

# Venus Alchemy

## Venus Inner Star Phases

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and Tami Brunk



# Venus Chakra Gates

## Overview

- Follow up/Breakout Venus Star Phase
- Locating Your Venus Gate (or Non-Gate ) Document
- Revisiting the Venus
- Cycle
- Venus at the Inner Phases including:
  - Intent
  - Challenges/Shadow
  - Gifts
  - Invocation
- Questions (Deepening Exercise)



# Venus Star Phase

## Follow Up & Breakout

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?





# Inanna's Descent: Humanity's Archetypal Journey

Today we Journey with Inanna through all Her **Inner Star Phases** Enlivening and Bringing Sacred Awareness to Humanity's Archetypal Journey of Spirit Descending Down and into Matter, and Ascending Up And Out Returning to Spirit



## Venus Morning Star Inner Phases

- Morning Star Rise ( $\text{♀}$  10 Degrees from Sun)
- Station Direct Point
- **Between** the Station Direct and First Moon Conjunction
- **7 or 8 Gates**
- Max Elongation Point (as far from the Sun as it can get)
- 10 degrees from Sun Going into Inanna Underworld
- Conjunct Sun in Inanna Underworld



## Venus Evening Star Inner Phases

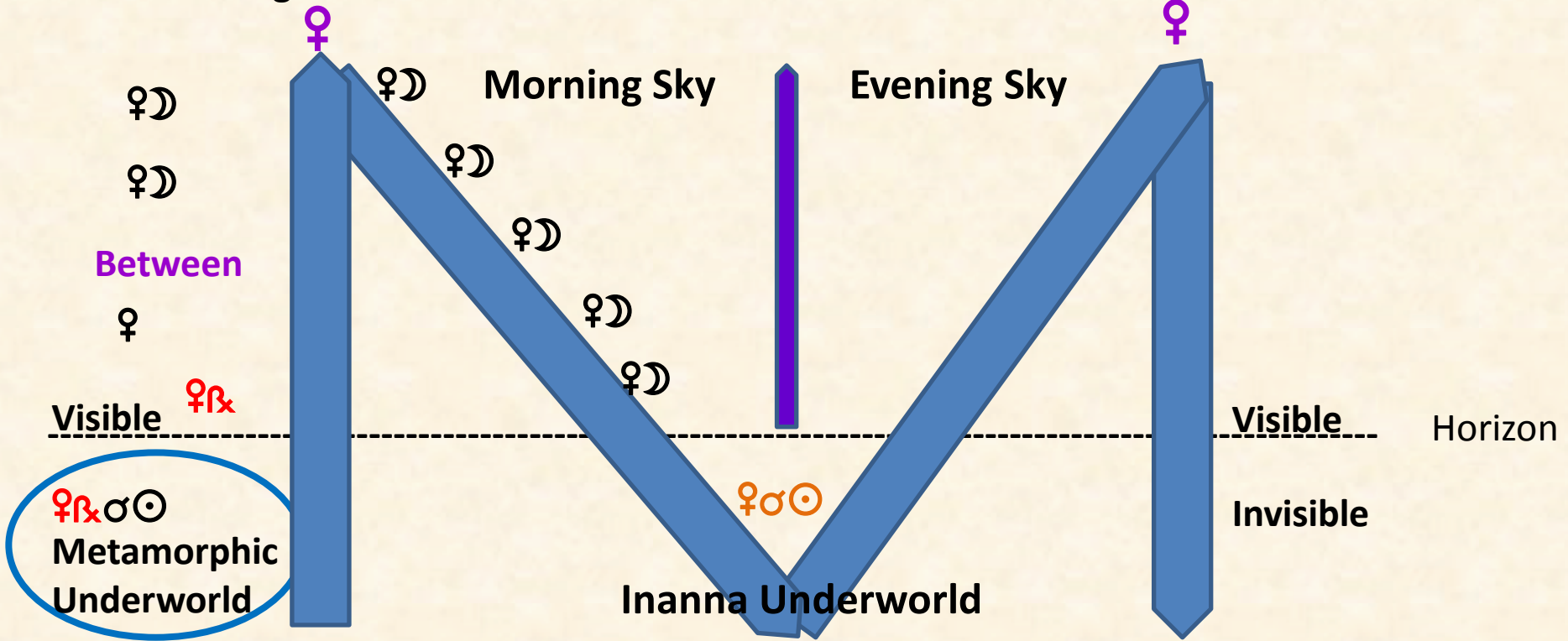
- Evening Star Rise when 10 Degrees From Sun
- **Between** the Evening Star Rise and the First Moon Conjunction
- **7 or 8 Gates**
- Max Elongation Point (as far from the Sun as it can get)
- Station Retrograde Point
- 10 degrees from Sun going into Metamorphic Underworld
- Conjunct the Sun while Retrograde in Metamorphic Underworld



