an actual threshold in your home (doorway, hallway intersection) or in your dedicated ritual space
2. Create a three-way structure using sticks, branches, or drawn lines that form a Y-shape or three-pointed star
3. Add representations of the three worlds:
 - **Land (Middle World):** stones, soil, salt, herbs, crystals
 - **Sea (Lower World):** water, shells, driftwood, dark stones
 - **Sky (Upper World):** feathers, incense, bells, clear quartz
4. Include symbols of Hekate: keys, torches (candles), images or statues, red or black cloth
5. Place offerings at the center where the three paths meet: honey, wine, bread, eggs, garlic
6. Add personal items that represent your current crossroads: photos, written intentions, divination tools

Crossroads Meditation

This meditation helps you access crossroads energy and meet Hekate there:

1. Sit comfortably before your altar or in your sacred space
2. Light a candle and focus on the flame, allowing your breathing to deepen
3. Visualize yourself standing at a three-way crossroads at twilight
4. Notice the three paths stretching before you—one to your left, one to your right, one straight ahead
5. Feel the convergence of energies at this liminal place

6. Call to Hekate: *"Hekate Enodia, Guide of the Way, meet me at the crossroads. Illuminate my path with your torches. Show me what I need to see."*
7. Wait in receptive silence, noticing any sensations, images, or messages that arise
8. When you feel complete, thank Hekate and slowly return to ordinary consciousness
9. Journal about your experience immediately

Crossroads Ritual Work

The crossroads is ideal for rituals involving:

- **Decision-making:** When facing important choices, perform divination at the crossroads or ask Hekate for guidance
- **Banishing:** Release what no longer serves you by burying it at a crossroads or burning it there
- **Transformation:** Mark major life transitions with crossroads rituals that honor endings and beginnings
- **Protection:** Create protective talismans using crossroads dirt or perform protection spells at crossroads
- **Spirit work:** Communicate with ancestors, guides, or Hekate herself at the liminal crossroads

Working with Crossroads Dirt

Dirt gathered from a three-way crossroads carries powerful magical properties:

1. Visit a three-way crossroads at dawn, dusk, or during the Dark Moon
2. Bring an offering for Hekate (coins, honey, bread)
3. Stand at the center and speak your intention: *"Hekate Trioditis, I come to your sacred crossroads seeking [your purpose]. I offer this gift in exchange for the dirt I take."*
4. Leave your offering at the center
5. Gather a small amount of dirt from the center point where the three paths meet
6. Thank Hekate and leave without looking back
7. Use the dirt in spells, add it to your altar, or sprinkle it around your property for protection

Affirmations for Crossroads Work

These affirmations help you align with crossroads energy and Hekate's guidance:

Aligning with Hekate at the Crossroads

Great Hekate, Crossroads Queen,

Standing in the juncture

Of all I am

And all your ways,

I am in the thick.

I am listening.

I am paying attention.

I am able to receive.

Standing at the Crossroads

I stand at the crossroads where all paths converge.

I am not lost—I am choosing.

Hekate's torches illuminate my way.

I trust the wisdom that arises from this liminal space.

I am ready to cross the threshold into what comes next.

Embracing Transformation

Without darkness, there is no light.

Without death, there is no life.

Without the ending, there is no beginning.

Without the cut, there is no growth.

Without the gate, there is no key.

Without the three, there is no one.

Without the crossroads, there is no way.

Creating Your Personal Crossroads of Gnosis Map

Your Crossroads of Gnosis Map is a visual and written record of your life's major thresholds, transitions, and transformative moments. This practice helps you recognize patterns in how you navigate change, identify where Hekate has been guiding you (even before you knew her name), and understand your current position at life's crossroads.

What You'll Need

- Large paper or poster board (at least 11x17 inches)
- Colored pens, markers, or pencils
- Ruler or straight edge
- Journal for written reflections
- Optional: images, photos, stickers, or collage materials
- Optional: symbols of Hekate (keys, torches, etc.) to place on your altar while working

Step 1: Prepare Your Sacred Space

1. Set up your Hekate altar or create a temporary sacred space
2. Light a candle to represent Hekate's torches
3. Burn incense (frankincense, myrrh, or lavender work well)
4. Have your journal and mapping materials ready
5. Take several deep breaths, centering yourself at your own inner crossroads
6. Speak an invocation: *"Hekate Enodia, Guide of the Way, be with me as I map my journey. Help me see where you have walked beside me, where I have stood at crossroads, and where I am being called to go. Illuminate my path with your wisdom."*

Step 2: Identify Your Major Crossroads

In your journal, brainstorm the significant crossroads moments in your life. These are times when:

