

## **IRON PENTACLE SERIES**

### **In the Name of Passion**

#### **Part 4**

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

Karina B. Heart

#### **Continuing Passion Work:**

- Continue using the Flower Prayer modified for this work. Continue to pay attention to how it is changing and shaping the way you perceive yourself and the ways you act and interact in the world.
- Cooling Down. If you are not taking this seriously, do!
- Passion (Vessel) Meditation continue with this. Use it one to three times in the coming week. Note how it changes after completing the Rite of True Passion. The entire meditation can be done in a sitting. Fetch likes these visualized meditations and repeating them literally “trains” the Fetch on how to handle certain situations. If you use this enough, when you begin to think about Passion, Fetch will automatically begin creating a vessel for it. Sweet, huh?
- Iron Pentacle. Continue to notice how this is changing, being reshaped and reconfigured as a result of clearing away obstacles to Passion flowing correctly through you. How do the Points interact and intersect this time? Using IP as a diagnostic tool, notice where energy seems to stagnate, leak, dissipate or increase. Run the energy around and then through? Are the problem areas the same or different? What will you do to bring these areas into balance with the whole? How does the increase in Passion affect the

whole?

See Passion shining with the yellow of hammered gold, the thick gold of honey, the spectrum of yellow as sunlight is refracted and reflected in moving water, the sunny-yellow-gold of Oshun who “gave” me a Golden Pentacle some years ago which helped me assist a particular student/client push through his blocks to the flow of Passion. I often work with this Pentacle and its energy/flavor certainly colors all the work I do with the Passion Point from which it flowers forth.

This week we will take a leap toward embracing Passion so it flows without obstruction in and through our lives. We’ll continue to build the strong vessel which both contains and carries Passion from one point to the next to the next around the Iron Pentacle. For as we are learning in deeper ways each week, passion without precision really does create chaos. But Passion, when given a precise pathway on which to flow, is a key to manifesting our heart & soul’s desire. Follow the yellow brick road . . . . .

### **True Passion**

*Last week, we identified one of our True Passions and made two lists. If you did not get to this assignment, please do so this week as this is part of a major working we will do next week.*

*I asked you to “Make a list of the reasons you know this is Your Passion. How does it make you feel (physically, emotionally and spiritually) to think about following this passion? Place this list on your altar. We will return to it. And, make a list of the reasons igniting this passion makes you feel ashamed, guilty or afraid. Place this list on your altar, face down, underneath the other list. We will return to it next week.” Now we will return to that list.*

This week, take out the positive list concerning your True Passion. Read it over. Now, I would like you to distill the list of reasons for this passion into a Statement of True Passion. For example: My Passion is \_\_\_\_\_ and I will follow it

because \_\_\_\_\_.” Let your Statement be simple, precise (remember precision!), clear and True. Let the words fill you with honor. Place the written statement under a Purple taper candle on your altar. (You can anoint the candle with an oil that incites Passion if you like). Each day, during your daily practice, when your souls are aligned, light the candle and speak the Statement aloud ONCE. Then, return the statement to its place beneath the candle. Let the candle burn for no more than 15 minutes per day, but no less than 5 minutes.

Also, take out the negative list. Take a look at it. Do the statements on it still ring true? Cross off the ones that have resolved. Pick one or two to work on using the Kala Rite this week. Keep the list face down on your altar. Place over it a bowl of clean, cool water. Change the water daily.

### **The Rite of True Passion**

You will need up to 2 hours to do this.

The Rite of Passion includes a ritual cleansing followed by an empowerment. This is a ritual I developed. As such, I ask that you hold it close and share with others only after consulting with me. Here in this workshop we have done the preliminary work necessary to be able to use this ritual and enjoy its benefits. I am also holding a specific container for this work for everyone here. This is not a bath I would prescribe without proper preparation. That said, those of you who were in “The Beauty We Love” online workshop may recall a similar ritual (Bathing Beauties) from that working.

In preparation for this ritual, please align your souls and perform the Kala Rite on any issues which stand in the way of all three souls taking their rightful role in the ritual. By the time you are ready to do this Rite of True Passion, you will have looked at the two lists on your altar and distilled them as previously assigned. You should now have

1. A clear, concise statement of your True Passion. This should be something you can recite without having to read it from a page. It should be something you can *engage* with on a physical level. What I mean is, that you should be able to make your Statement of True Passion and engage all your senses so you literally Embody your True Passion (see Polynesian Visualization in the Files section of the group list if these directions don't feel clear to you).
2. A clear, concise statement and /OR a clear body sense of the Shame-Fear-Guilt complex which obstructs the flow of Passion in your life.

You will also need the following (this list was

posted in last weeks assignments) A clean set of yellow and white clothing including head-cloth (yes, I know. Yes. Yellow can be sunflower gold to lemon yellow to the gold of wheat. Do your best. It can be a robe or sweat pants or a dress or a golden superman cape. But yellow clothing that is clean is in order.) Yellow/gold jewelry is nice as well.