# Venus Morning Sky Phases

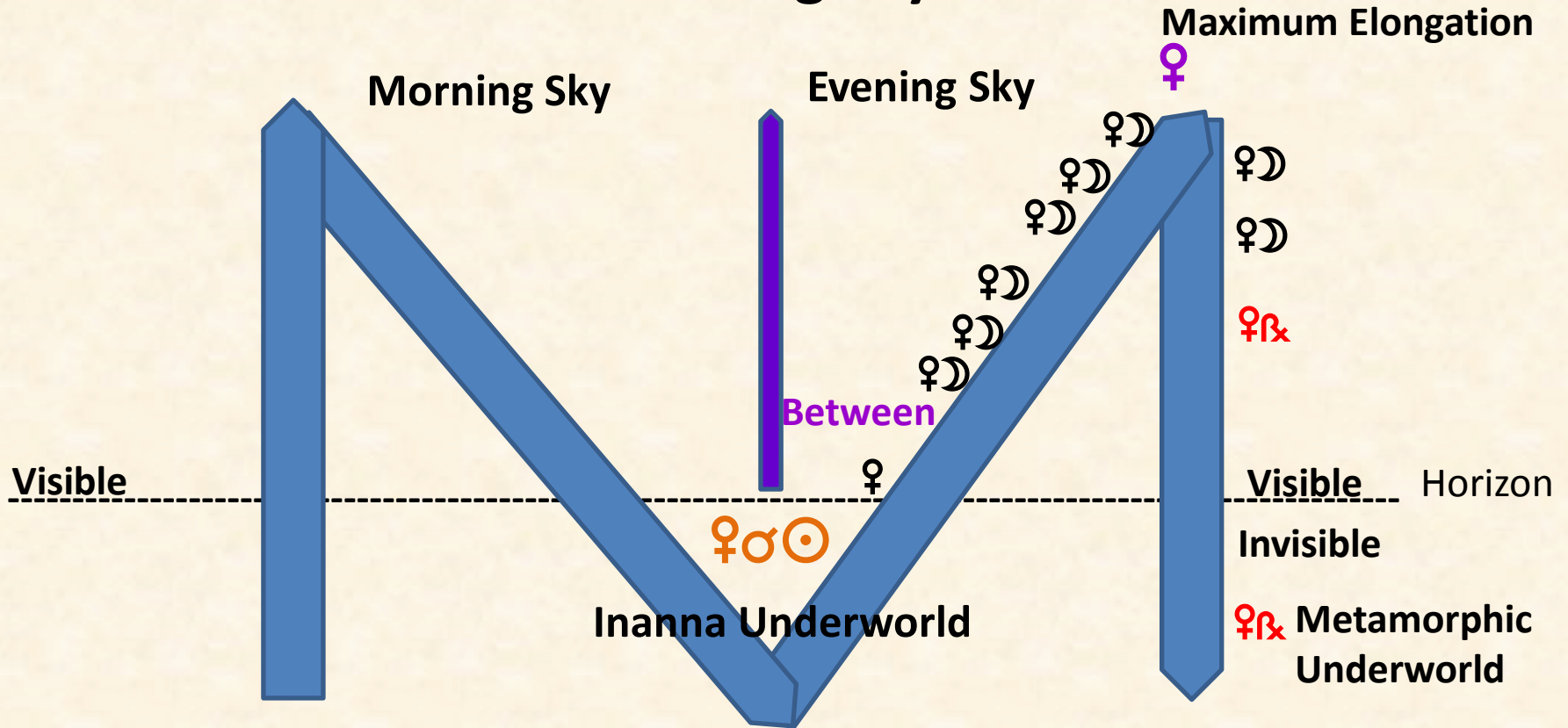
Maximum Elongation

Maximum Elongation



- Venus Rises into Morning Sky 10 Degrees from Sun always Retrograde
- Venus Stations Direct 16 days later
- First Moon Conjunction begins Descent in earnest number of days varies
- Venus Reaches Maximum Elongation from Sun or Highest point on Horizon after the first or second chakra gate
- After 7 or 8 Moon Gates Venus travels through the underworld for 60 to 90 days within 10 degrees of the Sun and then becomes an Evening Star

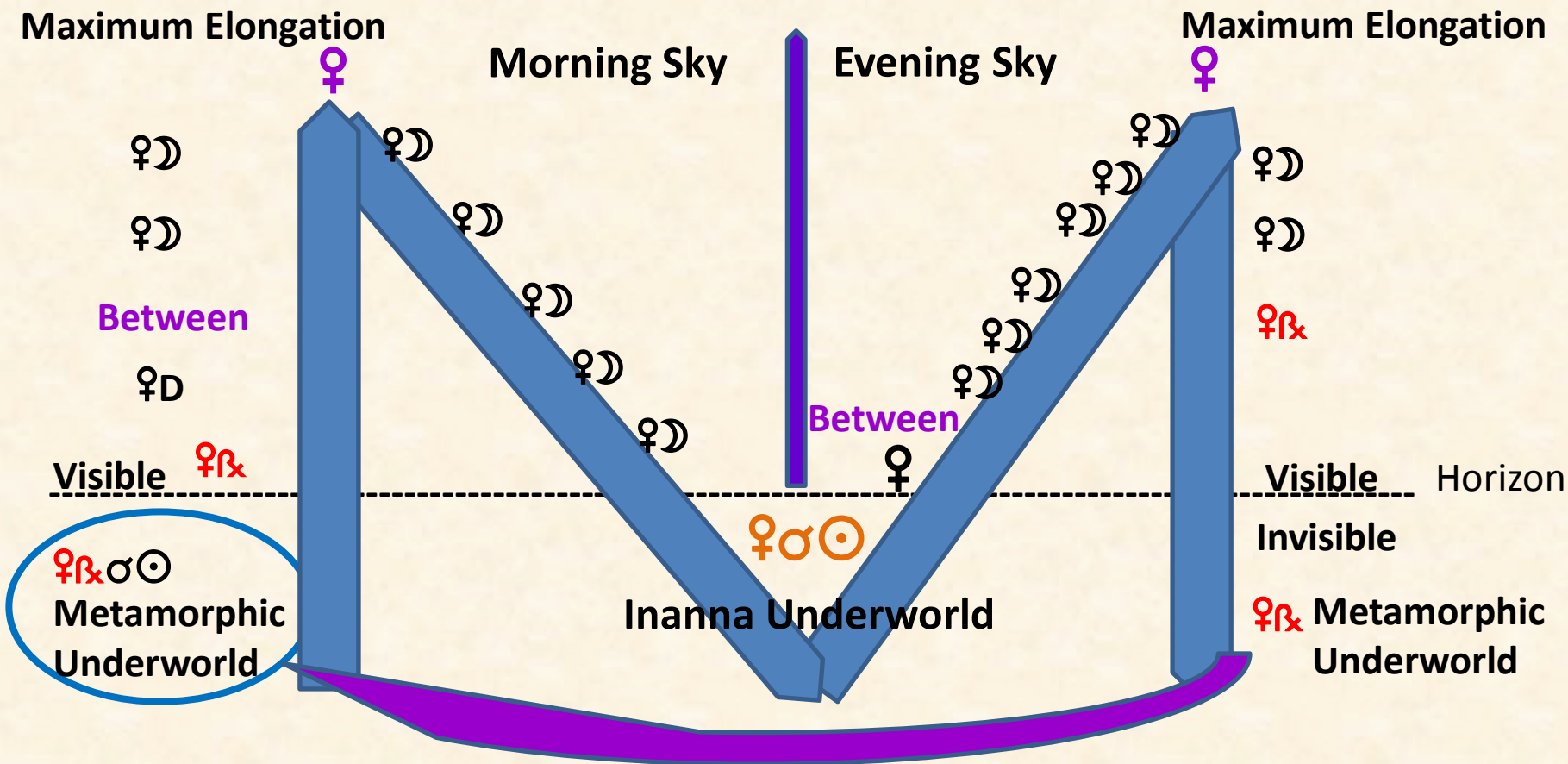
# Venus Evening Sky Phases



- The length of time from Venus Rising into Evening Sky and the First Moon conjunction varies
- After 6 Moon conjunctions Venus reaches Maximum Elongation from the Sun and the highest point in her Evening Star appearance
- Then Venus stations Retrograde around 28 to 29 degrees from the Sun
- Venus spends 16 days in Evening Sky Retrograde before
- Venus drops into Metamorphic Underworld when within 10 degrees of the Sun



# Venus Phases



**Note:** There are slight variations on this Pattern.

**For example:** Sometimes there is only one Venus Moon conjunction in Morning Sky before Maximum Elongation.

**AND/OR:** Sometimes there is only One Venus Moon Conjunction after Maximum Elongation in the Evening Sky



# Morning Star Venus Retrograde Intent

## Fully Prepared for Initiation

- To have a Powerful Connection to Your Divine Nature/Inner Goddess
- To Have a Strong Intuition and Inner Knowing
- To have a Powerfully Felt Presence
- To be a Youthful Spirit Gaining Strength and Power Through the Years
- To Have an Introspective and Reflective Nature
- To Learn to Prepare and Gather Your Resources in ways that Succeed in Meeting Cherished Goals
- To Sense You have a Great Destiny, and Thrive When you CHOOSE to Pursue your Visions and Dreams



# Venus Morning Star Retrograde

## Shadow/Challenges

- You May Endlessly Plan & Miss Your Window to Take Action
- You May Obsess Over Details
- You May be Too Attached to Material Belongings
- You May Be So Introspective You Miss Out on Fully Living Your Life
- You May be So Internal Others Can't Connect with You
- You May Be So Connected to Spirit You Have a Hard Time Relating to the World of Duality/Polarity



