

# Venus Star Phase Deepening Exercises

---

## **Meta Question**

How can we renew our perception of Sacrifice so that it is healthy and relevant for our current times?

How do we simultaneously hold all the mastery and wisdom we've attained, while being ready to surrender it to Great Mystery?

To what proportion are we here to for soul remembrance (anamnesis), and to what proportion for soul-cultivation (gaining new experience and wisdom)?

## **Personal Reflections**

How has your Venus Star Phase shown up in your Life?

How do you feel you are living into the intent of your Venus Star Phase?

What are some of the blocks and challenges that stand in the way of fully standing in the field of your Venus Star Phase, and what would take to transform them into allies on the path?

What are some specific actions you could take to anchor the healthy expression of your Venus Phase?

What is a Mantra you could use to energize more deeply and fully Your Venus Phase Intent?

# Venus Morning Star Deepening Exercises

---

*In order for you to deepen your insight around your personal Venus Phase, we recommend choosing practices from those we offer below that have particular juice for you. As you read through these practices, feel in your body where you sense a “Yes” to doing the practices.*

*If you feel strong resistance to any particular activities, take note of that also, and look deeper to see if there is something beneficial for you in moving past this edge of resistance. If after further inquiry it still feels like a no, go with your “yes” activities!*

- **Bring Your Morning Star to Life:** For a day, step fully into the persona of your Morning Star Goddess as you sense and feel her. **Find an outfit** that expresses her boldness and vitality. Ask “who in my life would my **Morning Star Goddess MOST love to spend time with?**” and reach out. Set the intention to receive clarity around the cause and purpose you are on fire about and write a declaration of commitment with action plan to further to that cause and purpose
- **Activate Healthy Fire:**
  - Listen to Cayelin’s Elements Journey meditation, focusing special attention on the Fire Element
  - Invite the energy and vitality of fire into your life through use of candles, ceremonial fire during the Full Moon, and other practices.
  - Research symbolic meaning of fire across cultures, and cultivate a personal relationship with it
- **Practice Spontaneity.** Adopt a practice of NOT overthinking. Do something spontaneous and FUN. Find a form of movement that gets you up and going. Dance, Yoga, Walking, Running, Hiking
- **Venus will be in Morning Star Phase again from March 31, 2017-November 17, 2017.** Plan to spend time under the Sky with Venus Morning Star during this period to gather further insights
- Work with ONE of the **Morning Questions** (below)
  - *What does it mean to commit to a mission of descent, death and rebirth?*
  - *What am I willing to sacrifice to experience more of the sacred?*
  - *How do I protect or restore the Cosmic Balance?*
  - *How do I practice this WITHIN first?*
- **Morning Star Retrograde:**
  - *What is needed for me to fully prepare and train for my death and rebirth initiation?*

# Inanna Underworld Deepening Exercises

---

*In order for you to deepen your insight around your personal Venus Phase, we recommend choosing practices from those we offer below that have particular juice for you. As you read through these practices, feel in your body where you sense a “Yes” to doing the exercises or reflecting on the questions.*

*If you feel strong resistance to any particular activities, take note of that also, and look deeper to see if there is something beneficial for you in moving past this edge of resistance. If after further inquiry it still feels like a no, go with your “yes” activities!*

- For a day, step fully into the persona of your Inanna Underworld Goddess as you sense and feel her. **Find an outfit** that expresses who she is. Ask “who in my life would my **Inanna Underworld Goddess MOST love to spend time with?**” and reach out. **Find music you feel She would love**, and dance with this music as the Underworld Goddess would dance. Eat foods she might like, watch a movie she would enjoy
- Attune to Water Element
  - Listen to Cayelin’s Elements Journey meditation, focusing special attention on the Water Element
  - Invite the nurturing, enlivening, healing and cleansing energy of Water into your life by spending time in water swimming, bathing, showering, etc.
  - Research symbolic meaning of the Water Element across cultures, and develop a personal relationship with it
- **Practice Feeling what you Feel** (especially if they are challenging feelings like grief, anger, sadness, fear) in safe and healthy ways. Allow the process of feeling your feelings to liberate stuck energy.
- **Venus remains in the Inanna Underworld Phase from now until July 12, 2016.** Spend time with the Sun in this period—Sun Gazing, Sun Bathing, etc. while asking for deeper insight into the Inanna Underworld Journey
- Work with one or more of the **Inanna Underworld Questions**
  - *What would it take for me to embrace full and complete transformation?*
  - *What attitudes, beliefs, modes of being, need to die so that I can be completely transformed?*
  - *What is holding me back from utter and total renewal?*
  - *What would it take for me to Feel ALL that I truly Feel? And be empowered by Feeling those Feelings?*
  - *What is my deepest fear or fears and what will it take for me to face and embrace it?*
  - *In what ways have my darkest initiations served my greatest experiences of empowerment?*

