

IRON PENTACLE SERIES
In the Name of Pride
Part 1

Five Questions

Here are the questions:

- 1) What do you think about when you hear the word, Pride?
- 2) What does society say about Pride?
- 3) What are some of your problems/issues about Pride?
- 4) What are your strengths with regards to Pride?
- 5) What do you think healthy pride looks/feels like?

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: Pride, Ego, Narcissism, Shame, Megalomania, Esteem, 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. Disorder. Self-effacement.
That should get you started!

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

Re-sensualizing the Body: Pay attention this week for moments when you feel pride. When does pride naturally arise in you? Why does pride arise in you? When it does, stop to pay attention to your breath. What do you hear when you really listen your pride? 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 pride to your Godself with a prayer for Healthy Pride. Write about your experience.

Think about Pride 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 healthy pride. What does healthy pride look like? What is it like to be near someone exuding healthy pride? What is unhealthy pride? What does that look and feel like? Give some real life examples.

Pride Flower Prayer

*Who is this flower above me?
What are the strengths of this god?
I would Pride myself in all my parts.*

This week, experiment with the Flower Prayer by changing the traditional wording to that above. How does this change the prayer? How does it (or not) change the quality/feeling of the rain of blessing which falls upon you after saying the words?

How does this prayer change you? What does it alert you to? How does it show up in your life? What does it bring up for you? Can you name your strengths? What do you think the strengths of your personal god are? Can you say with

honesty, “I would pride myself in all my parts”? How does the word, “pride” change when used as a verb? To Pride?

Making Kala: Tuning into Pride

How often and in what circumstances do you feel Pride in yourself? How often do you say you are proud of yourself *out loud*? Under what circumstances?

Pride is natural and integral. Children and animals are naturally proud. Pride is part of embodying BlackHearted Innocence. Pride can also *arise* when we behave in certain ways or perform certain tasks. There is Pride in being honorable, trustworthy, compassionate. There is Pride in doing a job well, finishing something on time, creating something of beauty. Now that you have woven a web of words on Pride, follow Pride through your own thought patterns. Look again at your answers to the 5 questions from last week if you need more prompts.

How often do you feel ashamed, guilty, disappointed? For what reason(s). In order to make space for healthy Pride, we need to name and make Kala the places where it is blocked.

How does Pride intersect with Sex, Self, Passion and Power? I am not asking you to address this by looking at the “map” of the Iron Pentacle. How does shame around Sex impact Pride? How does Self Esteem impact Pride? How does fear of Power impact Pride. How does lack of Passion impact Pride? How does unhealthy Passion (i.e.: obsession, denial, co-dependence) impact Pride. Make sure your souls are in alignments and that you have water on hand for Kala as you answer these questions. Answering these questions honestly will give you a very good sense of the work you will need to focus on over the next several weeks. Trying to layer Pride over our complexes will only serve to magnify the complexes.

What are some examples of unhealthy pride? What does narcissism or megalomania look like? How about false humility? How can unhealthy pride contribute to delusions of grandeur?

In defining what we want, it is helpful to define what we do not want. This is the work of Saturn who places limitations and requires precision.

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