

Pandemic Pentacle

or how I'm staying "sane" during insane times

By Georgie Craig

In this time of Pandemic, I've been playing with Pentacles.

I love Pentacles, those five-pointed stars.

In my Reclaiming Witchy practice, they're used as meditation tools. There's an Iron Pentacle, a Pearl Pentacle, a Beauty Pentacle, etc, etc, etc....

These Pentacles help me to practice magic. What is magic, you might ask? Well, my darling, that is a Ph.D. thesis and this is just my meandering musings.

My definition of magic originates in a phrase attributed to British Occultist Dion Fortune, who it is said, defined magic as the art of changing consciousness at will.

I read that definition in Starhawk's book, *The Spiral Dance*. It has stuck with me.

Having played with magic for years, I've always believed in the fun of creating your own magical tools. That creative process works for me.

So during this time of Pandemic, I've been trying not to panic. I've been walking and meditating and drinking. To be clear, I'm no saint. But while I was sitting still for one brief moment, these Pentacle points came to me, so I'm passing them on. I'm calling this my Pandemic Pentacle.

The points are Present (forehead), Place (right foot), Pause (left hand), Power (right hand), Perspective (left foot), and back up to Present. I like to run Pentacle energy through my body.

And I've always loved alliteration.

If you're interested in trying this, go for it.

Grounding

This is what I do. I start my meditation, (or mediation with my chattering consciousness as I prefer to think of meditation) by closing my eyes. I take a breath in and out. I imagine a light blue silk cord running from my throat, through my center, and sliding out from my sex, down into the Earth as far as I need it to go.

This is called grounding. I let whatever is stopping me from being Present slip down that cord and into the Earth.

I'm imagining all this by the way. My talking brain doesn't really believe there's a blue silk cord in my throat that

magically comes out of my body between my vagina and asshole. And then that cord glides through the floor and into the ground beneath my house.

But my child self does and she just loves that blue cord. She breathes down all the mind talk of "WTF are you doing writing this?" The fear of, "What if someone actually reads this? They'll think I'm nuts, all the way round the bend." All that doubt, that criticism flows down the cord and into the Earth.

What do I bring back up the cord from the Earth? Whatever I need to keep pecking at this keyboard. Whatever energy I need for this moment. As I write this, it's the acceptance that probably no one is going to read this and that's just fine!

Present (forehead)

As I breathe this acceptance up the cord, it flows into my forehead or third eye. I close my eyes and feel my forehead loosen as I say out loud: "Present, Present, Present."

Where is my body in this Present moment? I breathe in to feel the air rushing in and out. The smells, the taste, the sounds, the sensations of this present moment.

I feel my feet in my old UGG slippers, the fleece threadbare, having molded to my feet. I feel my butt on the chair, my shoulders hunched, the breath in my lungs expanding and contracting. I hear my husband talking as he works on his computer. I hear crows squawking outside my window; the hum of my computer.

Present. I take another breath and let the energy flow through my body to pool in my right foot, the point of Place.

Place (right foot)

What physical place am I in? Where am I at this present moment? What space do I occupy?

I open my eyes to see the crows flying by my window. Plants in my garden waving in a slight breeze. The mess on my desk. The clutter in my closet. The files on the floor, awaiting sorting. All of this in the here and now. What is right in front of me. This place!

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Breathing that in. I close my eyes and let it all be what it is for this moment.

Pause (left hand)

Letting the energy run from my right foot through my body to my left hand, to Pause. I have to stop at this point. I can slide right through it. It's a challenge for me. I love to be busy. I enjoy moving and doing, not being. Pause reminds me to incorporate the energy of both Present and Place. I allow myself to drink in all that is, all that was, and all that shall be.

When I rest in Pause, I think of the Norns of Norse Mythology. Those wondrous beings who spin the thread of our lives, measure it out, and then inevitably cut it. At the Pause point, I remember that I will die and it is good to take a moment, a Pause, to be grateful for my next breath. For my body, for all the gifts of the Present. Those gifts that allow me to feel that it is time to move from Pause to the next point: Power.