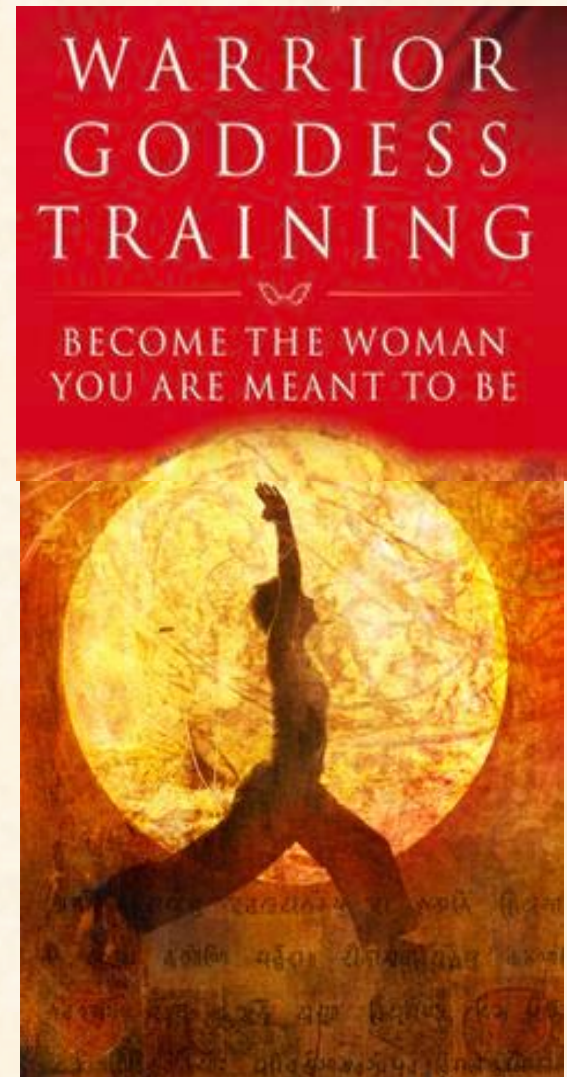


# Venus Morning Star Retrograde

## Gifts

### When You are Claiming Your Full Venus Retrograde Super Powers You:

- Tap into your Divine Light and Radiant Personal Power
- Get Better - Stronger, More Capable, More Vital - As you Get Older
- Know You Are Called By a Great Destiny, Making You an Inspiration to Others
- Fully Prepare Yourself to Meet Life's Challenges
- Are Able to Make Hard Choices, Even if it Means Letting Go of Your Greatest Attachments
- Cultivate Courage and Move Forward On Your Path, Even When You feel Threatened or Afraid of the Future
- Claim Your Strength as Warrior Goddess





# Morning Star Venus Retrograde Inner Phase Questions

*What areas of my life or being need strengthening so I can meet my cherished goals and visions?*

*What are the essential gifts I bring into this lifetime? How can I fully claim these gifts so as to meet life's challenges head on?*

*What inner work must I tend to so I am prepared to step into my full, in-the-world empowerment?*



# Morning Star Venus Retrograde Invocation



We (I) invite the pure essence of the Morning Star Retrograde to infuse Us (me) with a radiant connection to our (my) Divine Nature. We (I) willingly gather all the gifts and awareness from previous incarnations so that We (I) am fully prepared to meet the initiations of this lifetime. We (I) joyfully choose this Initiation called Life in a Body, gaining strength to meet it as the Spiritual Warrior that We Are (I Am).

As we (I) embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Venus Between

If you are born in an Underworld Phase or before the First Gate in Either the Morning or Evening Sky you are in a Unique Between Place.

## The Between Point In the Venus Cycle

- Between something ending and beginning but not at the ending or beginning
- **Morning Sky Between** occurs after Station Direct to First Moon Conjunction
- **Evening Sky Between** Inanna Rising from Underworld to First Moon Conjunction

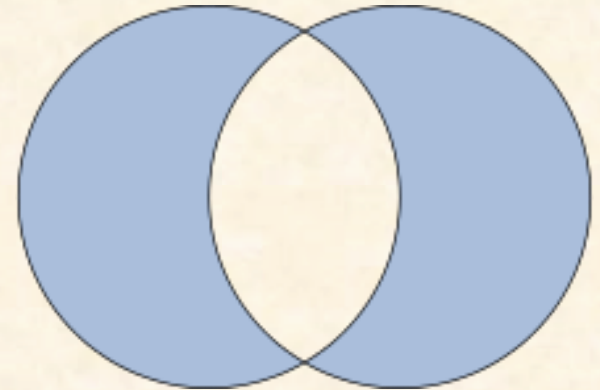
## Defining Between from book

### *On Becoming An Alchemist*

by Catherine MacCoun

Helping to Define the Intent for Between:

- Experiencing what is Subtle
- Discovering the Rare Potential residing in the Between
- Relatedness Between Leaving One Phase Before Entering the Next but NOT being in either Phase
- Not a Mid-Point, Not Here or There, Between Here and There





# Venus Between

## Song from TV show Psyche

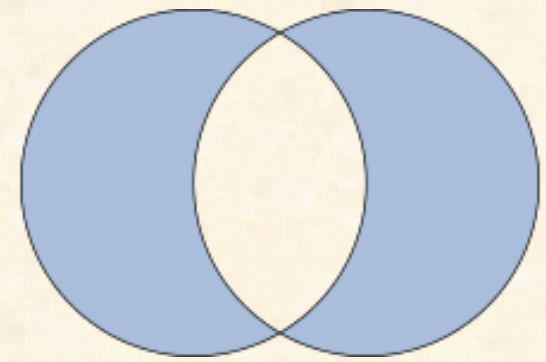
### In between the lines there's a lot of obscurity

I'm not inclined to resign to maturity  
If it's all right, then you're all wrong  
Why dance around to the same down (damn) song  
You'd rather run when you can't crawl

I know you know that I'm not telling the truth  
I know you know they just don't have any proof  
Embrace the deception, learn how to bend  
Your worst inhibitions tend to psych you out in the  
end

I know, you know  
I know, you know

[https://www.youtube.com/watch?v=u\\_Gced\\_Z\\_KU](https://www.youtube.com/watch?v=u_Gced_Z_KU)



### Definition of Obscurity

Ambiguous, Something difficult to understand or is imperfectly understood

The quality or condition of being unknown

**This Between is a place** that is Obscure or Unclear, Ambiguous, Uncertain, Not easy to Understand, Not This – Not That, Where New Possibilities may emerge

# Venus Between

## Challenges/Shadow

- You May Feel like an Outsider
- You May Never “Fit In”
- You May Always Feel “in the Middle”
- You Might Feel Torn or Split Between aspects of Self or Self and Other
- You Might Have the Experience of Being Neither Here nor There—“Where am I? Who am I?”
- Obscure—Difficult to explain yourself or your experience
- You May Struggle with Gray Areas—Never Feeling able to Come to a Clear Yes or No
- You May Have An Addiction to Not Choosing



# Venus Between

## Gifts

- You Are a Bridge Person, a Connector
- You are Adaptable and Navigate Many Different Realities
- You are Unique, Different from the Norm—Out of the Box
- You Can “Draw Between the Lines”
- You have Access to Multiple Perspectives and States of Being
- You are Not Defined by Others, you Create your Own Reality





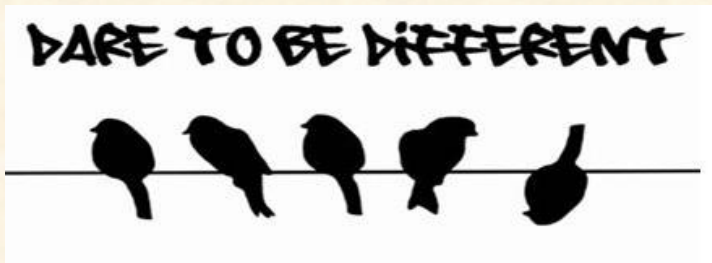
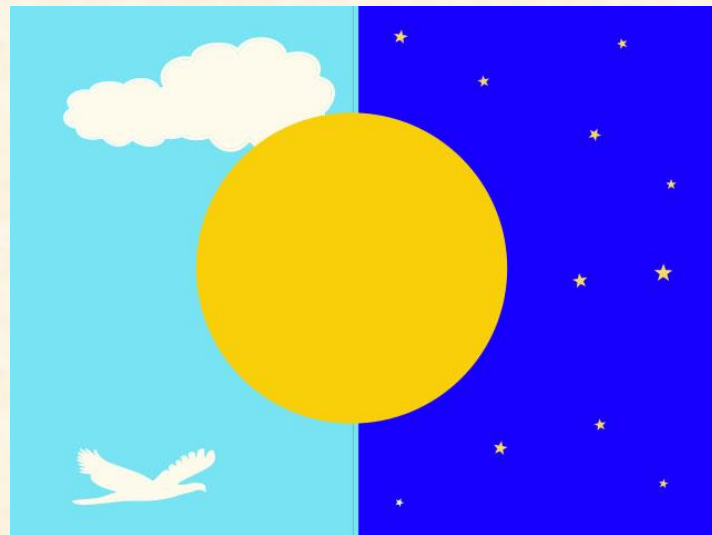
# Between Inner Phase Questions

