

## IRON PENTACLE SERIES

### In the Name of Pride

#### Part 2

*As proud as Lucifer.* Philip James Bailey

*There was one who thought himself above me, and he was above me until he had that thought.* Elbert Hubbard

#### **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.

*I will tell you now, after having written most of what follows, that I invoked Melektaus, our Peacock Lord and asked him to come through me . . . to fill me with Pride so that I might speak truth without fear, shame, guilt, or hubris, conceit or falseness. Heed this as a warning. There are pieces here I would not usually speak aloud outside the company of those I trust implicitly. Nevertheless, here it is in all its Glorious and Unadulterated Pride.*

Iron Pentacle is not a map. It is not outside us. It is not something we do. It is not something we have. It's not something we are ever finished with. It *is* within us. It *is* an organic process, a mirror, a shield, a prayer. It *is* us. We *are* it.

Iron pulses in my veins—literally. This iron in my veins is the same iron as that of the stars in the body of our holy Mother. This iron *connects* us to those stars, our distant ancestors. There is enough iron in the blood of a healthy adult human being that if it were gathered up, it could be shaped into a spike large and strong enough for that person to stand on and have all of hir weight supported!

I have heard so many say, "Feri is my home. I don't know why."

Here is why: The iron in your blood is singing. The iron in your blood is magnetized by this magic. The Iron Pentacle is a blood mystery. It is a chemical mystery. It is an ancestral mystery. This mystery is of the Craft of the Wise and God Herself.

As we struggle to know ourselves in all our parts including our True Pride, we sometimes get tired. Sometimes we need a rest. Even the Goddess gets tired, you know? God is self and self is god. God is a *person* like myself. I get tired. And she

gets tired. I'm not perfect. She isn't perfect. No. Not even God Herself is perfect. If we wanted a perfect god to emulate, if we wanted to always always always feel shame for being less than the perfect god, we wouldn't be witches would we?

I am not advocating laziness. I am not advocating we settle. No. I am implying we Witches remember who we are. There is strength in our blood! There is strength in our ancestry! We are queer and powerful and mysterious beings! There is something special (yes, there, I said it!) about being a Witch. Not all humans are, you know?

So, if you can find no other thing to Pride yourself in *TAKE* pride in your Craft and that you know a few things about yourself.

God is Self. Self is God. God is a person like myself.

Is it required that we know everything about God? Every corner, galaxy, sun, nebula and atomic nuclei in the vast body of God Herself? Is it possible? Do we berate ourselves for being unable to be all knowing of Hir?

Now. God is Self. Self is God. God is a person like myself.

Is it required we know everything about ourselves? Saying, "I would know myself in all my parts" is a prayer. It is a plea; a request; an expression of desire." It is not a promise or an assignment you will be punished for if you do not complete it.

Take . . . . . a . . . . .breath . . . . .

How can we know ourselves in all our parts? We are changing just as She changes? We are growing—wiser and fuller and older and more tired! We are destroying just as She destroys . . . purifying, cleansing, eating, digesting. When we are through knowing ourselves in all of our perceived imperfections (within Fetch and Talker), and have purified ourselves through 9853098 Kala Rites of all imperfection, will we then begin examining our epithelial cells? Our digestive tracts? Our tear ducts and hair follicles? Know ourselves in all our parts? Really? All thirty-ten-gazillion-katrillion of them? In one lifetime?

Take a breath. Say your name aloud. Know you are Enough! Know you are God!

### **The Goddess' Beloved**

I am the Goddess' Beloved.

My veins flow with Her red.

My lungs take in Her breath.

Blessed are the feet that walk my path of trials and pleasure!

I am God as surely as I created the universe in the beginning!

My hands are Her hands.

My body is Her body

Glistening with the sweat of stars!

My tears and cum are Her gifts

And I bestow these as I will!

Goddess within and without

Fill me with your love which exposes evil\*

Fill me with your love which evil flees from

Fill me with your love which illuminates me in my hiding

So I can come from my hiding

And dance in the rain of your love in pride.

