

IRON PENTACLE SERIES

In the Name of Self. Part 1

Assignments:

Word Web Weaving

Daily Soul Alignment

Daily Kala

Make a list of items for Self-forgiveness (listen to recording and read Notes below, if this doesn't make sense to you).

"God is Self and Self is God. God is a person, like myself." Victor Anderson. What does it mean to be God? Muse & journal on the possibilities, responsibilities, etc.

For this week let us focus on Self Forgiveness and Self Care.

Saying and perceiving that God is Self and Self is God, and God is a person like my Self, implies that we must know and care for God. God Himself is asking you for forgiveness. What forgiveness can you offer Hir? What are the areas in your personal life and in the world(s) that seem unfair, unjust or unkind? Can you forgive Her for these? And what about your Self? What forgiveness must you offer your Self? What have you done or failed to do, what acts have you committed, what behaviors have you indulged which are in need of forgiveness? Invoke Compassion upon your Self.

Compassion is not the same as coddling. Forgiveness is an act of generosity, compassion, self care and self love. Can you forgive yourself for the ways you have expressed hatred toward your Self? Can you begin to forgive yourself?

This week, look at the ways you refuse to show yourself the love and respect you deserve simply because you live and breathe. Perhaps you don't take your medicine or vitamins. Perhaps you don't give yourself enough rest or you make unhealthy choices about the kinds of food you consume. Maybe you indulge addictions to drugs or alcohol or sex or spending or gambling. Perhaps you listen to a continual negative self-monologue? What are the ways in which you show yourself again and again that you don't love yourself? What habits of behavior/action do you persist in even though they do not support your most glorious Self hood? What are the small or large ways you deny yourself the love and care you deserve? Can you choose one thing? Bring it to the altar, to the Chalice. Place it there—all the thoughts, emotions, feelings, body sensations, sounds—in the Chalice. Now, with three souls aligned, invoke the help of

God Himself to transform that self-hatred. Allow yourself to open to compassion. It may begin within you, and well up and out becoming Compassion for All that Is. Or, you may experience it as coming from outside, from God Himself/All That Is and funneling into you, infusing all your cells with forgiveness, compassion, love. REALLY take time with this. Let yourself feel it. You may find that you weep or sigh, that you writhe and moan. It's okay. It's alright. Remember to breathe. Remember your roots. You are in the throes of Re-membering your Self.

Choose One Act of Self Care. Choose something that isn't too easy, but isn't such a big deal that you sabotage yourself before beginning. Maybe it's as simple as painting your toenails so each time you see them you remember that you care about yourself. Maybe it's a commitment to taking those vitamins, or having sex or eating three meals or drinking more water. Maybe it's remembering to align your soul a certain number of times each day. What is it you need to prove to yourself that you care for yourself? Make Kala on any resistance. Note your progress.

Aside from this work, please remember to take EXTRA good care of your emotions, your body, your spiritual being as we all wade through the rivers of rapid change, fear, outrage, apathy and grief over current events in our world. Pay attention to whether you are fully embodied. If you're not, find your belly button and breathe into it! GET IN THE BODY. Seriously, you'll do better if you stay grounded in your own center.

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