**Morning Star:** *What is Ready to Be Healed and Cleared so I Can Celebrate the Uniqueness of my Path?*

**Morning Star:** *In what areas of my life do I feel I am pulled in two directions? What would it take to heal this divide?*

**Evening Star:** *What would it take for me to Celebrate my Gifts as a Bridge and Connector?*

**Evening Star:** *What would it take for me to claim my ability to hold multiple perspectives and states of being?*



# Between Inner Venus Phase Invocation



We (I) invite the pure essence of the Between to infuse Us (Me) with the ability to navigate multiple states of awareness and being. We (I) embrace the magical potential that lives in the Between, knowing it as a field of limitless possibility. We (I) honor our ability to act as a healing bridge and connector between states of reality and people . We (I) claim our freedom to live outside of the constraints of muggle reality and choose a magical way of living.

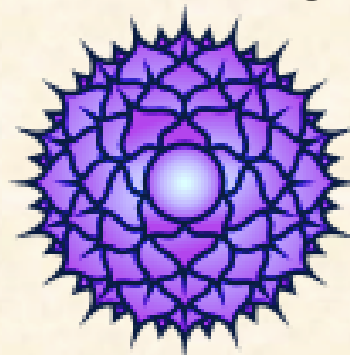
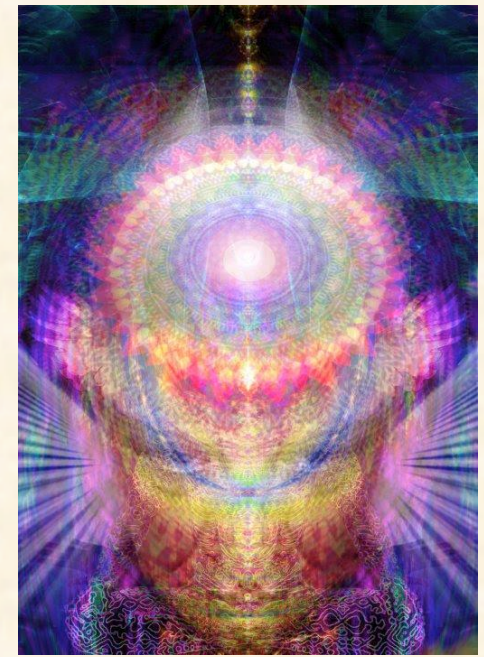
As We (I) Embrace and Embodify these high vibrational qualities of this Inner Phase, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Crown/7<sup>th</sup> Chakra Gate Intent

## Direct Connection to Spirit

**This Gate is About Releasing Distortions  
And Reclaiming a Healthy Relationship With:**

- Living In The Present Moment
- Living Serenity And Joy
- Experiencing a Direct Connection to Spirit or the Divine
- Profound Knowing That Comes From Beyond Intellectual Knowing
- Connecting To The Pure Essence Of Love And Life Beyond The Ego
- Knowing All Creation Arises From Pure Divine Source Energy
- Knowing and Living From The Knowing That All Life Is Connected To Pure Love and Grace





# Crown/7<sup>th</sup> Chakra Gate

## Challenges/Shadow

- Living in Fear that leads to Hesitation and Indecisiveness
- Feeling Out of Place in the Universe Leading to Loneliness
- May Be Stuck in Dogmatic Religious Views
- May Reject All Spiritual Points of View Due to Cynicism
- May Feel Life Has No Real Meaning
- Disassociation: ranging from mild detachment to your immediate surroundings as a way to cope - to more severe experiences of detachment from physical and emotional experiences due to trauma or PTSD.



# Crown/7th Chakra

## Gifts

- Receiving and Giving From Pure Source Energy in ways that Support the Evolution and Growth of Consciousness
- Physically Experiencing full on Interconnectedness with Divine Source Energy
- Trusting you are connected to the Above and Below or consciously connecting with the intersection between the physical (finite) and Universal Essence (Infinite)
- Comfortable with the experience of Time and Timelessness Simultaneously



# Crown Chakra Invocation



We (I) invite the pure essence of the Crown Chakra to infuse Us (me) with the ability to easily connect with, and utilize Pure Divine Source Energy in ways that support our (my) personal and collective Evolution and Growth of Consciousness.

As we embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.



# Crown Chakra Questions?

**Morning Star: What would it take** for me to completely release and let go all the ways I do not 100% trust myself and my connection to spirit?

**Morning Star: What would it take** for me to completely release and let go all the ways I keep myself from experiencing divine revelation and knowing as it relates to my life?

**Evening Star: What would it take** for me to claim and live from a place of divine revelation and knowing as it relates to my life?

**Evening Star: What would it take** for me to claim and live from the feeling of being completely supported and guided by spirit?

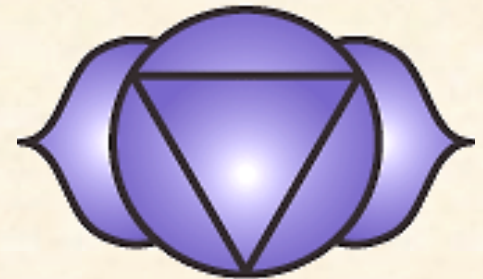


# Third Eye/6<sup>th</sup> Chakra Gate Intent

## Clear Perception of Personal and Cosmic Truth

**This Gate is About Releasing Distortions  
And Reclaiming a Healthy Relationship With:**

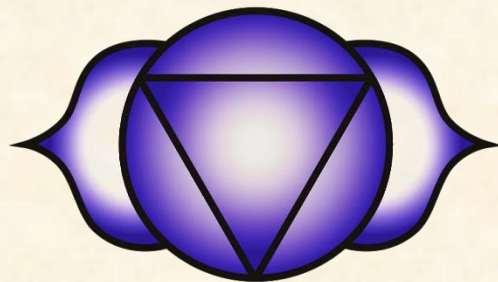
- Ability to See Beyond Illusions of this Reality
- Ability to Experience Healthy Self-Reflection
- Healthy Intuition – Seeing Beyond the Material World
- Ability to Witness or Be Observer of this Reality
- Healthy Relationship to Time
- Healthy Relationship to Death, Yours and Others
- Receiving Helpful Guidance
- Congruent Thoughts, Feelings and Actions
- Self-Mastery and Healthy Independence
- Enjoying and Appreciating Material Things without being attached to them



# Third Eye Chakra Gate

## Challenges/Shadow

- Know-It-All
- Manipulative
- Extremely Narcissistic
- Headaches/Migraines
- Disconnected From Reality
- Overly Dependent on Logic and Reason
- Lack of Clarity, Confusion, Mental Illness
- Undisciplined, Underachiever, Afraid of Success
- Inability to Focus or Concentrate When Needed





# Third Eye/6th Chakra Gate

## Gifts

- Feeling Peaceful and Content
- Being Open to Inspiration and Bliss
- Living From Ease rather than Dis-ease
- Willing to Listen to Elder Wisdom
- Willing to Learn and Grow from Life Experiences
- Trusting Inner Guidance and Inner Knowing
- Being Connected to Your Creative Imagination
- Being Connected to the Wisdom of the Universe
- Self-Forgiveness and Self-Love are Natural and Easy



# Third Eye Chakra Invocation



We (I) invite the pure essence of the Third Eye Chakra to infuse Us (me) with experiences and feelings that are Peaceful, Content, Blissful and Inspired, as well as Willingness to embrace new creative ways to use Our (my) imagination. We (I) ask that this chakra energy support and bless Us (me) with the gifts of genuine forgiveness and wise guidance from the part of Us (me) that knows what is best.

