

LIVING THE PENTAGRAM

By G.H. Fr. V.N.P.

It cannot be argued that the core study and/or practice of most esoteric schools are the reintroduction of the Divine Spirit within the disassociated elements of humanity for their eventual reunification. It is not the intention of this brief essay to delve into the theories of how or why such a fallen state of being has occurred - there are as many varied interpretations and mythologies as there are schools of thought regarding the process of initiating the remedy. Yet, in each, there appears to be the understanding that the applied knowledge of the *vital essence* of the Spirit seems to act as the unifier to the great division that is inherent within mankind in his/her current state. Such knowledge is said to afford the deepest understanding of the human condition and allow (at least in part) the answers to some of the most fundamental questions that we have towards our very nature and our relationship to the manifested as well as the un-manifested Universe.

In the most simple of terms: this is the quest to find the alchemical principle known as the *prima materia*.

Thus it is said that each of the elements is initially discordant and somewhat isolated from one another within the mind and body of man, who is their servant before having the *Knowledge*. Thus, before a more sublime understanding may occur, there must first be a purification or refinement of those disparate elements. This process of refinement has found its expression in systems as varied as the classical Western Hermetic Tradition (as *per* the G.D. and similar offshoots), the mystical/magical paradigm of Martinism (and its strains of Christian esotericism) and as well as within the more postmodern practices of Thelema, etc.

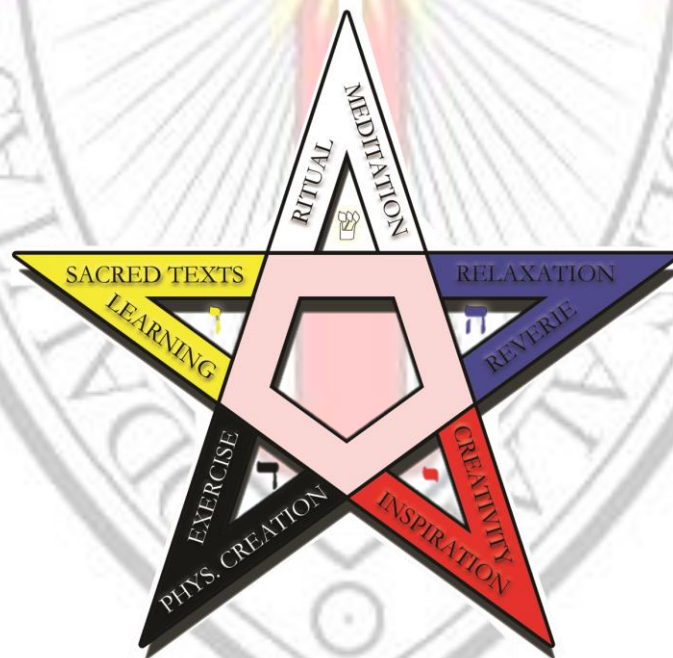
The tetrad of the so-called “classical elements” is considered the base constitution of mankind, while the numerous alchemical processes are their constant interaction and transformation into one another.¹ We, each, are going through these eternal phases...continually – at times distilling, coagulating, fermenting, etc. – and at times we are even engaged in several conditions at once.

¹ This can be likened to the influence of the classical planets and the seven alchemical phases.

With this brief introduction achieved, we may state that the purpose of this paper is simply to show how one may, through a continuous engagement of certain acts throughout the day, embody the spiritualization of the grosser elements within us while reminding ourselves of the unifying goal of the Work, even when we are absorbed in our mundane life. We naturally do these activities every day-albeit subconsciously-and through the means as will be described shortly, we may turn these acts into conscious enterprises of reverence and self-improvement as we immerse ourselves in the polishing of the rough stone.

The descriptions of these simple exercises shall be listed below utilizing the lineal figure of the pentagram and how this relates to the formula of the perfected man which is the pentagrammaton written as: **יהודה**. Within the arms of the lineal figure are listed several key words which help to serve as overarching concepts of how one may engage within each particular element. We will proceed from Earth up and unto Fire and then lastly touch upon the unifying Spirit. After each explanation there is listed a suggested prayer or mantra to be said while engaging upon the work at hand. If these prayers are found to be effective, it is recommended that more personal ones be devised. If the practitioner actually persists in these activities they will find themselves actively and consciously partaking in that master symbol of the perfection of their being, thus reinforcing (daily) their own spiritual practices regardless of the system/order to which they ascribe to or belong.²

FORMULATION OF THE PENTAGRAMMATON – **יהודה**



² Preferably allow 30 minutes to an hour for each, but 15 minutes is better than not being engaged at all! Be flexible.

- **The Element of EARTH** (☐ “*Final*” – *Exercise/Physical Creation*): This element obviously deals with the physical body and our attitudes towards our daily responsibilities. Thus it becomes extremely important that we take the time out of our days to dedicate ourselves to becoming physically fit to the best of our ability. The physical realm is the manifestation of the Divine Will and the playground of the Infinite, so make a commitment to getting into your body daily. This can include something as simple as taking walks within your community (or nearby park) or can be as drastic as engaging upon some new discipline such as the marital arts, hatha yoga or mountain climbing, etc. Whatever one may choose, make your involvement one that is truly satisfying as well as challenging.

