A guide for solitary worship

Circle of Akkadian Goddesses

Five goddesses. Independent devotion. A contemporary voice.

Free public worship resource • November 8, 2026

Save this guide before going offline. It contains five original contemporary prayers and a complete service for solitary reading or an online gathering.

These words were composed for the Circle with AI assistance and founder editorial direction. They are not translations, recovered ancient rites, or evidence of an unbroken historical institution.

Founder and teacher: Tašmētu-atkal - Antoine.

https://circle-of-akkadian-goddesses.woodsystone14.chatgpt.site

A daily devotion

No objects are required. Sit, stand, lie down, or move as you need. If desired, use a contemporary portrait, a clean cup of water, or a notebook. No flame, scent, special clothing, or purchase is necessary.

Three minutes, at your own pace

1. Pause. Breathe comfortably if you wish; skip breath exercises if they do not suit you.

2. Name the goddess you wish to address, aloud or silently.

3. Read her prayer, or choose your own words.

4. Rest briefly in silence and choose one achievable act of care.

5. Close: “I end this moment with gratitude. May my next action carry care.”

Your practice belongs to you

Silence, passing, changing a phrase, or stopping are welcome. Devotion need not produce a particular feeling. Prayer offers no guaranteed cure, outcome, or message. Practical care and professional treatment remain available alongside devotion.

If the website is unavailable, continue independently. This saved guide cannot confirm dates or cancellations. Check the website when access returns.

Ishtar

Courage with responsibility

Ishtar, let my courage serve care. May I stand against cruelty without making cruelty my own. Let desire meet honesty, and strength meet restraint.

One possible action

Name one boundary you will respect today. Choose one fair action you can take without harming or controlling another person.

Read with historical care

ORACC, Ancient Mesopotamian Gods and Goddesses, Inana/Ishtar. See the source notes at the end of this guide.

The prayer, theme, and action above are contemporary devotional compositions. The historical source provides context; it does not document these exact words or instructions.

Tašmētu

Listening before certainty

Tašmētu, turn my attention toward what I have not heard. Let me ask clearly, listen patiently, and correct my words when understanding grows.

One possible action

Read a short passage twice. Write one question and one thing you might have misunderstood. You may keep your reflection private.

Read with historical care

ORACC, Ancient Mesopotamian Gods and Goddesses, Tashmetu. See the source notes at the end of this guide.

The prayer, theme, and action above are contemporary devotional compositions. The historical source provides context; it does not document these exact words or instructions.

Aya

Beginning again

Aya, at this beginning I make room for light. I need not complete everything today. May I meet this day with attention, and offer one small act of care.

One possible action

Pause at a window or simply imagine the beginning of a day. Choose a manageable task; rest may be that task.

Read with historical care

ORACC, Ancient Mesopotamian Gods and Goddesses, Aya. See the source notes at the end of this guide.

The prayer, theme, and action above are contemporary devotional compositions. The historical source provides context; it does not document these exact words or instructions.

Gula

Care without promises

Gula, receive my wish for healing and relief. Let compassion accompany uncertainty. May I seek the care I need, and offer kindness without demanding recovery.

One possible action

Drink water if appropriate for you, take a restful pause, or arrange needed practical care. Devotion can accompany professional treatment; this prayer promises no cure.

Read with historical care

ORACC, Ancient Mesopotamian Gods and Goddesses, Gula/Ninkarrak. See the source notes at the end of this guide.

The prayer, theme, and action above are contemporary devotional compositions. The historical source provides context; it does not document these exact words or instructions.

Nanāya

Love with freedom

Nanāya, let affection grow in honesty. May I welcome love freely given, honor a refusal, and remember that neither longing nor devotion makes another person mine.

One possible action

Offer appreciation without asking for a return. You may direct kindness toward yourself, a friend, or a consenting partner.

Read with historical care

ORACC, Akkadian Love Literature, X001013. See the source notes at the end of this guide.

The prayer, theme, and action above are contemporary devotional compositions. The historical source provides context; it does not document these exact words or instructions.

A complete Circle service

Allow about 20-30 minutes, or shorten the service. Choose one goddess focus. In a text gathering, a facilitator may paste each section with pauses. Alone, read at your own pace.

1 | Welcome - 2 minutes

Facilitator: Welcome to the Circle of Akkadian Goddesses. You may type, read silently, or leave when you need. Sharing is optional. We meet with respect for one another and care for our sources. No recording or copying another person’s words outside this space without their consent.

2 | Opening - 1 minute

All, aloud or silently: Ishtar, Tašmētu, Aya, Gula, and Nanāya, I bring my attention freely. May study deepen understanding, may devotion remain voluntary, and may care guide our time together.

3 | Goddess focus - 3 minutes

Facilitator: Today our focus is [goddess]. Read her historical context linked above. Identify the author or project, the text or entry, and whether you are reading an ancient translation or a modern scholarly description. Quote only a brief appropriate passage, or summarize it in your own words. Do not fill gaps in the source as historical fact.

4 | Devotional prayer - 2 minutes

Read the chosen goddess prayer above. Introduce it as a contemporary Circle prayer. Participants may read along, remain silent, or use their own words privately.

The service, continued

5 | Reflection - 3 minutes

Facilitator: What does this theme invite me to notice? What small action is possible for me? Reflection may remain entirely private. No one is required to explain feelings, dreams, health, relationships, or trauma.

6 | Optional sharing - 5-10 minutes

Invite brief text responses, one at a time. Passing is welcome. Speak from your experience, ask permission before offering advice, and do not interpret another person’s spiritual experience for them. A facilitator may pause harmful discussion and refer a concern to Antoine through private support.

7 | Closing - 2 minutes

All, aloud or silently: I give thanks for this time of attention. May I carry courage without cruelty, listening without haste, beginnings without shame, care without demands, and love without possession. This gathering is complete.

8 | Return - 1 minute

Notice your surroundings. Put away objects if used. Check practical notices without requiring anyone to remain. Private concerns belong in the support form rather than the public close.

Historical source notes

Historical associations and contextual reading are linked below. They do not establish the modern goddess-only focus, online membership, elective facilitation, or this service sequence.

Ishtar

ORACC, Ancient Mesopotamian Gods and Goddesses, Inana/Ishtar

https://oracc.museum.upenn.edu/amgg/listofdeities/inanaitar/

Tašmētu

ORACC, Ancient Mesopotamian Gods and Goddesses, Tashmetu

https://oracc.museum.upenn.edu/amgg/Listofdeities/Tashmetu/

Aya

ORACC, Ancient Mesopotamian Gods and Goddesses, Aya

https://oracc.museum.upenn.edu/amgg/listofdeities/aya/

Gula

ORACC, Ancient Mesopotamian Gods and Goddesses, Gula/Ninkarrak

https://oracc.museum.upenn.edu/amgg/listofdeities/gulaninkarrak/

Nanāya

ORACC, Akkadian Love Literature, X001013

https://oracc.museum.upenn.edu/akklove/X001013

Ancient prayer comparison

ORACC, Corpus of Akkadian Shuila Prayers Online, P393771

https://oracc.museum.upenn.edu/caspo/P393771

Use, share, and return

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When no one facilitates

Wait ten minutes for the elected facilitator. A willing active member may guide the prepared service by agreement of those present. Nobody is required to step in. Otherwise read silently together or practice separately. A cancelled gathering is not reopened by a member or an automated guide.

Return to the Circle

https://circle-of-akkadian-goddesses.woodsystone14.chatgpt.site

Open Worship, Resources, or Private support from the website.

A saved guide is a snapshot. Check the website for revisions, gathering times, and cancellations. No physical attendance or musical preference is required.