

## IRON PENTACLE SERIES

### In the Name of Passion. Part 1.

#### NOTES:

*We need passion for our Godhood, so we can break into the kingdom of heaven within us.*

*Passion requires truthful and authentic expression of Who We Are. On the Iron Pentacle we find the Self must encounter Passion before approaching Pride and Power.*

#### SOME PRELIMINARIES

**Alignment and Kala:** It should (and will from here on) go without saying that all work assigned within the context of this workshop should begin with Alignment and Kala. It doesn't matter if you have already aligned and made Kala earlier in the day—do so again before approaching this work. This way, all Three Souls take their rightful role in the work and any complexes/blocks which might prevent you from getting the most out of the work will be handled with Kala. You will also find it useful to Align before opening the week's assignment each week and before you post to this group. We cannot align too often. We cannot make Kala too often. Once daily is, in most cases, nowhere near often enough.

**Word Web Weaving:** You will need a dictionary and a thesaurus. If you don't have one, there are plenty available online for free—I strongly encourage you to use Merriam-Webster if you use online sources. Take note of words that "trigger" you. That is, what words make you happy to hear? What word makes you cringe? What concepts do you have trouble with? The idea here is to play chase-the-words through the dictionary. Look up the word that triggers you. Write its definition. Let the words within the definition lead you to and away from your preconceptions of the definition. The goal is to claim the language you use *and* the language you avoid so it becomes Yours. There is Power in emotion, thought, word and deed. If you are crafting a spell, a relationship, a book or your Life, you will need Words. Words have power. Know what the words you use mean—to you and to others. If you don't know what the words you

are using mean when you use them to pray, they won't be effective! Claim words as your own. Begin with the word, "PASSION."

**Sincere Prayer:** "Empty words are empty prayers," said Victor Anderson. For our prayers (which is the same as spell or magic or Will) to be effective and sincere, the words we use must be infused with meaning. On one level, we need to mean what we say--and understand the meaning of the words we use. So, slow down when you are reciting your prayers--take time to really perceive the meaning of what you are saying. Search out definitions (as above) if necessary.

On another level, we need to infuse our prayer with detail--so we bring all of our visualization skills to bear upon our prayers (see Polynesian Visualization below).

Finally, prayers that are empty of life force/manna are empty of power. It is imperative that as we speak aloud our prayer/spell/magic/Will that we infuse it with Life Force--breathing and storing it in the Fetch so s/he can imprint the life force with our prayer and carry the Prayer Seeds to our Godself. The Dove will literally take the seeds to make or draw toward us what we pray for.

**Polynesian Visualization:** This is a core visualization technique which goes beyond the emphasis of pictures, images and the visual capacities of etheric reality. In Polynesian Visualization, the goal is to bring as many sensual layers as possible to our "visualization" work. This means our "visual" work involves image, but also taste, scent, sound, emotion, touch and kinesthetic senses. The more detail, emotion and sensation we bring to our visualization work, the less discernible from "reality," and therefore, the more effective magically. Polynesian visualization assures Fetch is fully involved and will carry our "prayer seeds" to the Godself.

**Psychic Protection & Spiritual Cleansing:** As we step into our Power we become vulnerable. Power and Vulnerability, Danger & Delight—these go hand in hand. If you do not have a daily practice for spiritual cleansing of your body (this is different from HA/Kala) and psychically protecting yourself, please get one and put it into place immediately. Two excellent source books for such things are "Spiritual Cleansing" and "A Century of Spells" by Draja Mikaharic (available through Amazon.com or azuregreen.com). This is not really optional for those of us who are opening to powerful psychic and spiritual forces and who are becoming shining, gorgeous, beacons of light

and darkness. This is fundamental self-care. Please do something each day to protect and cleanse yourself so that you do not come to any harm.

**Iron Pentacle as Embodied Reality.** One of the distinguishing elements of Feri Tradition is that we don't deal in symbolism or metaphor very much at all. One of the most damaging changes to the Tradition I have seen over the years as it has become more "public" is the idea that our tools, gods and lore are mere symbolism rather than reality.

The Iron Pentacle is not a symbol. It is not merely a tool. It is not simply an exercise or set of exercises for self-awareness. Rather, it is a *reality* which exists within our bodies, our blood and three-fold spirit.

For a long time, the Feri student "does" Feri exercises including Iron Pentacle work. After a while, the Pentacle begins to awaken and take shape within the student. In time, the Iron Pentacle is no longer something we "do." Rather, it is something we "are." It is in us as surely as our hand is at the end of our arm!

To miss this reality (and its application within the context of the the whole of the Tradition) is to miss the Point (pun very much intended).

## NOTES FROM CLASS

Passion is watery and firey!

"Passion without precision is chaos," means to me that I need to be cognizant of Passion and where it wants to flow and overflow. Passion is both liquid and firey, like the lava, like molten magma or iron . . . it needs a container and direction or can destroy what is in it path. It will also create new ground (like lava) but not without destroying whatever is in the way. Containers are important.

If Passion is the realm of emotion of the Fetch, we need to trust the Fetch. We need to listen in and pay attention. Follow the Fetch. What is she drawn to? What is she trying to show us, teach us, engage us in? And how do we follow, learn, engage in passion?