- You faced a major decision with multiple possible paths
- Your life changed direction significantly
- You experienced a profound ending or beginning
- You felt called to transform or evolve
- You encountered crisis, breakthrough, or revelation
- You crossed a threshold into a new phase of life

Categories to Consider:

- **Education:** Starting school, changing schools, graduation, choosing a major, deciding to pursue or leave higher education
- **Career:** First job, career changes, promotions, layoffs, retirement, starting a business
- **Relationships:** Meeting significant people, marriage, divorce, births, deaths, friendships that changed you
- **Spiritual:** Religious upbringing, leaving or joining faith traditions, mystical experiences, meeting Hekate, initiations
- **Health:** Illnesses, injuries, recoveries, mental health crises, healing breakthroughs
- **Identity:** Coming out, changing names, recognizing aspects of yourself, claiming your power
- **Location:** Moving to new places, leaving home, immigration, finding home
- **Creative:** Discovering your art, publishing work, performing, creating something significant

List at least 7-10 major crossroads moments. Don't worry about order yet—just capture them all.

Step 3: Create Your Map Structure

On your large paper, you'll create a visual representation of your crossroads journey. There are several approaches:

Option A: Linear Timeline with Branching Paths

1. Draw a horizontal line across the center of your paper representing your life's timeline
2. Mark your birth on the left and present day on the right
3. At each major crossroads, draw a Y-shaped intersection showing the paths that were available
4. Use one color for the path you took and another for paths not taken
5. Add dates and brief labels for each crossroads

Option B: Spiral Journey

1. Draw a spiral starting from the center (your birth) and moving outward to the present
2. Mark crossroads moments along the spiral
3. Use the spiral's natural curves to show how you've circled back to similar themes or lessons
4. This approach emphasizes cyclical growth rather than linear progress

Option C: Web of Crossroads

1. Place "Present Moment" at the center of your paper
2. Draw lines radiating outward to major crossroads in your past
3. Connect related crossroads to each other, creating a web
4. This approach emphasizes how past crossroads connect and influence each other

Option D: Three Worlds Map

1. Divide your paper into three sections: Upper World (top), Middle World (middle), Lower World (bottom)
2. Place crossroads in the section that best represents their energy:
 - Upper World: spiritual awakenings, intellectual breakthroughs, transcendent experiences

- Middle World: everyday life changes, career, relationships, physical moves
 - Lower World: shadow work, grief, illness, deep transformation, ancestral connections
3. Draw paths connecting crossroads across the three worlds
 4. This approach emphasizes the multidimensional nature of your journey

Choose the structure that resonates most with you, or create your own unique design.

Step 4: Map Your Crossroads

For each major crossroads you identified:

1. Mark its location on your map
2. Add the approximate date or age
3. Write a brief label (3-5 words) describing the crossroads
4. Draw the paths that were available to you at that moment
5. Use color, symbols, or images to represent the energy of that crossroads:
 - Red for passion, anger, or intensity
 - Blue for sadness, healing, or water energy
 - Green for growth, nature, or new beginnings
 - Purple for spiritual experiences or mystery
 - Black for shadow work, endings, or the unknown
 - Gold or yellow for illumination, joy, or breakthrough
6. Add symbols that represent what was at stake or what you gained:
 - Keys for unlocking new understanding
 - Torches for guidance received
 - Doors for thresholds crossed
 - Spirals for transformation
 - Hearts for love or relationships
 - Stars for spiritual experiences

Step 5: Identify Hekate's Presence

Now review your map and identify where Hekate was present, even if you didn't recognize her at the time. Look for:

- Moments when you felt guided by an unseen force
- Times when synchronicities or signs appeared
- Crossroads where you felt the presence of something sacred or numinous
- Transitions where you experienced her symbols (keys, torches, dogs, crossroads)
- Dark nights of the soul where you felt accompanied rather than alone
- Moments of illumination or sudden clarity
- Times when you stood at a threshold and felt called forward

Mark these moments with a special symbol—perhaps a torch, a key, or simply the letter H. Use a distinctive color (red or black are traditional for Hekate) to highlight her presence.

In your journal, write about how you experienced Hekate at these crossroads, even if you didn't know her name then. What did her guidance feel like? How did she show herself?

Step 6: Recognize Patterns and Themes

Step back and look at your map as a whole. What patterns emerge?

- Do you tend to choose certain types of paths repeatedly?
- Are there themes that recur across different crossroads?
- Do you see cycles of growth, crisis, and integration?
- Which crossroads led to the most significant transformation?
- Which crossroads led to stagnation or regret?
- How has your relationship with crossroads changed over time?
- Where has Hekate been most present in your journey?