*This prayer was written by Francesca DeGrandis and is under copyright protection. Francesca is very old school about such things (as am I!). You may not under any circumstance share this with anyone without express permission from Ms. DeGrandis herself. Having said this I have fulfilled my promise to her.*

With all three souls aligned and with as much sincerity as you can muster, say this prayer. Strive to say it daily. If you can say it before a mirror while holding your own gaze, so much the better! If you are unable to do it daily, do at least 4 times this week. See what happens –while you pray, but also how this manifests in your life.

---

### **Shake your Tail Feathers Baby**

*All we aspire to be.*

When you read or say these words, “All I aspire to be” What comes to mind? What direction does your gaze gravitate toward? What happens to your posture? What happens inside your body? Do you become calm or anxious, poised for action, hesitant?

*All we deny we might be.*

When you read or say these words, “All I deny I might be,” what comes to mind? What direction does your gaze gravitate toward? What happens to your posture? Inside your body? Do you become calm or anxious? Poised for action or hesitant?

*Everything we are.*

When you read or say these words, “Everything I am,” what comes to mind? What direction does your gaze gravitate toward? What happens to your posture? Inside your body?

The Bird of Heaven embodies our highest spiritual ideals. He is the brightest light and the purest purity. He is the chorus of angels. He is unattainable. To attain him is Death.

The Red Serpent embodies our most hidden shame. He is the darkest dark and the most unholy secret longing. He is undeniable. To deny him is Death.

Here, our work is not to deny, but to court both the Bird and Serpent. Here, again, we return to acquainting ourselves with parts of the Threefold Self we may not have recognized or been properly introduced to previously.

Here, we realize we are still enamored with perfection, sterility, purity, sanctity, white light. Here we bump up against the false gods of perfection we have set up to worship and emulate. Here we stumble over our cold hatred of our humanity—the body with its smells and hungers and excretions; the mind with its lying and cold rationality; the Fetch with hir illogical fantasies and demands. How can we ever be perfected in this body? The Bird of Heaven is winging through the mind on silver-white wings of light. The beating of those wings is merciless.

And, here we realize we are still enamored with perfection, sterility, purity, sanctity, white light. Here we bump up against the false gods of perfection we have set up to worship and emulate. Here we stumble over our cold hatred of our humanity—the body with its smells and hungers and excretions; the mind with its lying and cold rationality; the Fetch with hir illogical fantasies and demands. How can we ever be perfected in this body? The Bird of Heaven is winging through the mind on silver-white wings of light. The beating of those wings is merciless.

And, here we realize we are still human, with an imperfect and animal nature. Here, we admit our shame, fear, guilt, tears, inability, impurity, imperfection, pettiness, shyness, loudness, lewdness, sexual perversion, distortions, and contortions. Here we come face to face with all the stuff we’ve stuffed *down there*. Here, after all, lies the Fetch, that Wild Thing drooling and gnashing hir teeth uncoiling as the Red Serpent in the pit of

the belly. Slick slippery slick and sssssssssssssssssss. And the hissing of that serpent is merciless.

Shame and Hubris. Shrinking and Gloating. Fear and Grandeur. Bragging and Whining. Strutting and Skulking. Fighting and Peacemaking. Innocence and Guilt. Purity and Impurity. Fetch and Talker. Talker and Fetch. Serpent and Bird. Bird and Serpent.

In their union, the Peacock arises. In the union of the Talker with the Fetch, we are able to approach the Godself and become Whole.

*Think on these things. Mysterious as they are. Mysterious as you are. Threefold. Your Nature will lead you to True Pride if you do not let one third or another take too strong a hold of the whole.*

Pride is fierce and elegant, humble and unapologetic. The opposite of shame, Pride stands firm with head held high atop an erect spine. Pride does not back down or turn away but meets the world with clear eyes.

“If you are a Witch, then you must have pride and Be Proud. You must Pride yourself.” What feelings does this statement bring up in you? Why do I specifically say Witch? Why is Pride so important to a Witch?

**Checking Iron Pentacle:** Check your points—how they intersect and flow around the circle containing the energy—as you did last week. Notice any differences.

