

## IRON PENTACLE SERIES

### In the Name of Self. Part 4

*Ring the bell that still can ring Give up your perfect offering There's a crack in everything. That's how the light gets in. Leonard Cohen*  
*The Gods accept no perfect sacrifice.*

What does it mean to be a good person? What does it mean to be a good partner? Spouse? Lover? Witch? Feri? Student? Employee? Parent? Friend? Artist? Writer? Neighbor?

In many ways we have taken on and embodied the cultural messages that in order to be worthy (of love, acceptance, happiness, wealth, health etc) we must be Perfect. Perfectionism is an Enemy of healthy Selfhood. It requires we continually compare our personal worth with the perceived personal worth of others based upon material indicators such as money, age, material acquisition, beauty, weight, height, health, etc. When we judge ourselves or others, we fall out of wholeness. When comparing, we find we are better than or less than others and are pulled into self-derision, self aggrandizement, envy or any number of negative states which don't lead to healthy selfhood.

Spend some time paying attention to the ways you compare yourself to others or to some Ideal Standard of Goodness, Health, Beauty, Wealth, etc. How do these comparisons hurt you? How does comparing ourselves to others encourage us to do better, stretch our boundaries and grow? Having positive role models is healthy. Identifying too strongly with those roles models can eclipse our own Selfhood or pull us into envy, jealousy or greed. Be Careful! There is a fine line between comparing so we can stretch and comparing so we condemn ourselves or others. Don't cut your feet while you walk that sharp edge of this razor!

We are often surprised at how often we compare and judge, condone and condemn, approve or deny when we start paying attention to it. What can you do to help yourself see each person and situation for what it is, rather than comparing it to what it isn't? What might you do rather than judge people, situations and circumstances according to some Perfected Standard. Perhaps, Perfectionism is one of the things you need to forgive yourself for?

## **The Wild Inside**

The Fetch is Innocent. Let me repeat that. *The Fetch is Innocent*. Poor Fetch gets called all kinds of names, attacked from all directions. We believe s/he holds all our complexes and blocks, that s/he perpetuates our fear shame and guilt. The truth is that the ego/personality aspect of the Talker is just as much to “blame” if there is any blame to go around. What is ultimately True is that it is Fetch’s job to be in Joy and to keep us alive. When cleansed of complexes, a clear conduit to our Divine Nature, the Wild Soul is as innocent as dawn, as puppies and infants. Fetch holds The Key to our Innocence. What will you do this week to gain Hir trust? What playful, exciting, colorful thing will you do? What place will you go? What game will you play to entice Hir to loosen Hir grip on those complexes she gathered in Hir innocent desire to protect you?

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## **Feeding the Dove**

Feel the Godself drawing close. Feel the Reality that there is a part of you that is already beyond all this. The Divine in us part that has never entered into these games of perfectionism, judgmentalism, comparison, fear, shame, guilt, jealousy, approval, envy, greed, self derision or any of the other messes our personality selves get us into. The Personal God is beyond it all, observes it all, and blesses it all. The most sound, whole and perfect part of us already knows and loves us in all our parts. The GodSoul knows we are not guilty, have nothing to be ashamed of and have nothing to fear. The GodSoul is contracted for non-interference but patiently awaits the request for intervention from the Talking Soul and the Wild Soul in the form of Ha Prayers.

## **ASSIGNMENTS**

1. This week as you align your souls frequently, spontaneously and playfully, change the wording of the Prayer as follows: *Who is this flower above me? What is the joy of this god? I would love myself in all my parts.*
2. Spend some time paying attention to the ways you compare yourself to others or to some Ideal Standard of Goodness, Health, Beauty, Wealth, etc. How do these comparisons hurt you? How does comparing ourselves to others encourage us to do better, stretch our boundaries and grow? Having positive role models is healthy. Identifying too strongly with those roles models can eclipse our own Selfhood or pull us into envy, jealousy or greed. Be Careful! There is a fine line between comparing so we can stretch and comparing so we condemn ourselves or others. Don’t cut your feet while you walk that sharp edge of this razor!
3. We are often surprised at how often we compare and judge, condone and condemn, approve or deny when we start paying attention to it. What can you do to help yourself

see each person and situation for what it is, rather than comparing it to what it isn't? What might you do rather than judge people, situations and circumstances according to some Perfected Standard.

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#### 4. Checking the Iron Pentacle

Notice: When you run the Iron Pentacle now, what does Self look and feel like? What sound does it make? How has Self changed? How is it changing Passion, Pride, Power and Sex? How do the other points feed into Self? How does Self feed them? Where are your weaknesses? Where is energy stuck? Where is it leaking? Where is it pouring in?

5. Also, you may find this work is making you more tired, hungrier or more dehydrated than usual. Please take good care of yourself as you put yourself through these challenging paces. Healthy Self Care includes a minimum of 64 ounces (2 liters or a half-gallon) of water each day. (Water is not soda or coffee or fruit juice or tea. Water is water). Minimal Self Care is 8 hours of sleep per night. Self Care includes foods that replace the Life Force you use in your day and in your spiritual work. Exercise also increased Life Force. Another way to check in with yourself is to remember the acronym HHALT. If you are feeling particularly sensitive, upset, depressed or exhausted, ask yourself if you are Hungry, Hydrated, Angry, Lonely, Tired. Then, take the appropriate measures to fix the problem.

6. If you haven't done Ho'o pono pono, try to get to that.

If you've already done it, this practice is now yours. Use it as necessary.

Note that our tools become easier to use and sharper with use. This is a very powerful tool. Don't let it lie dormant in your toolbox!

7. If you haven't done the red candle spell for empowering the Self Point, do that. :)

You can use this as needed.

Note that this particular tool, if over-utilized, can result in us feeling spiky, jangly, sharp and irritable. I heard some of you say you'd be doing it daily to accommodate letting the candle burn all the way down. Please be *sure* you are checking in with yourself (as in Assignment #5). After you complete the first candle, I recommend doing this no more than once every 1-2 weeks.

8. Date with the Wild Soul: See notes above regarding The Wild Soul is Innocent.

9. Feed the Dove. See notes, above.

10. Consider and bring to consciousness that while you cannot attain perfection, you *can* bring your best--at any given moment, in any given circumstance. Your best is just that--the best you can do in this moment, with the skills, resources, energy and "spoons" you have available. Sometimes, what my "best" looks like on one day, pales in comparison to what it looks like on another day. But, my best is still my best. Our best can fluctuate and shift.

Perfection is an unattainable, undefineable and unchanging ideal. It's also a very mean measure to hold ourselves to.

11. Continue ALL the Things:

Soul Alignment

Kala

Word Web Weaving

Greeting the Goddess

Contemplating Self and Other as God Himself

Re-sensualizing the Self

Re-enchanting the World

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