All the points of Iron can be destructive. Self, Pride, Power and even Sex. One of the (many) goals of Iron Pentacle Work is recognizing the danger in these aspects of ourselves and claiming them. In working directly with these powerful forces, we

become sharp and precise (Run the power Through--look at how sharp, shiney, precise and formidable that Pentagram is!).

In working directly with these forces/characteristics we become densely embodied and graceful is our deadliness (run the power Around--look at the beautiful, seamless containment of power).

Make no mistake, Iron Pentacle is a tool for self awareness but the kind of self-awareness we develop makes us, ourselves, into a kind of weapon. When we say we embody the IP, we are not talking about placing a symbol within the body so we can mimic it's qualities. Rather we are describing Becoming the Qualities and the Thing Itself.

Passion as the opposite of reason.

Passion is the venue of the Fetch. Talker is suspicious of Passion. Look at the dictionaries for evidence of that.

Without Passion, we don't get to Sex when running through the points.

Passion is not Pathos.

Passion is not irresponsibility

Passion is not pathological or irresponsible.

Passion is the impulse preceding Will and all action.

If Passion is the path we walk, to one side lies Obsession and to the other lies Apathy. Obsession *may* be a symptom of mania, but not always. Apathy *may* be a symptom of depression--but not always. Take care not to pathologize spiritual states.

<b>IRON</b>	<b>PEARL</b>	<b>GILDED</b>	<b>LEAD</b>
Passion	Wisdom	Obsession	Apathy
Pride	Law/Justice	Arrogance	Self-Effacement
Power	Power/Liberty	Force	Impotence
Sex	Love	Greed/Lust	Indifference
Self	Knowledge	Egotism	Self-abnegation

## **ASSIGNMENTS**

***Five Questions*** (These are included in the recording)

For this exercise you will need a timer of some kind—perhaps a kitchen timer, alarm clock, cell-phone etc. You will also need a pen and journal or your computer. You will take 5 minutes (no more or less) to answer each of five questions below. Do this assignment before any others. Do not read and think about the questions before answering them. When you are ready, set your timer for 5 minutes, read the first question and begin writing. When the timer alerts you that 5 minutes has ended, stop writing. Take a breath, Set the timer again and go to the next question. Answer all five questions in one sitting.

It is alright if you think you have a lot more to say. You will have plenty of time to think and write about these things over the next weeks. The point of this exercise is to get your raw, unedited thoughts, feelings and perceptions down in print so you can refer to them again later. Your answers are only for you. You will not be sharing them here (unless you elect to) or with anyone else--so do not edit out incidences of shame/fear/guilt and do not set yourself up as expert. No one is listening but that within you which is Divine.

Set your answers aside. We will be referring to them next week.

Here are the questions:

- 1) What do you think about when you hear the word, Passion?
- 2) What does society say about Passion?
- 3) What are some of your problems/issues about Passion?
- 4) What do you like about Passion?
- 5) What do you dislike (what makes your anxious) about Passion?

**Word Web Weaving:** Choose up to six but no less than two words to chase through the dictionary. Words have power. If you can't think of any words, here are some: Passion, Obsession, Compassion, Addiction, Joy, Laughter, Dispassion, Danger, Disease, Immaturity, Irresponsibility, Rage, Anger, Victim, Empowerment, Innocence. Lascivious. Power. Poverty. Raw. Apology. Masculine. Selfish. Lewd. Whore. Gossip. Protection. Disease. That should get you started!

Needs and Gifts: Keeping your comments Passion-related, answer the following questions in your journal: What do you hope to gain from taking this workshop? What is it you most need to learn about/heal/resolve about Passion? What is it you bring to the class to share/teach? What are you scared of? What are you excited about? What are you proud of?

**"Passion without precision is chaos."** What does that statement mean to you? Think about it.

Think about Passion and how it is linked up with Sex in the larger culture. Then, think about how it is linked up with Sex on the Iron Pentacle. What does one (the links by the culture) have to do with the other (the links on IP)?

**Re-sacralizing the World:** As you move through your daily round this week, take some time to notice passion taking place and staking its ground all around you. Notice

it in places you wouldn't normally look for it. When you encounter it, breathe in four breaths of life force and send that to your Godself with the intention of opening more fully to your own Passionate Nature.

**Re-sensualizing the Body:** Choose one mundane task that you must do frequently but don't necessarily enjoy. This could be scrubbing the floor, taking out the trash, sitting in that meeting at your job, balancing the checkbook, etc. Will three souls in alignment and having performed Kala, approach this mundane task as though you are Passionate about it. Bring all your Passion to the task at hand. Your Passion sacralizes the task. Pay attention to your breath. What do you hear when you really listen? What are the sensations your nerve endings are picking up on? Where do your emotions flow? Let your pulse quicken. How passionate can you get washing dishes? Send any excess Life Force generated by this exercise to your Godself with a prayer for Healthy Passion. Write about your experience.

***Ignite the fires and open the floodgates to passion.***

*Copyright 2017, 2018 and in perpetuity: Karina B. Heart, Karina BlackHeart, KBH Enterprises, karinabheart.com .*