

Iron Pentacle.

Sex.

Part 4 Notes & Assignments

NOTES

Francesca DeGrandis writes: *"The Goddess' Consort is not a tyrant. He is a God of magnitude, of passion huge like a sea, like rain pouring down in a lusty dance. Does this imply rape or indignities toward women? No. A storm put in a bottle explodes. So this society tries to bottle out men. But a storm left to its own devices is a glory unto the Lord and Lady. He is a God of feeling, both physically and emotionally, of unbound passion coupled with integrity..."*

The Goddess loved Him and took Him to Her to make love, not out of need, for She is self-sustaining. She drew Him in because of lust—pure, joyous lust. WE believe that sex and passion and joy are sacred. And we understand that, like the Goddess, women have all they need inside themselves.

We are not a transcendent religion. To be fully human is to be Godlike. Our full human animal essence is spiritual, if we can find it through all the barriers and neurosis. Our bodies are not merely vessels of God but are Her. Loving companionships between two people is an echo of the act that created all things."

Her Winged Silence: A Shaman's Notebook. 1989 Francesca Dubie. Copyright laws strictly enforced. Also, Karmic Laws strictly enforced. This is part of oral tradition—do not pass without express permission from Francesca herself.

J. Ford says, *"The penis is innocent."*

Victor Anderson, *"We not only have sex but are sex."*

The Charge of the Goddess, "All Acts of Love and Pleasure are my Rituals"

I want

My blood to speak

I want

My bones

To break white and clean

With a new language

Poetry to issue from

The sweat of my palms,

Language that strokes me,

Licks me open,
That bathes me
In faith in the unknown
That shocks me
Awake
That whispers in my ear
That breathes the breath of becoming
That blesses me among women
That opens the heart of men
That brings love to me
Again and again
As breath is my prayer
And the word
Is made flesh.
I know that this shall be.
(Jody L.)

Let the lover be disgraceful, crazy,
Absent-minded. Someone sober
will worry about things going badly.
Let the lover be.

From Essential Rumi
by Coleman Barks

ASSIGNMENTS

Sex and Genitalia: This week, see if you can learn to breathe through your sex organs. Of course, the whole body is a sex organ. You can start with simply trying to do it. Then, breathe purposefully, taking in Life Force with every breath. Start with your genitals. Literally feel as though you are bringing breath into the pelvic cavity through your genitals. Feel the pelvic floor contact and expand—like lungs. If you are female, feel the uterus contract and expand at will. When you are accustomed to that, breathe into the base of the spine—the perineum—and draw the breathe/power up the spinal column. Breathe in through the soles of the feet, the palms of the hand, the crevices behind your knees and elbows. Breathe in through all the orifices of the body—mouth and nose, eye and ear, navel and anus, sex and all your pores. Store the Life Force/Manna the way you would in any Ha Prayer for Alignment. When you feel you are full, send the breath on Ha with the Prayer: “All three souls are blessed within me And Blessed is my

physical body.” If you are feeling overly charged up after this prayer, use the excess energy to get something physical and mundane done that needs doing—like the dishes, scrub the tub, sweep the floor, clean the garage

Sex and Genitalia *(We did not get to this in the recording, but this is a "Think About It" assignment)*

What is the kink you cannot abide by? You know, the thing that other people mention and you cringe. You are not required to discuss it here. But do think about it this week. What is it about this particular expression of Sex that is unacceptable to you? Sometimes all we can do with these things is notice them. Sometimes, we can pray for understanding. Sometimes, we might be able to pray that the knots within us will be unbound so we can have compassion for others and ourselves. I am not, under any circumstances, advocating that you locate your deepest fear/aversion and go do it so as to “heal” it. Ask yourself, “How do I wish these people behaved instead?” Ask, “What do I know about what motivates some people to be turned on by this?” Ask yourself if this is something you want or need to heal or if it is okay to have such strong judgment toward other’s sexual practices. Asking yourself questions doesn’t mean you are changing anything. You are simply getting to know yourself better in all your parts. Keep coming back to the Charge of the Goddess: “All acts of love and pleasure are my rituals.”

Water. Just in case it hasn’t occurred to you, this work we are doing runs Hot. It will pull Life Force from your very cells and burn it up. Please be sure you are Very Hydrated during the remainder of the weeks we have together. Drink at least 64 ounces of clean, pure water each day. If you are already accustomed to drinking that much water in a day, I strongly suggest you increase the amount by another 32 ounces daily. This work is not “just” mental or spiritual. It has real, profound effects on the physical body/reality. Please be sure to replace the fluids we are burning as we do this intense “work-out” for the Sex Point.

Sex and Creation: 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? Continue to ask yourself these questions. Feed the answers into your vision of yourself embodying Healthy Sex. Also, take two or more small steps in your actual life (Self care, environment, community, etc), toward your vision. Maybe this means claiming a space in your home for creating -- or cleaning/organizing the space you say is for creating. Maybe it means planning an art-night with your community or asking your friends for positive feedback on your creations. What do you need?

Re-sacralizing the World: Continue looking for, recognizing and interacting with God this week. Tell us where and how you met. What happens when you meet God and you don’t like Hir? Can’t respect Hir? Can’t figure out how this God fits into the scheme of things? What can you do about that? What do you do about that?

Re-sensualizing the Body: *This week, choose one of your five, physical senses to work with. I'm providing an example for TASTE, but you can choose whichever sense you prefer and do something similar.*

Create a space that is as free from distraction as possible (sound, interruption, other scents, etc). Close your eyes. Pay attention to how your taste buds become (literally) aroused. What happens to your breathing as you anticipate the taste? Place the food in your mouth. Give over all your sensual attention to the pleasure, act, sensual nature of eating.

Iron Pentacle.

1. Check in with all your Points. Is SEX getting stronger? How do you know? What do you

see/feel/hear/sense? How is it changing (or not) the other 4 points and how they configure the whole of the IP?

2. Twice this week, after doing the "Breathing through your genitals" exercise, focus the energy raised from the breathwork at your third-eye and/or crown. See the energy as a soft yellow flame. Gently move the flame to your Self Point (left hand), then to Passion (left foot), Pride (right foot), Power (right hand) and back to Sex (your head). Continue to visualize/imagine the flame circling your 5 points--move it faster until it picks up its own momentum--a moving circle of flame around you. This empowers and cleanses the Iron Pentacle. When you've had enough, gather the flame from the moving circle at your forehead/crown, again. Then, absorb it into your forehead/crown, take 4 quick breaths--exhaling the last as you do in a Ha Prayer for Soul Alignment. Say, "In the Name of Sex, I am the Beloved of All that is."

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.

If you didn't complete the hour of embodying your full sexual potency, please do so. If you didn't complete the Bath Ritual, please do so!