In your journal, write about the patterns you notice. Consider:

- What do these patterns reveal about how you navigate change?
- What strengths do you bring to crossroads moments?

- What fears or resistances arise at thresholds?
- How has Hekate been preparing you for your current crossroads?

Step 7: Mark Your Current Crossroads

On your map, mark where you are right now with a special symbol—perhaps a star or a different colored crossroads. This is your present moment, the crossroads where you currently stand.

Around this current crossroads, draw the paths you can see stretching before you. Some may be clear, others may be obscured or uncertain. That's okay—the future is always somewhat mysterious from the vantage point of the present.

In your journal, reflect on your current crossroads:

- What decision or transition am I facing right now?
- What paths are available to me?
- What am I being called to release or transform?
- What am I being called to embrace or become?
- How is Hekate guiding me at this crossroads?
- What do I need to see, know, or understand to move forward?
- What gifts from past crossroads can I bring to this moment?

Step 8: Add Future Intentions

While you cannot predict the future, you can set intentions for how you want to navigate upcoming crossroads. On your map, you might:

- Draw dotted lines representing potential future paths
- Add symbols for qualities you want to cultivate (courage, wisdom, trust)
- Write affirmations or prayers for guidance
- Place images representing your hopes or visions

Remember: the map is not fixed. You can add to it as you continue your journey, marking new crossroads as they arise and updating your understanding of past ones.

Step 9: Consecrate Your Map

When your map feels complete (for now), consecrate it as a sacred object:

1. Place it on your altar
2. Light a candle and burn incense
3. Hold your hands over the map and speak:

"Hekate Enodia, Guide of the Way, I offer you this map of my journey. Bless it with your presence. Let it remind me that you have walked beside me through every crossroads, that you illuminate my path even in darkness, and that I am never alone at the thresholds of my life. May this map help me navigate future crossroads with wisdom, courage, and trust. Hail Hekate!"

4. Pass the map through sacred smoke
5. Sprinkle it with water or wine as an offering
6. Place it somewhere you can see it regularly, or store it in a special place and bring it out during times of transition

Step 10: Working with Your Map

Your Crossroads of Gnosis Map is a living document. Here's how to continue working with it:

- **Regular Review:** Look at your map during Dark Moons, at the turning of seasons, or when facing new crossroads
- **Update It:** Add new crossroads as they arise; update your understanding of past ones as you gain new perspective
- **Meditate with It:** Use your map as a focal point for meditation, asking Hekate to reveal deeper insights about your journey
- **Share It:** If you're part of a Hekate study group or coven, consider sharing your map (or parts of it) with trusted companions
- **Create Rituals:** Design rituals based on your map—honoring past crossroads, releasing regrets, celebrating transformations
- **Journal Dialogues:** Write conversations between your present self and your self at past crossroads, or between yourself and Hekate about your journey

Triformis Candle Ritual: Crossroads of Transformation

This ritual builds upon the foundational Triformis Ritual by using three candles arranged in a triangle to honor Hekate's triform nature and the sacred crossroads. Through intentional movement and invocation, you will release the past, stand present at the crossroads, and invoke Hekate's guidance.

Supplies

- Three candles (elevate: red, black, or white—traditional colors for Hekate – you can tie cord or paint plain candles). You can also just use one candle or your hands.
- Matches or lighter
- Small offering bowl at the center (anything you wish for an offering)
- Optional: crossroads dirt, keys, or other Hekate symbols

Setup

Arrange three candles in a triangle formation on your altar or ritual space. The triangle represents the three-way crossroads where all paths converge. Place your offering bowl at the center point where the three candles meet.

The Ritual

Stand before your altar and take three deep breaths, centering yourself at your own inner crossroads. When ready, speak:

Hekate Trioditis, Goddess of the Three Ways,

I stand at the crossroads where all paths converge.

Guide me through this sacred work.

Hail Hekate!

Part One: Releasing the Past (Left Candle - Counterclockwise)

Light the left candle. Hold your left hand over the flame (safely above it) and begin moving your hand counterclockwise in a circle above the candle. As you move, speak:

Hekate Enodia, Guide of the Way,

I release what no longer serves.

The paths I did not take,

The burdens I need not carry,

The old ways that bind me—

I release them to your keeping.

Counterclockwise, I unwind the past.

Hail Hekate, Keeper of Endings!

Continue the counterclockwise motion for a few moments, visualizing what you are releasing flowing away from you into Hekate's care.