As a brief tangent when talking about physical health, it goes without saying that our urban environment has become extremely toxic with such things as processed foods, GMO's and municipal water treatments (including the addition of sodium-fluoride which many cities incorporate into the public water system). When one also considers that the large amount of prescribed pharmaceuticals ingested by the West's population actually finds its way back into the drinking water through bodily waste, it truly becomes a necessity to consider personal water purification to remove these toxins. On top of this, find a high quality plant derived vitamin/mineral supplement and take this daily.

Now let us turn our attention to the concept of *Physical Creation*: this is inclusive of our mundane employment or work ethic. See to it that you dedicate your energies towards the beautification of your home, work and community environment by immersing yourself in projects that require your creative talents and natural abilities. Offer assistance to those in need when you are capable by volunteering or by simply creating positive interactions with those that you meet upon your path throughout the day. Help others realize that they too can transmute the Lead of their daily lives into the Spiritual Gold of awareness by leading in example.

PRAYER FOR EARTH: “May my body serve as a Temple for the indwelling of the Spirit Divine in all my Actions and Deeds!”

- **The Element of AIR** (☯ – *Sacred Texts/Learning*): Take the time each day to set aside a half hour or so to read the inspirational and sacred texts that you are drawn towards, for they serve as food for the mind and soul. This simple act will assist in your interpretation of those mysteries before you regarding the nature of humanity. We create a stronger bond by investigating the insights of those masters and scholars who went before us and to whom we are tied to through the lineages of initiation and the development of human history.

If you are a member of a magical, esoteric or fraternal organization, split your time between reading the sacred texts of our predecessors with the knowledge lectures or other materials supplied by that group. Undoubtedly, connections between both sources of information will become more and more obvious - for the greatest of all Orders will find as their subject the same matter!

PRAYER FOR AIR: "May my thoughts be pure and holy, so that in their clarity I may receive a Ray of the formative Light of the Divine!"

- **The Element of WATER (☵ – Relaxation/Reverie):** Relaxation is one of the most important factors in creating a healthy and holistic lifestyle. When an individual is stressed either physically or emotionally, the body is placed within 'survival mode' and many of the means by which our system regulates our hormones and normal bodily functions is put on hold. This is because the body perceives a threat when stressed and is preparing for either fight or flight. When we stay in a constant stressful state, we (for one) exhaust our adrenal glands and fall into 'adrenal fatigue' which can affect our entire health. So, take the time to relax for at least a solid hour during the day. One of the best ways to perform this relaxation is to provide yourself with plenty of *sunshine!*³

This concept of relaxation also includes pleasant social interactions or even the enjoyment of a glass of wine to allow for a sense of unwinding. If you are alone, allow yourself to daydream fully. This can be quite effective after having engaged within the more logical aspects of the *Element of Air* as described above. It affords a time for the other more abstract hemisphere of the brain to respond to the logic and analytics of its counterpart. This *reverie* can lead into an appreciation for the sublime presence of the All which resides everywhere around us.

PRAYER FOR WATER: "May the creative waters of abundance pour forth from thine Supernal Fountain and fill the cup of my soul, oh Lord, so that I may be cleansed from the dross of the world!"

- **The Element of Fire (☲ – Creative/Inspiration):** With this element, the practitioner is encouraged to have a playful expression of their originaive self. This can be accomplished by engaging in some form of art for at least 30 minutes to an hour and can take the form of painting, writing, playing music or even cooking. Allow yourself to be unique, but do not

³ Heliophobia (or fear of the Sun) is a common scare tactic in today's modern medical reality. We are told to stay out of the Sun, which is utter nonsense. The Sun is the provider of life to this world and with proper nutrition one need not fear negative effects from it.

hesitate to seek *inspiration* through books, movies, cultural events or others who exhilarate your *creative* talents.

Consciously embarking upon the element of Fire also creates an excellent opportunity for developing plans for the future. Allow yourself to “think big” and vivify the dreams you wish to manifest within your life.

PRAYER FOR FIRE: “May the Divine Fire inspire all aspects of my life, so that the Divine Spark within me might draw nearer to the Source of All!”

- **Spirit (☿ – Ritual/Meditation):** Lastly, we shall touch upon the magnificent unifier of the classical elements which has been called: *Spirit*. This portion of the day is best allotted to performing any of the holy *rites or rituals* that serve as the praxis of worship or invocation in the tradition to which anyone belongs – simply because the general function of such rites *is* to spiritualize the mundane within us...or to put in alchemical terms: “*to volatize the fixed.*”

This is the time for solemnity and quietude; wherein we climb into the still chamber of the heart and raise our hands in prayer to the Ineffable and Unmovable. Thus, equally important to performing one’s rituals is the fundamental task of sitting in simple, thoughtless and still meditation, allowing one’s lower self to become absorbed (to the best of one’s ability) in that ultimate reality which all of the ancients have called “*Truth.*”⁴

PRAYER FOR SPIRIT: “In Thee, I Am The Self of Nothing.”

May these simple exercises humbly assist all those who sincerely engage upon *The Path*.

Fraternally in L.V.X.,
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⁴ AKA – The Point Meditation