A jar of Honey.

A sweet incense.

Yellow candles.

A Clear or White Bowl large enough to put both your hands inside.

Water to fill the bowl with. Rain or river water would be Great but is not necessary. Salt or standing water (from a pond or lake) is Not Good.

A Beautiful perfume, essential oil or cologne to anoint your candles and your body with.

Beautiful Music to Dance to.

Another jar of honey.

5 of each of the following: pumpkin seeds, whole cloves, cinnamon sticks, pennies (copper coins)

Beautiful yellow and white ribbons for the top of the jar.

At your Altar: Fill the bowl with water and a white taper candle  
A jar or dish of Honey you will charge for your Bath  
A jar of honey, the seeds, spices pennies, and ribbons.

Align your Souls. Make Kala. Invoke the Star Goddess and any other deity/spirit helper(s) you feel will hold you in Compassion and Honor as you proceed with the Rite of True Passion.

*Cleansing by Liquid White Fire:*

*(this is a modified version of a ritual taught by Gabrielle in the Blood Rose line of Feri Tradition.)*

With three souls aligned, light the white candle and set neat the bowl of water. Stand in front of the bowl and candle (sky clad is best here).

Breathe Life Force until you feel the edges of your etheric body expanding –filled with Manna.

Continue to Breathe Life Force as you greet the spirit of the Water: Cross your hands (right over left) over your heart and bend/bow toward the water three times.

Stand tall again, and when you are filled with enough Life Force that you would usually make Ha, instead, Clap your Hands three times over the water—discharging the Life Force through your hands (using your Will, your Vision and your Breath).

See the Life Force as white fire charging the water. As the White Fire enters the clear water it becomes white liquid fire. See the bowl as containing a liquid white fire.

Take a breath.

Call upon yourself the Shame-Fear-Guilt complex which keeps you from your True Passion. Feel and embody it as fully as you can. Allow your tears to fall or your voice to cry out.

When you are ready to be cleansed of this Shame-Fear-Guilt, remember the Star Goddess and your other deities/spirit helpers. Call upon them

them now. Approach the White Liquid Fire. Wash your hands in the White Fire. Wash your face in the White Fire. Like a cat, bathe yourself in the cleansing white liquid fire. Continue to breathe Life Force so you aren't depleted! Feel the White Liquid Fire breaking up and washing away your complex. Get the water into all the "hot" places where energy gets stuck on our bodies—under your arms, your groin, the base of the neck and spine, the backs of the knees and soles of feet . . . feel the cool, white liquid fire both burning through your complex as the Star Goddess and your deities/spirit helpers lend you energy and compassion. Know you are held in honor.

When you are clean. Gather up the Life Force generated from this part of the Rite and send it to your Godself, saying "I am cleansed and healed. I am a vessel made whole and pure. I am able now to hold my Passion."

Stand before the bowl of white liquid fire. Place your hands over your chest again and bow three times in acknowledgement and thanks. Leave the white candle to burn down—as it does it burns off any remaining detritus in you as well as any you shed into the space.

(Later take this water and offer it to the earth. You can pour it in your yard or if you don't have a yard, pour it at the periphery of your building.)

### Preparing the Honey

Pick up the jar of honey. Taste a little—put some on your tongue and savor it's sweetness. Think about the Passion of the Bees who made the honey. Their entire Being is dedicated to the collection of nectar and the making of honey. Bless them now. And the flowers. And the rain. And sun. Taste the flowers, the rain and the sun, the moonlight and starlight, the dew and bird-shadow in the honey. It's all there. The entire evolution of the planet and the cosmos is right

there in the sweetness of honey. Brought to you by the unadulterated Passion of Bees! Ponder this. Bless this.

State aloud your True Passion. Fill yourself with your vision of True Passion. Let yourself feel, be and embody it as fully as you can. Feel Passion rise up in you! Feel the flames of passion ignite! And breathe that into the jar of honey. Charge the honey with your True Passion. Speak/sing/whisper your True Passion into the molecular structure of the honey.

Take the honey to the Ritual Bath.

The Ritual Bath

If you don't have a bath tub that's fine. Substitute your shower.

Draw a hot bath. While the bath is running, undress, light the candle and incense (in the bathroom).

Take a moment to greet the flame of the candle. Take another to take in the scent of incense. How has candlelight and incense transformed your bathroom?

Notice the subtle shifts in energy and honor that.

Stand before your mirror. It doesn't matter if this is a full length mirror or one in which you can only see your face. Look at yourself in the mirror. Gaze deep into your own eyes with "love and compassion, honor and humility, mirth and reverence." (Charge of the Goddess). Feel and imagine those feelings welling up in you for yourself until they are True. Remember to breathe Life Force throughout this exercise!

Now, gazing in the mirror, while embodying your True Passion, say the following:

"I am the Goddess' beloved.