Part Two: Standing at the Crossroads (Center - Stillness)

Move to the center of your triangle, standing before the offering bowl. Place both hands over your heart and stand in stillness. Speak:

Hekate Trioditis, I stand at the crossroads,

Where land meets sea meets sky,

Where past meets present meets future.

In this sacred now, I am whole.

In this liminal space, I am present.

In your domain, I am home.

Hail Hekate, Queen of the Crossroads!

Remain in stillness for several breaths, feeling Hekate's presence at the convergence point. Place your offering in the bowl.

Part Three: Invoking Guidance (Right Candle - Clockwise)

Light the right candle. Hold your right hand over the flame (safely above it) and begin moving your hand clockwise in a circle above the candle. As you move, speak:

Hekate Phosphoros, Light-Bringer,

I invoke your protection and guidance.

Illuminate my path with your torches.

Unlock the mysteries with your keys.

Guard my journey with your presence.

Clockwise, I call your blessings forward.

Hail Hekate, Keeper of Keys!

Continue the clockwise motion for a few moments, visualizing Hekate's protective light surrounding you and guiding you forward.

Part Four: Sealing the Work (Center Candle)

Light the center candle from both the left and right candles, bringing their energies together. Hold both hands over the center flame and speak:

Three flames, three paths, three worlds converge.

The past released, the present honored, the future blessed.

Hekate Trioditis, I abide at your crossroads,

Transformed by your mysteries,

Protected by your power,

Guided by your wisdom.

As it is spoken, so it becomes.

Hail Hekate!

Closing

Sit in meditation before the three flames for as long as feels right. When ready, extinguish the candles in reverse order: center, right, left. Thank Hekate for her presence and leave your offering on the altar overnight.

Notes

- This ritual can be performed at any crossroads moment in your life—before making decisions, during transitions, or when seeking Hekate's guidance
- The counterclockwise (left-handed) motion is traditional for banishing and releasing
- The clockwise (right-handed) motion is traditional for invoking and drawing in
- Stillness at the center honors the liminal space where transformation occurs
- You may adapt the words to reflect your personal relationship with Hekate

Key Questions: Hekate's Crossroads

These questions, introduced during Lesson 4, help you deepen your understanding of crossroads work and your relationship with Hekate as Guide of the Way. Use them for journaling, meditation, or discussion with fellow practitioners.

Question 1: Understanding Hekate's Crossroads

Hekate's crossroads represent the convergence of the three worlds (land, sea, sky) and serve as liminal spaces where transformation occurs. Reflect on your understanding of Hekate's crossroads:

- What does the crossroads symbolize in your personal spiritual practice?
- How do you experience Hekate as the Keeper of the Crossroads in your life?
- In what ways do the three worlds (Upper, Middle, Lower) meet at the crossroads of your current life situation?
- How does standing at a crossroads differ from simply being on a path?

Question 2: Mapping Your Life's Crossroads

Create a personal crossroads map that identifies significant thresholds and transitions in your life journey. As you develop this map, consider:

- What were the major crossroads moments in your life where you had to make significant choices or experienced profound transitions?
- Which crossroads led to transformation, and which led to stagnation? What made the difference?

- How did Hekate's presence (whether recognized at the time or in retrospect) manifest at these crossroads?
- Looking at your map as a whole, what patterns or themes emerge about how you navigate life's transitions?

Question 3: The Crossroads Altar

You've been introduced to creating crossroads altars that represent land, sea, and sky. Reflect on your altar design and its deeper meaning:

- What specific items or symbols did you choose (or plan to choose) to represent each of the three worlds on your crossroads altar?
- How does your altar design reflect your current position at life's crossroads?
- What does it feel like to stand before your crossroads altar? What energies or insights arise?
- How might you use this altar as a tool for navigating future crossroads moments in your life?

Closing Thoughts

The crossroads is not just a place—it is a state of being, a moment of potential, a threshold between what was and what will be. When you stand at the crossroads, you stand in Hekate's domain, in the liminal space where transformation becomes possible.

Your Crossroads of Gnosis Map is a sacred record of your journey through these thresholds. It honors the path you've walked, acknowledges Hekate's presence throughout your life, and prepares you for the crossroads yet to come. As you continue your practice, return to this map often. Let it remind you that you are never alone at life's crossroads—Hekate walks beside you, her torches illuminating the way forward.

May you walk your path with courage, wisdom, and trust. May you recognize Hekate's guidance at every crossroads. May you embrace the transformative power of standing at the threshold between worlds.

Hail Hekate Enodia, Guide of the Way!

Hail Hekate Trioditis, Goddess of the Three-Way Crossroads!

Hail Hekate Phosphoros, Light-Bringer in the Darkness!

May your torches illuminate our path through all the crossroads of our lives.