# Evening Star Deepening Exercises

*In order for you to deepen your insight around your personal Venus Phase, we recommend choosing practices from those we offer below that have particular juice for you. As you read through these practices, feel in your body where you sense a Yes!!! to doing the practices and reflecting on the questions.*

*If you feel strong resistance to any particular activities, take note of that also, and look deeper to see if there is something beneficial for you in moving past this edge of resistance. If after further inquiry it still feels like a no, go with your “yes” activities!*

- For a day, step fully into the persona of your Evening Star Goddess as you sense and feel her. **Find an outfit** that expresses who she is. Eat foods she might like. Ask “who in my life would my **Evening Star Goddess MOST love to spend time with?**” and reach out. Ask what books might she read? What movies might she watch? What activities might feel pleasurable and grounding for her? Do some now and plan some for later.
- **Ground Into Earth Element**
  - Listen to Cayelin’s Elements Journey meditation, focusing special attention on the Earth Element
  - Invite the grounding, sensual, and calming energy of Earth into your life by “earthing”—walking barefoot, lying on the Earth, hugging trees
  - Spend time in nature without an agenda and practice slowing down
  - Build or add to an existing Earth Altar and visit it often. Practice placing your hands on the Earth and send a blessing of love. Journal your insights
  - Research symbolic meaning of the Earth Element across cultures, and develop a personal relationship with it
- Honor the wisdom you carry. Connect to the Earth in a sacred way. .Practice Gratitude and Appreciation for the Earth.
- **Venus will be in Evening Star Phase from July 12, 2016 to March 18, 2017.** Spend time under the Sky with Venus Evening Star in this time to gather personal insights
- Work with one or more of the **Evening Star Questions**
  - *What would it take for me to skillfully use my wisdom in making timely, wise decisions?*
  - *How can I more fully express my inner high priestess?*
  - *How can I more fully appreciate the beauty of life?*
  - *How can I recognize and utilize the gifts of my Heart and Mind working in ever growing and greater cooperation?*
  - *What would it take for me to experience greater love and compassion for myself and others?*
  - *What would it take for me to further receive and integrate the gifts of restoration and resurrection?*

# Metamorphic Underworld Deepening Exercises

*In order for you to deepen your insight around your personal Venus Phase, we recommend choosing practices from those we offer below that have particular juice for you. As you read through these practices, feel in your body where you sense a “Yes” to doing the practices or reflecting on the questions.*

*If you feel strong resistance to any particular activities, take note of that also, and look deeper to see if there is something beneficial for you in moving past this edge of resistance. If after further inquiry it still feels like a no, go with your “yes” activities!*

- For a day, step fully into the persona of your Metamorphic Underworld Goddess. Ask—if I embody ANY Goddess identity that feels fun, exciting, and free, what would She be like? **Find an outfit** that expresses who She is. Eat foods she might like. Just for one day, take on her persona and live it out. All the better if she is COMPLETELY different from your current identity.
- **Energize Air Element**
  - Listen to Cayelin’s Elements Journey meditation, with special attention to Air
  - Invite the expansive, spacious energy of air to enter your life through breathing exercises and meditation
  - Listen to Music, do aromatherapy and/or smudging, call on your ethereal allies, asking for help in especially when big changes are happening fast.
  - Research symbolic meaning of the Air Element across cultures, and develop a personal relationship with it.

**Venus will be in Metamorphic Phase from March 18 to March 31, 2017.** Spend time with the Sun during this period, sungazing, sunbathing, etc., opening to insights and deeper understanding into the Metamorphic Underworld signature in your life, and how to claim and use this energy for your highest and greatest unfoldment

Work with one or more of the **Metamorphic Underworld Questions**

- *Am I Ready to Face the Death of my Old Form?*
- *What Would It Take for Me to Surrender to the Full Metamorphosis?*
- *How Can I Embrace and Live From the Reality that I Am a Magical, Alchemical Being?*
- *How can I learn to transcend limitations of Duality, Form, Linear Awareness and Time?*
- *How do I support others in living Magical Lives full of Possibility, Wonder, and Spiritual Alchemy?*