As we embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Third Eye Chakra Questions:

**Morning Star:** What would it Take for me to release all the ways I have limited my imagination due to doubt and not fully believing in the possibilities?

**Morning Star:** What would it take for me to truly release all the limiting perceptions that have kept me from experiencing the magic of who I am and the gifts I bring to this life?

**Evening Star:** What would it take for me to claim the magic of my inner vision and knowing.

**Evening Star:** What would it take for me to fully claim my innate ability to manifest my visions and dreams?





# Throat/5<sup>th</sup> Chakra Intent

## Alignment Between Personal Will and Divine Will



**This Gate is About Releasing Distortions  
And Reclaiming a Healthy Relationship With:**

- Divine Truth as Known when You align your Will with Divine Will
- Expressing your authentic voice and speaking your truth in gentle kind and loving ways without ego attachment or needing to be right
- Living a Rich Creative Life Creatively Expressing Who You Are Honestly and Eloquently
- Listening to and Inspiring Others to Seek their own Truth and Creative Expression

*Three things cannot be long hidden:  
the Sun, the Moon, and the Truth.*

**Buddha**

# Throat/5<sup>th</sup> Chakra

## Challenges/Shadow

- Self-Righteous
- Addiction Issues
- Negative Thinking
- Doubt and Self-Doubt
- Inconsistency, Unreliable
- Fear of Speaking Personal Truth
- Inability to Truly Listen to Others
- Easily Manipulated or Manipulative
- Verbally Abusive, Excessive Criticism
- Emotionally Distant, perhaps Domineering
- Secretive, Prone to Lying, Withholding, Mixed Messages



# Throat/5<sup>th</sup> Chakra

## Gifts

- Personal and Divine Will Are Aligned
- Communicate Feelings With Ease
- Ability to Truly Listen to Others
- Clairaudience, Listening to Your Inner Voice
- Honest, Healthy, Creative, Wise Communication
- Ability to Seek Knowledge and Truth Beyond the Limits of Physical Reality
- Expressing Your Authentic Voice and Inspired Truth



# Throat Chakra Invocation



We (I) invite the pure essence of the Throat Chakra to infuse Us (me) with the masterful ability to communicate Our (my) Divinely Inspired Truth, as We (I) align Our (my) Will with Divine Will in service to Great Mystery. We are (I am) continually learning how to even more masterfully Truly Listen to Others, as well as listen to Our (my) own Wise Inner Voice.

As we embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.



# Throat Chakra Questions

In this, or previous lifetime, what throat chakra injuries or traumas have I experienced?

What beliefs have these experiences produced in me?

What would it take for me to transform these beliefs?

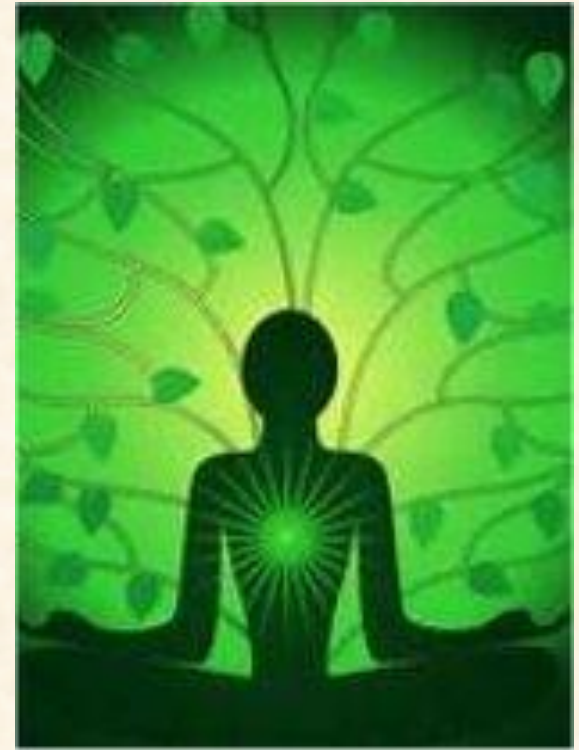


# Heart/4<sup>th</sup> Chakra

Gives and Receives Love Joyfully

**This Gate is About Releasing Distortions  
And Reclaiming a Healthy Relationship With:**

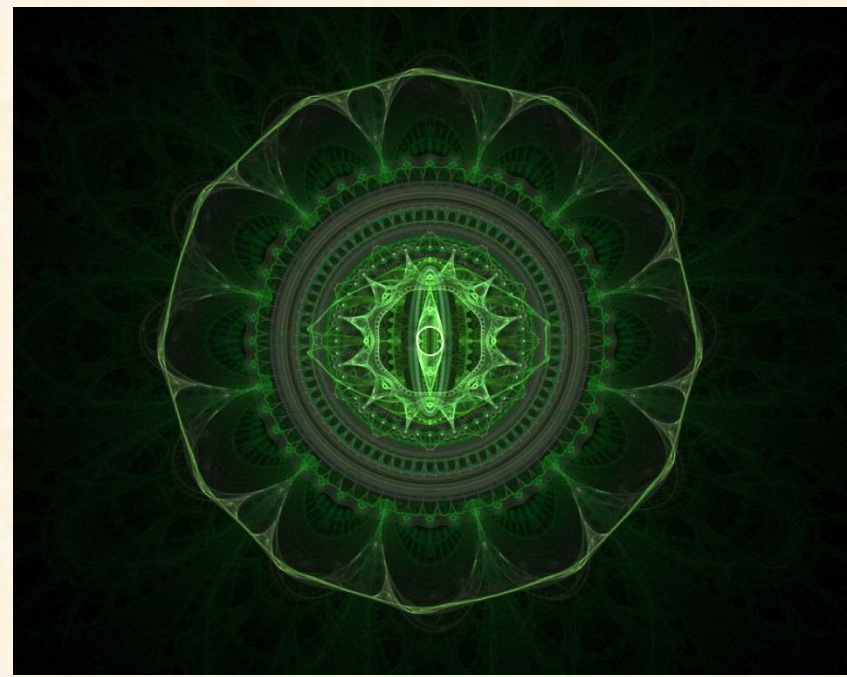
- Self-Love, Self-Acceptance
- Respect, Generosity, Altruism
- Interconnectedness to All Life
- Accepting Others without Judgment
- Creating a Safe Supportive Environment
- Knowing when to say NO out of love
- Deep Caring and Deep Bonds with Others
- Inspiring Kindness and Compassion in Others
- Loving Kindness and Compassion toward Self and Others



# Heart/4<sup>th</sup> Chakra

## Shadow/Challenges

- Possessive
- Fear of Rejection
- Fear of Punishment
- Giving Love Conditionally
- Self-Destructive Tendencies
- Blaming and Shaming Others
- Giving to Get and Be In Control
- Lack of Compassion and Caring
- Fear of Being Emotionally Hurt
- Feeling Unworthy and/or Unloved
- Obsessed with Loving a Significant Other/Co-dependent



# Heart/4<sup>th</sup> Chakra

## Gifts

- The Healing Power of Love
- The Healing Power of Kindness
- The Healing Power of Acceptance
- The Healing Power of Forgiveness
- The Healing Power of Compassion
- The Healing Power of Interconnectedness
- The Gift of Living in Love, Expressing Love, Being Love, the most fundamental energy of the Universe connecting us to our true essence





# Heart Chakra Invocation



We (I) invite the pure essence of the Heart Chakra to infuse Us (me) with the Healing Power of Love, Kindness, Acceptance, Forgiveness, Compassion, and Interconnectedness.

