

Iron Pentacle.

Sex.

Part 3 Notes & Assignments

“We not only have sex but are sex.” Victor Anderson

Here are some **highlights** from the recording:

- The orgasm has been called “petit morte,” the little death. Because in those seconds, moments, hours, days, eternities . . . there is Nothing Else.
- Scientific research has described what we’ve all experienced: As we become more and more fully aroused, everything else in the environment fades. We no longer notice the lighting, ambient sounds in the environment, ambient temperature or scent --which is why we can let dinner burn during sex!). In those moments leading up to, during and just past orgasm, the rest of the world fades away. Perhaps this is why there are so many babies born 9 months after a crisis!
- The orgasm can be described as the “end” of the sexual act. The Cone of Power is the end of the Rite. The cheering at the end of a rock concert is the End of the show
- All begins and ends in the same place because the world view is Circular rather than linear. In a linear world view, Sex and Creation are at one end of the spectrum while Death and Destruction are at the other. In a Circular world view the ends of that line are bent toward one another to create a circle. Sex and Death are side by side—or across from one another, or sharing the same space.

Here are your **assignments** for this week:

- Think/write about: Does "Sex" imply genitals? Why? Why not?
- What does being in a state of Healthy Sex/your Full Sexual Potency 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 you? 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. Bring as much detail to this vision of yourself in the fullness of your Sexual Potency.
- **Embodying Full Sexual Potency.** Spend an hour this week embodying your vision of yourself in your full sexual potency. Bring as much detail to this as you can--what do you choose to wear? What colors, scents, cosmetics, clothing do you adorn yourself with? How does your posture, your movement, your gaze, your breath differ? Does your voice change? Do you laugh more? Feel more creative, expansive? Or, do you feel quieter, calmer? Does your full sexual energy

feel like a buzz, a hum, a drumbeat, a violin? Is your energy busy, intense, quiet? Is it like a rose, an ocean, a mountain, a thunderstorm, a prairie, the high desert, a forest? BE it and pay attention to discern what's different.

- Remember, we're drawing our Healthy Sex to us. So, do this exercise in the present. If you get an impulse/idea of how you might embody Sex, bring that to the present and embody it.
- You can do this in the privacy of your home or, if you are adventurous, take it out in public. If you choose to "go public" you can do this anywhere . . . from a walk in the park to the public library, a cafe, restaurant, bar, theater or grocery store! This is *you* owning *yourself*.
- If something feels like it's too much, breathe. Ground and Center yourself. Ask yourself where your discomfort is coming from.
- Find 3-5 role models. This, I'd like to ask you to share here as part of the assignment. You can post photos, recordings, etc in this forum. I've set up a new topic just for these postings. You can write something about your role models or not. Totally up to you.
- So . . . Role Models for Full Sexual Potency embody their sexuality/sensuality/creativity without apology. To *me* these are individuals who are complete unto themselves—they do not need/seek the gaze of approval/attention. They simply *are*. Your mileage, of course, may vary!
- During class we did a writing exercise listing the positive and negative names for genitalia and orgasm. Take a look at that list. Which list is longest?
- During the week, can you come up with more positive names? Make up your own exciting, silly, beautiful, powerful praise-names for them?
- You might even write a poem or create a dance or artwork as a result!
- And, is it possible to reclaim any of the negative names using Word Web Weaving or Kala? Of course, if some names are "too filthy" or "too awful" to say, you need to make Kala. Don't let any name hold that kind of *power over* you—especially when it refers to a part of your body or a body you love or derive pleasure from.
- What do your lists say to you about your vocabulary? Your feelings about sex? What do they say about society (which you are part of and, therefore impacted by)?
- Continue with the Ha Prayer for Soul Alignment and the Kala Rite of Purification
- Continue Word-Web-Weaving
- Continue Re-sacralizing the World
- Continue Re-sensualizing the Body

Sexual Empowerment Bath: Do this sometime between Sunday and Wednesday, if possible. Give yourself the time to do the other work and prepare for this Rite:

I am a huge advocate of the Ritual Bath. Fetch loves them. They get intensive Work done. It gives us an excuse to clean the bathroom. We smell good afterward. The magical results are usually profound. That said, please be sure your bathtub is clean. If you do not have a bathtub but have a shower, please don't concern yourself too much. Do as much as you can—and then improvise. I assure you, Ritual Showering works as well. If you DO have a bath, though—use it. Don't substitute the shower. You will need a clean bathtub. You will need the items I asked you to purchase/obtain last week:

Red taper candle. Some sexy incense (if you can't deal with incense, use an oil diffuser) About one cup of salt (sea salt preferred, but what you have in your kitchen will suffice). Some sexy anointing oil. A small jar of honey and a something spicy to put on your tongue (pepper, cinnamon, spearmint, curry). Some body oil/lotion. Also, pick out some music you find sexually arousing. You may also want to wear RED when you emerge from the bath.

Here are the instructions

Align your three souls.

Make Kala so all three souls can take their Rightful Role in this Ritual of Sexual Empowerment.

If you chose music, play it loud enough to hear in the bath if possible.