**Re-sacralizing the Body:** Take some time, once per day to thank your physical body for the work it does. “Thank you feet! You do a great job carrying me around and you hardly ever complain!” Or, “Thank you body, for recovering from that cold.” Or, “Thank you salivary glands for reminding me that I am thirsty! What would I do without you?” Don’t be perfunctory about this. *Really* give thanks so your body can pride itself for what it does.

This exercise is really to help us instill what Erin called “innate” pride in ourselves. Animals and trees exude something we refer to as “natural” pride. It is “natural” because it does not involve the Ego aspect of the Talking Self. The buttercup is not comparing himself to the daisy, nor the daisy to the rose. All are Be-ing themselves

naturally and fully, without constraint, fear, comparison, guilt, shame or that self-analytical Litany of Doom which constantly demands to know if we are measuring up.

Talker, Ego, Fetch, Godsoul and the BlackHeart of Innocence

(Ya'll might want to remember to breathe long and deep through the following. A Kala cup at your elbow might prove useful as well)

Sometimes we can use these tools in such a way that they turn against us. Striving so hard to know ourselves in all our parts can be a double edged sword—especially if the unspoken prayer is that we not only “know” ourselves but also “better” ourselves. When our goal is always to repair, heal, change, transform, there is an *inherent underlying message* that we are not good enough as we are right now. In our striving to be other than we are, we are reinforcing in the Fetch that we are not enough. This, of course is Self work (I would LOVE myself in all my parts).

True Pride is enough. Right now. True Pride isn't dependent upon us being anything other than we are *right now*. “Everything we are,” is enough. The Ego-aspect of the Talking Self cringes at this thought. If the Ego-aspect were to let go its continuous Litany of Doom, we might be able to actually experience the Love of the Godself. There is a reason we *must* go through the Fetch in order to access the Godself.

The feeling of fear comes from Fetch. To name oneself afraid or fearful is the work of the Talker. When the Ego-self identifies too closely or habitually with a state of being, it mistakenly perceives the state of being as a quality of the whole. Hmm. Hard to write about this clearly. Let me keep talking and see if I can get us there. The Fetch feels shame. The Talker names and says, “I am ashamed.” The Fetch hears that as, “I am shameful.” And a self-perpetuating loop is set in continuous motion. Here, we are interrupting the loop. We will meet with resistance inside ourselves.

What I am really trying to get at here is that *the ego-aspect of the Talker* is the one who is confused about Pride. It is the ego-self who thinks pride is something that must be earned. It is the ego-self who compares, contrasts, measures and comes up more often than not with a judgment that we are less than. That pronouncement of being less than



is picked up by the Fetch who translates it into a feeling of free-floating shame (shameful).

It is the ego-self who does not want to be “caught” being less than. This, is picked up by Fetch who translates it into feelings of free-floating fear/anxiety (fearful).

The ego-self, in order to convince itself of its superiority/inferiority must constantly lie to itself. The Fetch reads the lie and generates free floating feelings of guilt (guilty).

We have literally spent *lifetimes* caught in the fatal feedback loop between the ego-self and the fetch. Rarely, have we been able to glimpse the Talker without the input of the ego. Rarer still have we been able to reach through the complexed (blocked and bound are other words for this) Fetch to the Godself who knows the Truth: *We are not beings of shame, fear and guilt. Rather, in our Natural State we are Proud, Powerful and Innocent.*

*This* is the BlackHeart of Innocence. We will never attain it so long as we allow ourselves to engage in ego games. We will never attain it so long as we believe the Universe and the Holy Mother, God Himself, operates from a reward/punishment system.

Just in case you are throwing your hands up in the air and screaming at the screen right now, “Then why am I doing this? Why bother?” I want to remind you that Cora Anderson prayed for the Black Heart of Innocence until the day she passed from this world. The Black Heart of Innocence is an *ideal*. We can attain glimpses and if we are very Kala we might even be able to attain moments of that pure, ego-less, fully aligned state. We can achieve more of them, more often and for longer periods if we consistently do this work which chips away at our complexes, starves out or exorcises our demons, and allows us to refrain from playing ego-games.

