

## IRON PENTACLE.

### SEX.

#### Part 2.

#### ADDITIONAL RECORDINGS

Here's the recording for [Soul Alignment/Ha Prayer](#). Use ALIGN for the password. Do this at least 3 times this week. If you are familiar with this practice already, do it daily.

Here's the recording for the [Kala Rite of Purification](#). Use TRANSFORM for the password. Do this at least 3 times this week. If you are familiar with this practice already, do it daily.

#### NOTES & ASSIGNMENTS

*Sexual energy is the primal and creative energy of the universe. All that is alive is born of sexual energy. In animals sexual energy is biological creativity. In humans sexual energy is creative at all levels-physical emotional spiritual. Attraction, arousal, awakening, alertness, passion, interest, inspiration, excitement, creativity and enthusiasm are flavors of sexual energy. Sexual desire is sacred and chaste. The supPression of sexual energy is false, ugly and unchaste.* Deepak Chopra

**Five Questions Follow through with Kala** Last week, you answered five questions about Sex. Take out your answers to those questions. Align your Souls, make Kala and read your answers. On a separate sheet of paper, make notes concerning any unhealthy beliefs, perceptions, issues or concerns you have about Sex. In your answers to the question, "What does society say about sex," ask yourself if there is ANY small part of you that believes what society says about sex? Also, ask yourself how angry, self-righteous or indignant you are about what society says about sex? Do you see how you are still giving the power of your Sex away to the society? As you review your answers to the five questions, you should come away with a rather extensive list of what needs to be purified/made Kala within you in order for you attain Healthy Sex. Approach this list as though your life depends upon it. You may be working on this list long after this workshop comes to an end. That's okay. There is no deadline. We are not in a race to some imagined finish line. Victor liked to remind his students that we are in a process of "endless purification."

**Healthy Sex** In looking at your answers regarding your strengths and likes concerning Sex, you should be able to discern some beginning glimmers of what being in a state of Healthy Sex might look, feel, sound, smell, and taste like for you. Take some time to flesh out that image.

Who is it you are trying to become? What is it you are trying to achieve? What does “healthy sex” mean to me? What does Full Sexual Potency mean? What does it mean to be Sexually Pure? Your answers to all of these questions will help you flesh out your vision for yourself. Work on bringing as much detail to this vision of yourself in the fullness of your Sexual Potency this week. Set aside until next week.

**Sex and Creation:** What is your creativity? Do you write? Paint? Sew? Do you cook? Build altars? Make jewelry? Connect people or information? Make art, relationship, family? What is it you bring into being? Is there more than one thing? List them. Being a Creator is a very important part of our Sexual Nature and our Magic. If Sex is Creative and Creation, what is necessary for you in order for you to create? What do you need in the way of Self Care, environment, community, etc. in order to be able to create?

**Word Web Weaving:** Choose at least two words to chase through the dictionary. This will be an ongoing assignment throughout the remainder of the workshop. Some juicy words from the recording: debauchery, fear, intuition, lascivious, dirty, liberation, whore, revolution, control, attractive, validation, pleasure, create, creative, creation, intimacy, sensuality.

**Re-sacralizing the World:** As you move through your daily round this week, take some time to notice beauty, creativity and sexuality all around you. Notice it in places you wouldn't normally look for it. 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 Innocent Sexual Nature. This was assigned last week but I didn't hear/read a lot of feedback about it. Please do this exercise and then DO get back to the group with the results of this Work.

**Re-sensualizing the Body:** Choose one mundane task that you do frequently. This could be taking a shower, driving a car, scrubbing the floor, making photocopies. Will three souls in alignment and having performed Kala, approach this mundane task as though it is not only Sacred, but Sexual. Allow yourself to open your senses in much the same ways you would when being touched by a lover. Pay attention to your breath. What do you hear when you really listen? What are the sensations your nerve endings are picking up on? Where do your emotions flow? Let your pulse quicken. How turned on can you get washing dishes? Send any excess Life Force generated by this exercise to your Godself with a prayer for Sexual Healing. Write about your experience. Again, this was assigned last week but I only recall hearing back from a very few people. Please, do the work and share with the group your results.

**Rediscovering Intimacy:** We are incredibly intimate with ourselves, our relations, our environment. Everything we come in contact with is, quite literally, *entering our bodies* through

our eyes, ears, pores, mouth, nostrils and intuition. We have been enculturated/socialized/indoctrinated to minimize our sensory input so as to focus our attention only on what is of immediate value. This week, experiment with allowing your sense to open more fully to environmental input. Take time to really allow yourself to *see* (invite in through the eyes), *hear* (invite in through the ears), and experience this intimacy through touch, taste, scent and intuition, what is in your environment. Breathe with the sensations. Allow yourself to be overcome!

We tap into the sexual nature of all of Creation and by this union, become one with all that is.

Witchcraft stresses the idea that sexual energy is immensely powerful and that when sexuality is repressed or denied, we become sickened. Accepting sexuality releases the flow of energy and the person experiences healing. Witches perceive sex as sacred, mystical, ecstatic. Sex generates huge amounts of Life Force (energy, power). The liberation of sexuality and sensuality is essential to magic.

### ***Prayer for Cleansing the Sex Point***

*Do this ONCE and only ONCE this week **after** having done Soul Alignment and Kala at three times. So, you should be getting to this sometime between Sunday and Tuesday.*

1. Get yourself grounded and centered.
2. What do you want to change about your experience, expression and/or embodiment of Sex?
3. How do you want to be instead (refer to your Visualization). Flesh out this vision of yourself as much as possible. Breathe into it. Hold the vision in the present tense . . . not as a future scenario.
4. Do Soul Alignment
5. Begin breathing in manna/Life Force immediately following the Soul Alignment.
6. As you breathe in manna, say the following:  
*"In the name of Sex, I your name, affirm in the here and now  
I am a three-fold spirit with a dense physical body  
And that my Godsoul is the third and highest  
Of my three spirits: The most sound, whole and perfect  
Part of me.  
We are, I am, ONE.*
7. Just as you did in the Soul Alignment, breathe in sets of four. This time, embody your Vision of yourself as embodying Healthy Sex. Breathe with and into that Vision. When you are ready, divide the manna, and send the excess to your Godsoul.
8. Sit in the flows and eddies of manna. Be softly open and alert. You *might* receive information, instruction, insight . . .
9. You may feel very charged up after this. If so, take four more breaths with the *strong intention* to gather the excess manna, send it all to your Godsoul. THEN, do something very mundane that requires physical movement. For example, sweep or vac your floors, scrub the tub,
6. *Make a prayer (affirmation, petition, etc. This is simple--just think/say what you want. It needn't be complex nor formalized) for Sexual Purification*

**Procure for the next class:**

*Don't forget to get your red candle!*

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