

## **RECLAIMING PENTACLE CLASS\***

SEX, SELF, PASSION, PRIDE and POWER

Class 1: Companion Self trance, physical body female - etheric body male (Victor Anderson); make it conscious so it can be your helper (he used terms "animus" and "anima"); "high self" or "deep self" (Dian Y Glas, the Blue God) is combination of both

Class 2: visualization of energy body (long, elaborate and detailed), energy centers of body

Class 3: go back to energy body and confront blocks, force through them with sound

Class 4: bring something you've created that you're proud of (alternate: bake bread, shape it and eat it); **talk about** something you're proud of; stay in your body while people give you back what they've heard

Class 5: group trance or ritual planned and performed by group; group trance involves "key" (double spiral) to go down to farm or place of power

Class 6: group creates own ritual, with trance

\* as remembered by Starhawk and other Reclaiming teachers on 28 September 1991.

**RECLAIMING RITES OF PASSAGE CLASS\***

Class 1: fairy tale; word association; homework--disturbing dream

Class 2: talk-story the dream, with clapping; get challenge from group for dream

Class 3: trance to get helper (guided trance for group, each gets own helper)

Class 4: pairs taking each other into trance, into own dream; trance-tending

Class 5: reverse of fourth class

Class 6: closing ritual created by group with empowerment

Fairy Tale: Everything is in balance; disturbance or need arises; someone goes on quest, gets challenge, confronts obstacles.

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