Bring all your supplies to your bathroom and set up a small altar there (I have the tiniest bathroom in the world. I close the toilet lid, put a beautiful cloth over it and put my ritual items right there. *Viola! Altar!*)

Draw a hot bath.

While the tub is filling, hold the red candle in your hands at the level of your third eye—Sex Point. While breathing in excess Life Force, say the following prayer:

In the Name of Sex, I invoke Sex! In the Name of Sex, I invoke Sex! In the Name of Sex, I invoke Sex!

(As you speak these words, feel Sex Arise in you. Feel your Sex Point ignite. Breathe into that. Breathe into and through your physical Sex/pelvis. Move the candle in a straight line from your forehead and down—passing chin, center of chest, navel and over your sex, then back up in a straight line. FEEL/SEE/BE/IMAGINE/KNOW Healthy Sex anyway you can.)

Breathe the HA into the Candle rather than up to your Godself.

Light the Candle.

Invoke any Goddess and/or God of Sex you are on familiar terms with. If you are not familiar enough with any particular deities, call upon the Star Goddess and Her Consort. Saying those names alone ("Star Goddess and the Consort Who is Always by Her Side") is enough.

Light the incense.

Take the salt and honey and place them near the tub.

Take the lit candle and pass it over the tub, saying, "In the name of Sex, I invoke the Power of Sex!"

Do the same with your incense.

Then, take your anointing/scented oil and add one drop for each of the points on the pentacle, saying "In the name of Sex, I invoke the power of Sex! In the name of Sex I invoke the power of Self! In the name of Sex, I invoke the power of Passion! In the name of Sex I invoke the power of Pride! In the name of Sex, I invoke the power of Power!"

When you are ready, enter the bath. Breathe life force with consciousness.

Feel the heat of the water relaxing you and releasing your complexes—see them rise off your body like the steam rises from your body. Let them go with an “Aaaaahhhhhh” sound. Immerse your head under the water. If this isn’t possible, splash water over your head.

Take the salt—taste a grain or so on your tongue and feel/sense the Life contained in the salt. Think about all it contains. Bless the salt and its cleansing properties.

Take the honey—taste a bit on your tongue and feel/sense the Life contained in it. Think about all it contains. Bless the honey and its sweetness. Take a little salt and honey at a time and begin to gently scrub your skin with it.

As you cleanse with salt you are simultaneously covering yourself in sweetness. Feel/sense that paradox. Allow that magic to penetrate your three souls. Breathing life force all along. Cleanse away that which no longer serves you. Bless and invoke that Sexual Potency you desire and need to be a Healthy Witch. Pay attention. Breathe Life Force. Feel the energies awaken and rush toward you to bless this endeavor! Feel and be in the power of this ritual. Don’t forget to cleanse your hair, the back of your neck, under your arms, your genitals, between your toes, the hollow behind your knees—all the places we sweat from and where energy can and does get stuck. Rinse well.

Continuing to breathe life force which is Sex. They are One and the Same Thing.

Exit the tub.

Take your body oil/lotion and begin to anoint your body. Begin at your head and work your way to your feet—stopping along the way where and when areas require more attention. Out loud, bless each and every part of yourself—invoking Sex. Send manna to your Godself if it gets to be too much energy to contain.

Hear the music.

Notice the candle light flickering and reflecting off your warm slick skin. Take in the scent of incense and the oil on your body. Breathe and breathe and breathe life force/sex in any way you can—through pores and eyes and mouth and lungs and sex and soles of feet and backs of thighs—filling yourself with sex. Sigh and moan. If it feels right to you, bring yourself to orgasm.

When you are ready, send the Life Force to your Godself. Let yourself air dry. Don red clothing if that is your True Desire.

Last words: I realize we are simultaneously cleansing and invoking. We are seeking purification *and* we are invoking that which we long to be. In some traditions, one would not begin to invoke until the cleansing was complete. Alas, we are human and, in my Tradition, we agree to “endless purification.” Were we to wait until we were done, until we had achieved some perfected and purified state, we would never have the opportunity to walk toward being Healthy Priests. We aren’t settling for “good enough.” We are doing our Very Best at making Kala and untying complexes while we do and are the Work and Working.

- **Note:** *It's perfectly acceptable for you to do the above Rite followed by **Embodying Full Sexual Potency**, if you desire.*

Note: As promised, this is the high arc of this work. This week there is a lot to do! We have two more weeks and the work-load will lessen as we continue to explore and integrate. If you're intimidated by the number of assignments this week, please know this is the most work that'll be assigned before we end. It's gonna be ok. You can do it!

Another note: I want to remind you that this is not therapy. If the questions and the work here are making you extremely uncomfortable, if they are bringing up a lot of pain for you, I **strongly** suggest you make an appointment with a therapist so you can receive the ongoing assistance you need to help you. This is a short, self-paced workshop in which we are addressing deep work which I hope you will continue to plumb the depths of long after our weeks together are over. I am not a therapist I am asking questions that are designed to help you Know Yourself in All your parts . . . and offering some suggestions for how you might become more fully yourself.