As we embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Heart Chakra Questions

***Morning Star:*** What emotional memories need healing?

***Morning Star:*** What emotional wounds do I need to release so that I fully forgive myself and others?

***Evening Star:*** What would it take for me to fully claim an embodied experience of healthy Self-Love?

***Evening Star:*** What would it take for me to live from the knowing that I truly deserve to embrace the beauty of life and experience profound joy not matter what?

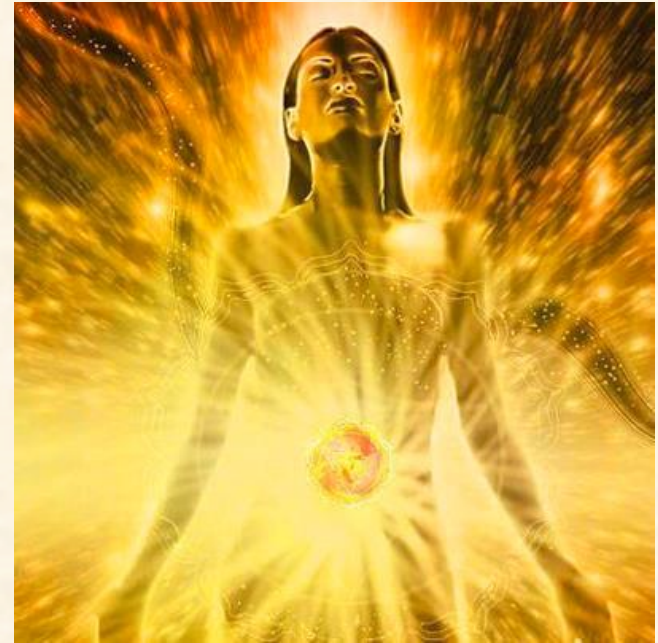


# Solar Plexus/3<sup>rd</sup> Chakra

## Response Guided by Inner Power & Self Worth

**This Gate is About Releasing Distortions And Reclaiming a Healthy Relationship With:**

- Claiming Personal Power
- Aligning Thought and Action
- Overcoming Inertia
- Taking Bold, Inspired Action
- Fostering Deep Connection with Self
- Anchoring Emotional and Psychic Balance
- Embodying Self Value—"I am Enough"
- Knowing and Acting From Your True Will
- Trusting Your Own Volition (Choice)
- Cultivating Clairsentience (Clear Knowing)
- Owning Your Ideas that Are Different From Others



# Solar Plexus/3<sup>rd</sup> Chakra

## Shadow/Challenges

- You May Get Caught in “Doing Addiction”
- or Workaholism
- You May Practice “Power Over” others
- You May Give Your Power to Others
- (Especially if Raised in Submissive Paradigm)
- You May Find Yourself Overwhelmed by
- Opinions, Ideas, Perceptions of Others and
- Lose Sight of Your Own
- You May Get Stuck in Inertia
- You May “Refuse to Choose” and let Others Do it For You
- You May Struggle with Digestive Issues such as Leaky Gut
- You May Struggle with Inflammation and its Effects in the Body





# Solar Plexus/3<sup>rd</sup> Chakra

## Gifts

- Unshakeable Connection to Core Self
- Radiant Power Rooted In Source
- Cognitive Clarity Drawing all Soul's Needs to You
- Self Confidence and Self Trust
- Ability to Choose and Act Quickly
- Access to “True Will” —You Know What You Want and Take Action to Manifest it
- Unbounded Vitality and Energy
- Enthusiasm and Generous Spirit
- Playfulness and FUN Approach to Life



# Solar Plexus Questions

**Morning Star:** *What are the stories I was Told About Power and Do They Serve me Now? What would it take to release them?*

**Morning Star:** *What do I need to clear so That I can shine from the Essence of Who I Am?*

**Evening Star:** *What would it take for me to claim my personal power and right to be me?*

**Evening Star:** *What Would It Take For Me to Access and Act Decisively from my True Will?*



# Solar Plexus Chakra Invocation



We (I) invite the pure essence of the Solar Plexus Chakra to infuse Us (me) with the Transformational Power of Our (My) Core Self. We (I) Claim the Ability to Choose Clearly, and Act Decisively Aligned with Our (My) True Will. We (I) Experience Unbounded Inner Vitality, Feeling Brilliant Divine Light Energy radiating from Our (My) Inner Source or Sun.

As we (I) embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Sacral/2nd Chakra

## Intimate Connection with Self and Others

**This Gate is about Releasing Distortions and Reclaiming a Healthy Relationship With:**

- Feelings and Emotions
- Sexuality and Sensuality
- Pleasure
- Creativity
- Intimacy with Self and Others
- Money and Material Resources
- Sweetness and Goodness of Life
- Receiving the Gifts of Life
- Physicality, Full Embodiment
- Ease and Flow





# Sacral/2nd Chakra

## Shadow/Challenges

- You may struggle with guilt and shame around your sensuality and sexuality
- You might experience sexual impotence or frigidity
- You may block material success
- You may struggle with feeling inadequate
- You may experience loneliness and separation
- You might substitute food, sex, or “stuff” addiction for connection and intimacy
- You may struggle with body image, not seeing yourself as beautiful/attractive
- You may experience issues with reproductive organs, menstruation
- You may struggle with creative blocks



# Solar Plexus/2nd Chakra

## Gifts

- You radiate warmth and sincere friendliness
- You create joyfully and effortlessly
- You are able to accept what IS
- You receive pleasure with ease and gratitude
- You attract and manifest desires with ease
- You demonstrate passionate personal expression
- You are easy-going and go with the flow
- You are open to passion, intimacy and healthy sexuality
- You see and feel your innate beauty and value





## Sacral Chakra Questions

***Morning Star:*** What stands in the way of my full receptivity to pleasure and fun?  
What would it take to clear that?

***Morning Star:*** What do I need to heal or release to experience healthy intimacy?

***Evening Star:*** What would it take for me to embrace pleasure and beauty as the motivation for what I do my life?

***Evening Star:*** What would it take for me to attract relationships and experiences of exquisite connection and intimacy?



# Sacral Chakra Invocation



We (I) invite the pure essence of the Sacral Chakra to infuse Us (me) with warmth, ease, and sensual receptivity. We (I) effortlessly and joyfully attract all that We (I) desire with ease. We (I) open to receive passion, pleasure, and intimacy in Our (my) life at a deeper level than We (I) have ever experienced before. We (I) feel and know ourselves (myself) to be beautiful, and We (I) live from a sense of inherent value.

As we embrace and embody these high vibrational qualities of this Chakra, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.



# Root/1st Chakra

## Rooted in Physical Vitality and Security

This Gate is About Releasing Distortions  
And Reclaiming a Healthy  
Relationship With:

- Safety and Security Issues
- Boundaries
- Overcoming Survival Fears
- Grounding and Rooting
- Sense of Belonging
- Relationship to Family
- Relationship to Earth/Grandmothers
- Overcoming Scarcity Issues
- Honoring Natural Resources:  
• Land, Water, Air, Food, etc.



