

IRON PENTACLE SERIES

In the Name of Power

Part 4

Who is this flower above me?

What are the powers of this god?

I take responsibility for myself in all my parts.

Karina B. Heart.

Power and vulnerability walk hand in hand.

Mark R.

"Man can harness the winds, the waves and the tides, but when he can harness the power of love, then for the second time in the history of the world, man will have discovered fire." Teilhard de Chardin

Think about these quotes as you move through the week. Walk with them. Listen deeply. Ask your Godself to reveal their Truths to you. Be open to Wisdom shining through

Power Notes

My teacher used to say, "Power and vulnerability walk hand in hand."

Here we are exerting ourselves day after day after day for five weeks to gain power.

And now, I'm going to talk about vulnerability? Yes. I am.

As we expand to contain more power, we become more vulnerable. Like a piece of fabric stretched taut, we become more porous and more fragile. We might easily tear. Think about this. Write about it this coming week. How does your new found Power (or your increased power or your expanded capacity for power) also increase your

vulnerability?

When I say that power and vulnerability go hand in hand, I am not saying that we are trying to invoke vulnerability. No. I am saying that it comes along for the ride whether we want it or not. Bright and Dark Mirrors, Twins, however you need to approach this to understand it with compassion . . . one invokes the other.

When we are at our most vulnerable—in a state of grief, love, heart-break—we also access power. Our hearts feel shattered, broken open. But in those moments we are also capable of increasing personal awareness, accessing universal wisdom and, yes, Power. When we are broken, we are also broken *open* in a way which can bring results comparable to years of disciplined study of mysticism. We can access Power from that place of vulnerability.

Likewise, when we are at our most powerful—in a state of ecstasy, will, authority—we also access vulnerability. We feel invincible, justified and bigger than life. But in those moments, our vulnerabilities are also magnified and bigger than life. This truth, I think, is connected to the Wiccan Rede and the Threefold Law . . . which remind the practitioner that acts of Will (spells) make us vulnerable. My problem with the Rede is that if the practitioner does not explore it, s/he is buying into a Law slavishly rather than finding out for himself what Truth it may hold.

“I know the Laws of Nature are you, Lady.” This power-vulnerability bit resonates, for *me*, on the level of that kind of Law—Natural Law. Dawn follows night. Winter follows Autumn. And, vulnerability follows power. Find the twins here. We cannot have one without the other.

Personally, this past week has been a whirlwind of building and executing acts of Power, maintaining my own balance of being Power and being vulnerable. There were events to attend, rituals to lead, witches to initiate, finances to negotiate and yes, that new and shining, tender and vulnerable relationship to navigate. I am grateful to be doing the work of this intensive at this time. I have experienced exhaustion, but only rarely have I caught myself giving away or leaking Power (leaking--or rather, fire-hosing Sex –is another story altogether!). The red candle spell and the bath really helped me to get a handle on places where I potentially leading up to giving away Power—which is myself—Passion-Pride-Sex. Reading your notes and check-ins over the course of an

extraordinarily busy—even for me—week has kept be grounded, sane and in my own Power. Thank you.

Aligning with Power

Who is this flower above me?

What are the Powers of this god?

I take responsibility for myself in all my parts.

How is this prayer working in you, through you, on you this week? How does it impact you differently than in week One or Three?

Re-sensualizing the Body.

This week when you notice your own Power, move your attention to your body. How is your breath moving in and out of you? Notice your posture, tone of voice, the way you meet or demure from the gaze of another. Where is your center? Your feet? Your crown? What is your emotional state? Your thinking state? Your spiritual state? Don't be perfunctory about this. If we want to be able to recognize and reproduce being Power, we have to know what it looks and feels like.

Re-sacralizing the World.

We've been paying attention to the Natural world and it's Power. We've been paying attention to individual people and noticing their acts of Power/Will. This week, take a look at the Power in places, monuments, structures, architecture, transportation, etc which are construed and constructed by human beings. Notice man-made places of Power. Discuss.

Iron Pentacle

Please do the **Red Candle Spell** (see Part 3 for notes) once this week.

Before you check-in next week, run Iron Pentacle around the periphery and through the points. How has it changed? How have you changed? Are you more in alignment among/between points than when you began? Is Power pulling the other Points out of balance as a result of this work? If so, go through the other points and make adjustments so the circle which contains the points is actually circular.

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