

“Absolute power corrupts absolutely.”

“The Witch deals in power.” *Francesca DeGrandis*.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” *Marianne Williamson*, “A Return to Love.”

Preliminaries

There are a few topics that I'd like to address right away which include terminology and specific technology I refer to repeatedly in my teachings. If you have questions about the following practices or subjects, please feel free to enquire about them here.

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 lists each Tuesday 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.

Wyrrd Web Weaving: You will need a dictionary and a thesaurus. If you don't have one, there are plenty available online for free. 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, “Power.”

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/mana 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 discernable 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: Power and Vulnerability, Danger & Delight go hand in hand. As we step toward power we become vulnerable. Iron Pentacle builds (personal and magical) power. It also makes us vulnerable. If you do not have a daily practice for spiritual cleansing of your body (this is different from HA/Kala) and psychic protection for 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).

Now that we have established a common language, let's begin!

Five Questions

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, Power?
- 2) What does society say about Power?
- 3) What are some of your problems/issues about Power?
- 4) What are your strengths with regards to Power?
- 5) What do you like about Power?

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: Power, powerless, powerful, empowerment, victim, Shame, Megalomania, Esteem, Obsession, Compassion, Addiction, Joy, Laughter, Dispassion, Danger, Disease, Immaturity, Irresponsibility, Rage, Anger, Victim, Innocence. Lascivious. Poverty. Masculine. Selfish. Lewd. Whore. Gossip. Protection. Disease. That should get you started!

Re-sacralizing the World: As you move through your daily round this week, take some time to notice Power taking place and staking its ground all around you. Notice it in places you wouldn't normally look for it. Notice Power in the natural world. 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 Power.

Re-sensualizing the Body: Pay attention this week for moments when you feel powerful. When does your power naturally arise in you? *Why* does power arise in you? When it does, stop to pay attention to your breath. What do you hear when you really listen your power? What are the sensations your nerve endings are picking up on? Where do your emotions flow? Let your pulse quicken. Send any excess Life Force generated by your power to your Godself with a prayer for true power. Write about your experience.

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

Think about examples of True Power. What does it look like? What is it like to be near someone exuding True Power? What is unhealthy power? What does that look and feel like? Give some real life examples.

Iron Pentacle: I am told Victor did not teach his students to run energy through the Points (Sex-Pride-Self-Power-Passion) but rather he taught to run around the Circle which contains the points (Sex-Self-Passion-Pride-Power). Try running energy around the Circle for a few days. How does your IP change? Compare the strength of your Power point when running “through” and running “around.” Let us know your thoughts and observations.

Notes/Lecture

The Points on the Iron Pentacle are for the strengthening and empowerment of the Witch. The Power in the Iron Pentacle is *personal* power. It is the Power of *Witchcraft*. Power, in this instance, is not about shared power, power-with, power to be nice or the power of humility. Power, in this instance, in *this* workshop, is all about *you* and *you alone*, baby. Welcome to your Big Fat Juicy Witchcraft Power. ROAR!!!

It's not about how other people feel. It's not about whether or not you play nice with others. It's not about consensus or even consent. A Witch who cannot hex cannot heal. I never heard anyone consent to being hexed—not that I asked!

“The Witch deals in Power.”

The Power of Will, magic and manifestation is the Power of the Iron Pentacle and our birthright!

The Power of the Wizard careening wildly in the midst of a storm at the top of the cliffs with thunder booming and wind whipping at his robes and beard and lightning flashing from his fingertips; he is *reeling* with Power! *Crackling* with Power! He is the *embodiment* of Power. *That* is the Power of Iron Pentacle.

The Power of Will, magic and manifestation is the Power of the Iron Pentacle and our birthright!

The Power of the Sorceress rocking quietly and steadily in her chair while the house is so quiet you can hear the mouse beneath the sink scratching behind his left ear; her eyes are closed and her lips move inaudibly as she incants her spells of Power. She is fully *containing* Power! She is *brimming* with Power. She is the embodiment of Power. If you touched her your body would respond with the same jolt as if the Wizard threw that lightning your way. That is the Power of the Iron Pentacle.

The Witch deals in Power.

Would you be a Witch?

In the Name of Power! I would be a Witch!