# Root/1<sup>st</sup> Chakra

## Shadow/Challenges

- Your Attachment to Ego Identity and Life Accomplishments Limit You
- Confusion and Disorientation for You and those around You
- Your Constantly Transforming Identity Creates **Chaos**
- You Resist Change and so Experience Suffering
- You Cannot Honor or Appreciate the Limitations of Others Because Your Life Path is So Filled With Possibility and Freedom



# Root/1<sup>st</sup> Chakra

## Shadow/Challenges

- You May Struggle with Anxiety, Fear, and Worry
- You may sabotage relationships by being overly controlling
- You may see the world as a fearful place
- You may be stuck in survival mode: operating from fight or flight
- You might have self-defeating attitudes: “I’ll just fail, why bother?”
- You may experience issues with bones, hips, knees, lower back--structure
- You may struggle with depression
- You may feel ungrounded and off balance
- You may struggle with irritability and impatience
- You might feel life is a burden to bear

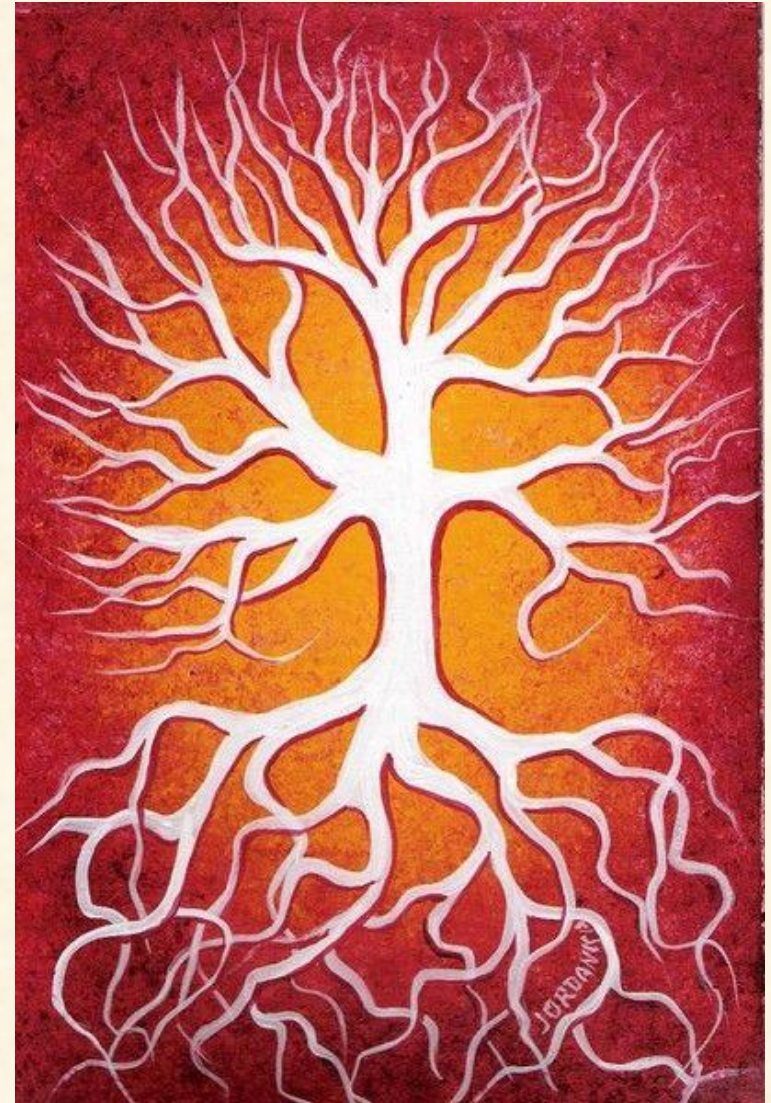




# Root/1<sup>st</sup> Chakra

## Gifts

- You are Grounded and Stable
- You Feel Safe and Secure
- You Maintain Healthy Boundaries
- You have a Thriving, Healthy Family Life
- You Exude Vibrant Health and Aliveness
- You are Practical and Organized
- You Feel You Belong to Your Place
- You are connected to the Earth
- You Receive Financial and Material Support To Pursue your Soul Purpose
- Your life path supports Wise Use of Earth Resources and the next 7 Generations





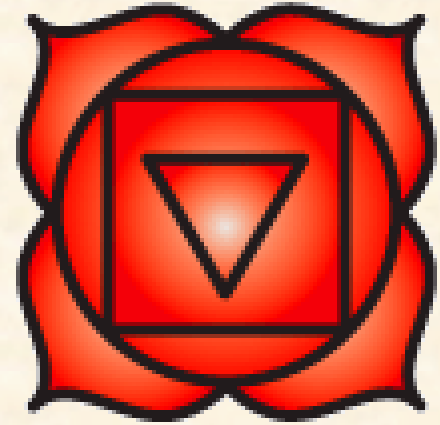
# Root Chakra Questions

**Morning Star:** *What Survival Fears run my Life and what would it take to heal them?*

**Morning Star:** *What needs to change in my Life so that I feel grounded, rooted, and Stable?*

**Evening Star:** *What would it take for me to trust that I am cared for and my needs are met?*

**Evening Star:** *What would it take for me to claim my place in my soul tribe and make my contribution from a place of joy and self-trust?*



# Root/1<sup>st</sup> Chakra Invocation



We (I) Invite the Pure Essence of the Root Chakra to infuse Us (Me) with Unshakeable Trust that We (I) Belong on Earth and All Our (My) Needs are Met With Ease and Abundance, thus (I) Claiming Our (My) Contribution to the Earth Community Benefiting the Next 7 generations.

As We (I) embrace and embody these high vibrational qualities of the Root Chakra, we (I) bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Death by Intent Gate

## Choosing Shamanic Death for Empowered Rebirth

### Intent

- To Courageously Choose to Die to an Aspect of your Life Once it is Over
- To Develop Mastery in the Art of Conscious Death
- To Face Life Initiations again and again that demand complete and total surrender
- To Discover the Truth of the Expression “Today is a Good Day to Die!”





# Death by Intent Gate

Choosing Shamanic Death for  
Empowered Rebirth

## Challenges

- Afraid to Surrender
- Not Knowing How to Surrender
- Fear of the Unknown is Paralyzing
- Desperately Hanging Onto Life, Ways of Being, Relationships, Jobs, After They are Clearly Over
- Going into Victim Mode or Overwhelm





# Death by Intent Gate

## Choosing Shamanic Death for Empowered Rebirth

### Gifts

- Discovering the Courage to Die to what no longer serves and be empowered as a result
- Making friends with Death, when Death becomes your Ally
- Realizing that every moment is dying and being reborn into the next moment
- Discovering Joy in the Act of Dying and Creating Space for New Life



# Death By Intent Questions

What would it take for me to fully be willing to choose a conscious death?

What would it take for me to make Death my Ally?

Can I honor the immense courage and resilience I have cultivated on my life path through facing death again and again?



# Death By Intent Invocation



We (I) invite the pure essence of the Death By Intent Gate to infuse Us (me) with the courage and willingness to embrace and consciously choose shamanic death, surrendering everything that does not serve who We (I am) are, trusting the divine unfolding is perfect in every moment.