I am the Black Mirror of Space she desires.

I am the Goddess' beloved.

I am her lover and child

I am the Goddess' beloved.

I am Her Self and other half.  
I am the Goddess' beloved.  
I am the fulfillment of desire.  
I am the Goddess' beloved.  
Her sweetness lingers on my lips.”

Take up the dish of honey and with your fingers bring some to your tongue.  
(Don't forget to breathe Life Force throughout.)

Now anoint the points of the Pentacle with honey—moving around, not through,  
the points—saying (Sincere Prayer, remember!),  
My Sex is created in Passion and anointed in sweetness.  
My Self is created in Passion and anointed in sweetness  
My Passion is created in Passion and anointed in sweetness  
My Pride is created in Passion and anointed in sweetness  
My Power is created in Passion and anointed in sweetness

Feel the circumference of the Pentacle light up with the soft, gentle, golden  
flames of Passion. See/feel those soft golden flames ignite along the intersecting  
lines of the Pentacle. You don't need to “run” this energy/fire. Just be. Enjoy.

When you are ready to enter the bath, say, “I enter the waters of life so that I  
might more fully embody my own Passion –becoming a more perfect mirror of  
God Herself and all Creation.” (You may substitute the word “perfect” with clear,  
accurate, precise, flattering, etc).

Now, step into the bath. See/feel the soft golden flames of the Iron Pentacle  
drawn in you. See/feel the Truth of your own Passion. Breathe into that. Let it  
build power. Take the jar of honey and pour it over you . . . anointing and  
blessing your body with the Passion of Bees and the charge of your own True  
Passion. Feel the golden honey—sweet and sticky—between your fingers and  
along your skin. Get it into your skin, under your chin and armpits, your sex . . .  
awash in Passion. Let Passion rise up in you. Sing, sigh, laugh, get turned on.  
However Passion shows up as your Bathe in it, is good. Don't forget to breathe if



you feel uncomfortable. And don't forget to breathe so you don't get depleted. Let yourself enjoy the honey, your Passion and its sweetness.

When you are ready., Rinse off in the tub. Sigh. Sing. Splash. Soak. Feel the water envelop you and rest in that. Just be, while breathing Life Force throughout. Sending Life Force through all three souls again and again and again.

When you are ready, step from the bath. If you need to rinse in the shower do so only QUICKLY and do not use any products. Feel the glow of your clean skin. Feel the glow of your three souls in alignment and in love.

Next, use your oil to anoint your skin. Take care. Be sincere. Don't be perfunctory. You are the God Herself caring for Her body. You may want to recite the prayer "I am the Goddess' Beloved" and/or your statement of True Passion as you anoint your body. Trust that you know how to do this. Or, you may want to use the Pentacle piece above. What is important is that as you anoint yourself, you continue to chant/feel/be/imagine the reality that you ARE Her Beloved, the Anointed One, Her Lover, Her Child, Her Self, Her Other Half, Her Mirror, and Her Reflection and that you ARE the embodiment of your True Passion. YOU are the fulfillment of Her passionate desire! And God is Self!

Let the energy build as you chant and affirm this . Don't *push* the energy too hard. It shouldn't surge and explode; rather it should open within and around you like a flower. Softly, slowly, with care. The way you might spend a long sultry afternoon making love to yourself or another. Let the energy build. Send it with HA or send it with a sexual climax . . . allow what happens to happen, but be mindful to gather the life-force generated and send to your Godself so the circuit is complete and your Sincere Prayers can become manifest.

Later Dress in your yellow clothing and jewelry. This is honor of the Lady of Honey, Oshun. Lady of Rivers and Passion and Beauty. Oshun.

In the quiet, post-ritual buzz, dressed in yellow. Approach the altar. You are going to "fix a jar of honey" for Oshun in thanks for this work (for even though I

have assigned it and you have done it, the majority of this ritual comes from Her and returns to Her.

Give thanks, out loud to Oshun as you place within the jar of honey, the pumpkin seeds, clove, cinnamon, pennies. Add five of each to the jar. Offer her 25 “thanks” out loud—whispered into the jar—these 25 thanks will come up for you quite spontaneously. Trust yourself. There are 5 IP points, there are 3 souls, there is the land you live on and the life you love, there are teachers and most of all there is your own Passion which she has helped Set in you. Breathe your gratitude into the honey. Cover the jar and tie the ribbons to the jar.

As soon as you can (no more than 5 days later!), bring the jar to the nearest moving body of fresh water — river or brook or stream or waterfall. Not a lake or pond or ocean. Leave the jar in the water as an offering of Thanks to Oshun and a closure of this ritual. Doing this piece is Very Important as it signals to Fetch that the Work has been Successfully Done. Doing this piece is Very Important as we have a reciprocal relationship to the gods and Oshun (whether you have ever worked with her previously) has been integral to this work.

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