

ACTUALIZING THE IRON PENTACLE.

SEX.

Part 1.

Assignments.

1. **Word Web Weaving** at least 5 hot-button words this week. The object of this exercise is for you to reclaim language and your power with language.

Word Web Weaving: You will need a dictionary and a thesaurus. If you don't have one, there are plenty available online for free. Take note of words that "trigger" you. That is, what words make you happy to hear? What word makes you cringe? What concepts do you have trouble with? The idea here is to play chase-the-words through the dictionary. Look up the word that triggers you. Write its definition. Let the words within the definition lead you to and away from your preconceptions of the definition. The goal is to claim the language you use *and* the language you avoid so it becomes Yours. There is Power in thought, word and deed. If you are crafting a spell, a relationship, a book or your Life, you will need Words. Words have power. Know what the words you use mean—to you and to others. If you don't know what the words you are using mean when you use them to pray, they won't be effective! Claim words as your own.

2. Continue to **notice** what make you feel sexy, sensual, delighted, open, grounded, connected.

3. Look over your responses to the **5 questions** we answered in the class.

Here they are, again, for your notes:

1. What is sex?
2. What negative things has society told me about sex?
3. What positive things has society told me about sex?
4. What do you like about sex?
5. What do you dislike about sex?

Feel free to journal more responses. These responses were and are for you--they came to the forefront of your mind when you asked yourself the question. So, these are responses you likely have some investment in. Ask yourself:

- a. Is this what I think?
- b. Is this what I feel?
- c. Is this what I believe?
- d. How does this affect me, my relationships, my sexual enjoyment, my sexual Be-ing?
- e. If this negatively impacts me, my relationships, my sexual, enjoyment and/or Be-ing, what can I do to transform this thought, feeling or belief?

4. **Become more consciously aware of** when you are feeling turned on, sexually aroused, sensually delighted. Pay attention to how you embody that. For example, where in your body are you sensing it? What emotional responses are you having? How does your posture change? What happens to your breathing?

5. This class is part of a series on all **5 points of the Pentacle**. Think/journal about these questions: What does Sex have to do with Self? Passion? Pride? Power? What does Sex have to do with being a Witch? What does Sex have to do with Liberation?

NOTES:

Iron Pentacle as Embodied Reality.

The Iron Pentacle is not a symbol. It is not merely a tool. It is not simply an exercise or set of exercises for self-awareness. Rather, it is a *reality* which exists within our bodies, our blood and three-fold spirit.

For a long time, the student "does" exercises including Iron Pentacle work. After a while, the Pentacle begins to awaken and take shape within the student. In time, the Iron Pentacle is no longer something we "do." Rather, it is something we "are." It is in us as surely as our hand is at the end of our arm!

To miss this reality is to miss the Point (pun very much intended).

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