I recall my teacher demanding of me, “Why do you want this? Why do you want to be a Witch? What is it you’re after?”

He wouldn’t let up demanding answers from me until I nearly stood up from my seat and yelled clearly and defiantly, “I want Power!”

“*Power?*” he asked. His eyes glistened, half-mad, half-laughing, “You want Power? So, you are saying you are hungry for it? Are you power hungry?”

“Yes.”

“Are you willing to stalk power?”

“Yes.”

“Will you hunt it until it is yours?”

“Yes.”

“At what cost?”

“At *all* costs.”

Ah. Power. Witches are Power-full. Indeed, we *may* use our Power to create communities or generate healing, justice or right action. We *can* use our Power

to enhance peace, prosperity, health and well-being among our beloveds. But those are *uses for* Power. They are not the Power itself. A Witch seeks, courts, stalks, embodies and generates Power.

Once we claim and embody our personal Power, our Witch Power, our Will-Power, we can concern ourselves with its *uses* and its effects on others. Until then, we are still playing games about pleasing other people; getting our egos stroked; pretending we're nicer, cooler, more formidable than we really are. And it's all thoroughly disingenuous. And our dishonesty is utterly transparent. Which is why the world is such a mess, if you come right down to it. Think about it.

Until we can admit to ourselves that what we *really* want from the Craft, what all this Work is *really* for is personal empowerment (which is new age speak for personal gain) . . . we can't have it. And if we don't have it, we can't use it to empower ourselves or anyone else.

Recall the Flight Attendant's warning, "Assure your own oxygen mask is working before trying to assist others."

So, too with Power.

Kala.

Power is personal.

Now that we've got *that* straightened out

Defining Terms. What reactions did you notice within yourself as you read the above piece on Power and the Iron Pentacle? What do you want to argue with me about? What do you agree with? How does what society has told you about power conflict with what I am saying about Power? Don't forget that when *I* am talking about "society" I am including your training in other Craft and spiritual

traditions. I am including your “alternative” communities which insist power must always be shared, kind and consensual to be “good.”

Since when does good sex include table manners?

Aligning with Power

Power Flower Prayer

Who is this flower above me?
What are the Powers of this god?
I take responsibility for myself in all my parts.

This week, as you Align your Souls and recite the Flower Prayer, do so using this revised (by me) version of the prayer.

How do your three souls respond to this prayer differently than the traditional version? What are the results and effects of this prayer in your life. Obviously, don't say the prayer if you are uncomfortable with it or you will further manifest your own discomfort with Power. Make Kala to remove your blocks to claiming the Power of God and the Responsibility that goes with it.

The Witch is Willful, Creative, a Force of Nature. Would you be a Witch? Would you wield Power on your own Self-Authority without apology, mincing, wincing or pretending at smallness and niceties?

Power of Sun.

Power of Sea.

Power of Storm.

Power of Darkness.

Power of Lion.

Power of Eagle.

Power of Star.

Power of Mountain.

Power of Witch.

These are Natural. There is *No Shame, No Fear and No Guilt* in Nature for Her Power. Why then, do we entertain such fallacies?

Think and write on these things.

Iron Pentacle Working

Call Power to you. Raw, unadulterated Power. Feel it ignite your Power Point. This is raw force. It is not for anything. It is not a means to an end anymore than *you* are a means to an end. Power is natural, coursing, throbbing, pounding, whispering, singing, flowing, pouring through the iron-rich blood in your veins. Call it up. Embody it. Contain it like the Sorceress in her chair. Reel with it like the Wizard in the storm. *Enjoy* it.

Then, send it around the Circle for containment. (send the Power around the outer edge of the Pentacle: Sex-Self-Passion-Pride-Power)

Then, send it through the Points for empowerment (send the Power through the star of the Pentacle: Sex-Pride-Self-Power-Passion).

How is this different from the last time you worked Iron Pentacle?

Cool Your Head!

All the Points on the Iron Pentacle run a very “hot” and “fiery” energy. Power is *especially* hot. Please take good care of yourselves by hydrating (drinking water) in larger amounts than you are accustomed to. Take cool showers. Stick your power-engorged hot head out into the cold air. Be aware that you may be pricklier, stubborn or outright righteous for the next couple of weeks until we get this new sense of Power correctly embodied.

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