*The Talker is rational. The Ego is judgmental.*

The ego-self is the False God. Convinced s/he is “the one true God,” s/he demands we place no other god/self before hir. The ego-self will not let us convince the fetch to allow us to talk to our Godself . . . because s/he will be unseated from her throne.

It is Very interesting that some of the biggest ego-games I have ever seen played within Feri Tradition have been played out in the name of Melektaus. But, our Peacock Lord is

*not* the ego. He is Glorious because he has neither denied himself nor aspired to be what he is not. He Is.

And we chant, I AM.

This is dangerous work.

Are you ready?

If you are not, that is okay too. It is okay to take some time to just think about these things. Question what has been said here. Let these ideas roll around inside us. It is not easy to admit there is a part of us that is so invested in how we look to others that it would not let us become who we *really* are. It is not easy to grasp the slippery edge of this part of us, who would rather we remain imprisoned in our personalities/masks than align with the Truth which arises naturally, gloriously (!) when The Genius, Wild and Divine in us commune.

The “effortless” Pride of the Child, the Peacock and the Black Heart of Innocence is effortless because the ego-struggle is not engaged. Ego can only compare and contrast. Ego will *never* agree that right here, right now, in *this* moment we are whole, complete and perfect. Even without knowing, naming or fixing all our parts, Godself knows it is so.

Send a breath of thanks.

Feel Pride in knowing this is True. *Pride* yourself in all your parts.

## **IO Prayer**

In the name of Sex, Self, Passion, Pride, Power

I affirm I am a living entity

A threefold spirit with a dense physical body

My Godself is the third and the highest  
of my three spirits. The most sound, whole and  
perfect part of me. We are and I am

ONE.

*Stand in the shape of a star. Breathe life force throughout the prayer as you speak it aloud. Give yourself time to really embody/know any way you can the words you are speaking. Empty words are empty prayers and will have no lasting effect upon you. Breathe life force into the words, into the prayer. When you have said the word ONE, gather the life-force up in four breaths and clap your hands together in front of your 3rd eye—pushing them open above your head—as you send HA to your Godsoul.*

*Allow yourself a few moments to stand in the aftermath of this Prayer. This should give you a sense of Pride.*

*Do this three to five times this week.*

This is Traditional Feri from Victor Anderson. It should not be taught without permission of an Initiate of the Feri Tradition.

### **Shake your tail feathers.**

The Peacock arises when we banish the false god. His fan opens out and he dance in Pride for us—for our salvation from enslavement. His tears pour forth in compassion for the life force we have given over in worship and reverence to the false god/ego-self. The tears of the Peacock Messenger cleanse and heal us. The dance of the Peacock Messenger instills in us awe and pride.

Compassionate might be something we aspire to be. Proud might be something we have denied. These—aspirations and denials—are conjoined to generate the Peacock.

Hello God. Nice ta' meetcha!

What do you deny? What do you aspire to be? What are you right now?

**Procure these items before beginning Part #3**

Get a candle that reminds you of the peacock.

Get some incense that reminds you of the peacock.

Get some red and blue food coloring

Some gorgeous anointing oil

Some peacock feathers or pictures of them.

We are preparing to align with him in True Pride.

Do the work assigned this week. Keep working on what we've begun. Make Kala and Kala and more Kala. Weep. Rend your clothes. Gnash your teeth. Let your resistance move through you however it needs to.

---

FYI: This work regarding the Serpent and Dove, the Peacock, the Three-fold Spirit and Ego, is the focus of my upcoming book! I'm deeply passionate about it.

In love and Power—Be Blessed.

**Re-sacralizing the world.**

This week, look for things—actions, behaviors, ways of being—which are honorable, well done, pride-inducing *in* others. Tell others that you are proud of them! Sometimes it is easier to say, "You should be proud!" How does this make you feel? How is your

unshrouded compliment received? Pay careful attention to your own body-reaction to telling others you are proud of them. Also, pay careful attention to the reaction of the person you are telling. In order for this exercise to be of any help to you, you will need to do it at least daily so you can observe a variety of reactions in yourself and others.

*Copyright 2017, 2018 and in perpetuity: Karina B. Heart, Karina BlackHeart, KBH Enterprises, [karinabheart.com](http://karinabheart.com)*