Power (right hand)

I gather the energy and shoot it across my chest to my right hand where the Power point lives. The word Power comes from the Latin word "potere," to be able. When I run this Pentacle, I am able to allow the energy from the previous points to pool in Power. I am able to see what my next action could be. What path do I choose with the Power of my abilities? How will I act?

How shall I direct my Power? My will? Feeling this point in my right hand, I gather the energy and let it slide through my body to my left foot, filling the point of Perspective.

Perspective (left foot)

Perspective, to look through, to consider, a vantage point. The Three of Wands from the Rider-Waite Tarot comes to me when I work with this point. I feel I'm standing with my weight favoring my left foot, holding my wand, readying myself to pick up the wand and take the next step. Using this Pentacle to inform what that next step will be.

When I stand, Place is in the right foot and Perspective is in the left. Sometimes, I do a walking meditation with this Pentacle. I notice how Place and Perspective allow me to walk more easily in the world and carry my wand with me.

In Buddhism's Five Remembrances Meditation, it is stated that "my actions are the ground upon which I stand." These points, Place and Perspective, anchor themselves in my

body, allowing me to move forward confidently with compassion for myself and others. I know I can use the Pentacle's energy to walk my path with joy and compassion.

When I'm ready, I allow the Perspective energy to flow upward, easily, like sucking through a straw into the Present point. All the points are activated as the energy flows easily through my body.

Every practitioner is different. I like to seal the Pentacle by sending the energy clockwise around my body starting at my forehead, Present. Moving to my left hand, Pause, then to my left foot, Perspective, then right foot, Place, right hand, Power, and back to my forehead, Present.

I enjoy that blue, silken cord of energy flowing around me, encircling me. I feel safe within this circle. I also like to anchor the Pentacle in my body. That way when I need it, I can just touch myself and start the energy running.

For me this Pentacle wants to live in my forehead, in the place of Present. This pandemic is very present for me. I imagine the Pentacle shrinking into my forehead.

I touch my forehead to remind myself to be Present and run the energy between the points.

As I write this, I'm exploring this Pentacle by meditating on each point and the relationship between them. How am I being Present? What is here for me in this Place? Who am I when I Pause? Where shall I direct the Power I summon? What Perspective shall I take away from this time?

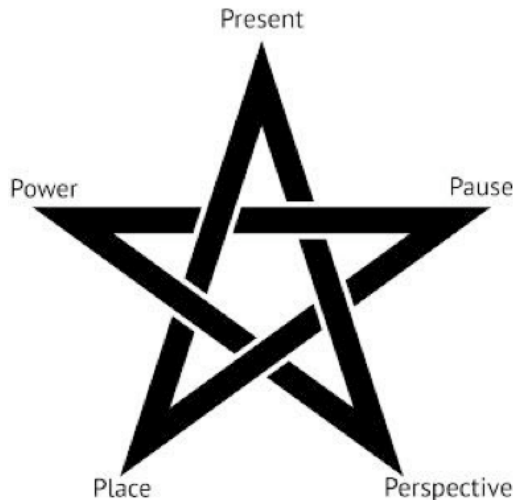
These are my questions in this Present moment. They change every time I run the Pentacle. And pondering these questions, taking a moment to run the Pentacle is helping me to stay "sane" in this challenging time.

I hope this Pentacle meditation in the time of Pandemic is helpful to you.

And, of course, you have the power to create your own Pentacle. No time like the Present!

Stay well!

Georgie Craig is a longtime Reclaiming Witch who loves to act, co-create the Spiral Dance, and write murder mysteries that she hopes to have published some day.



The Pearl Pentacle – a Reclaiming Quarterly Feature

WeaveAndSpin.org/pearl-pentacle