As we embrace and embody these high vibrational qualities of this Death by Intent Phase, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Inanna Underworld Intent

## Mastery of Shamanic Transformation

- Surrender and Letting Go allows for Greater Empowerment
- Relinquishing Beliefs about Life and Self that No Longer Serve
- Intent is to Shatter Your Ego in ways that help you Grow and Expand Awareness
- Dying to Who you Believe Yourself to Be
- To REALLY Grieve the Loss of what is Dying
- Events Help You to Experiencing Evolving Levels of Mental, Emotional, and Spiritual Maturity
- You are trans-formed. The Form Of Who You Were Before the Final Initiation of Death in the Underworld is Changed or Transformed to A Wiser, More Considerate and Empowered YOU





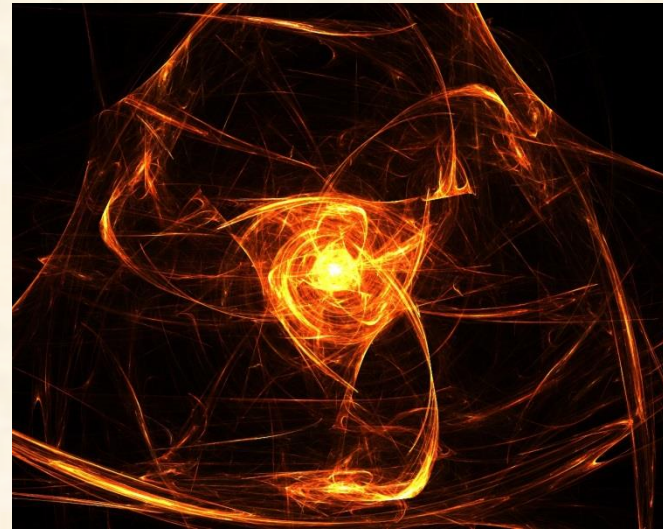
# Inanna Underworld Challenges

You must let go of all that has  
Identified You.

Some of what you let go of may return  
but first you must truly let it go.

Deep profound Grief around what is dying or being lost is  
essential to the transformation process.

You must face your deepest Fears. Feel them, acknowledge  
them so they can be transformed into your strength or the  
medicine you will ultimately carry.



# Inanna Underworld Gifts

Mastery of Shamanic Transformation

## Gifts are:

Resurrection, Renewal, Receptivity  
Replenishing, Regenerating, Rejoicing

You are the Phoenix rising from the ashes into a Beautiful Brand New, Renewed, More Creative and Empowered Life.

Life Force Energy (Kundalini) increases creating a feeling of strength and power to live the life that is yours to joyfully live



# Underworld Questions

- **What is my deepest fear and what will it take for me to face and embrace it?**
- **What would it take for me to truly trust the Underworld initiation is taking me where my soul most wants to go?**
- **How has the underworld phase influenced my life and brought me to where I am today?**







# Underworld Invocation

We (I) invite the pure essence of Underworld Empowerment to infuse Us (me) with great strength and courage to face our fears and empower Our (My) life force energy/kundalini, so We (I) may fully live and express Our (my) life's purpose.

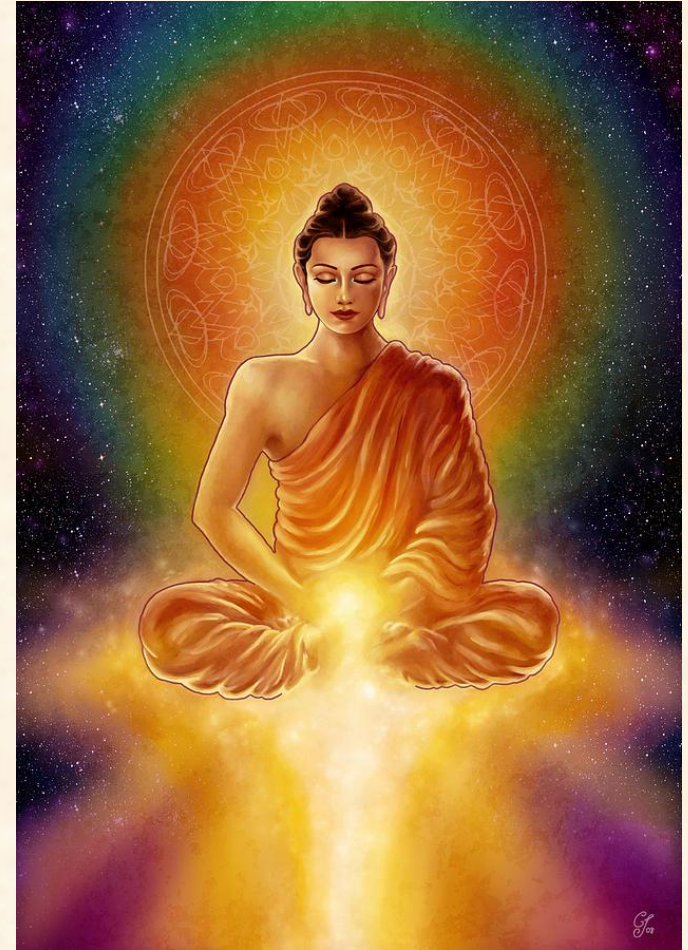
As we (I) embrace and embody these high vibrational qualities of this Chakra, we (I) bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Earth Star Chakra (Life by Intent Gate)

Earth Connector, Earth Healer

## Intent:

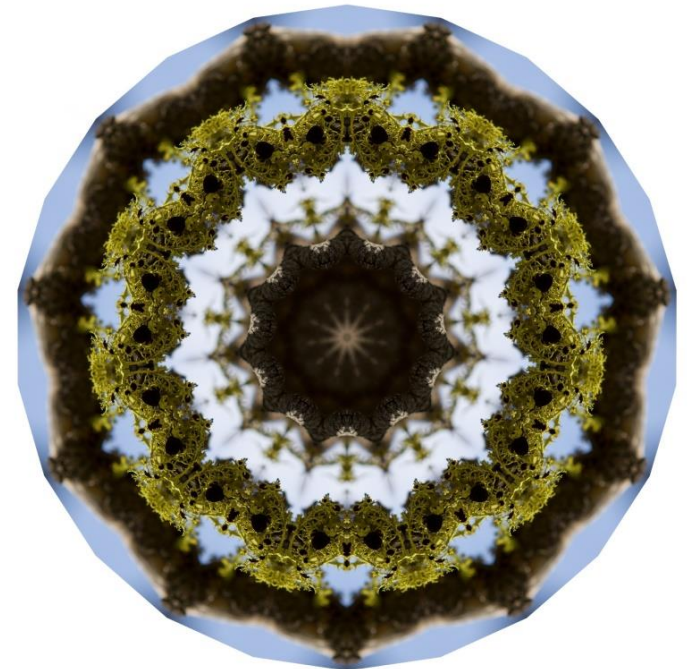
- Claiming Life On Earth As a Gift
- Connecting to the Living Soul of Earth, to be an Anchor of the World Tree
- Fully Connecting Body and Soul—to Embodying Full “Ensoulement” and Celebrating Life in the Body
- Healing Archetypal Traumas held in the Body of the Earth including Cultural Prejudice, Genocide, and Colonization
- Connecting Etheric Body to the Physical World So Soul Can Fully Express Itself
- Healing Separation Between Masculine and Feminine, Spirit and Matter



# Earth Star/Life By Intent Gate

## Shadow/Challenges

- May Feel Overwhelmed by Awareness of Trauma In the Land
- May Feel Overwhelmed by Collective Grief
- May Feel Challenged to Claim Personal “Right to Exist”
- May Feel Raw and Vulnerable in the Body - Acutely Aware of Sensation
- May Find Embodiment Too Intense So Leaves the Body
- May Unconsciously Attempt to Heal Ancestral Trauma without Proper Tools or Awareness



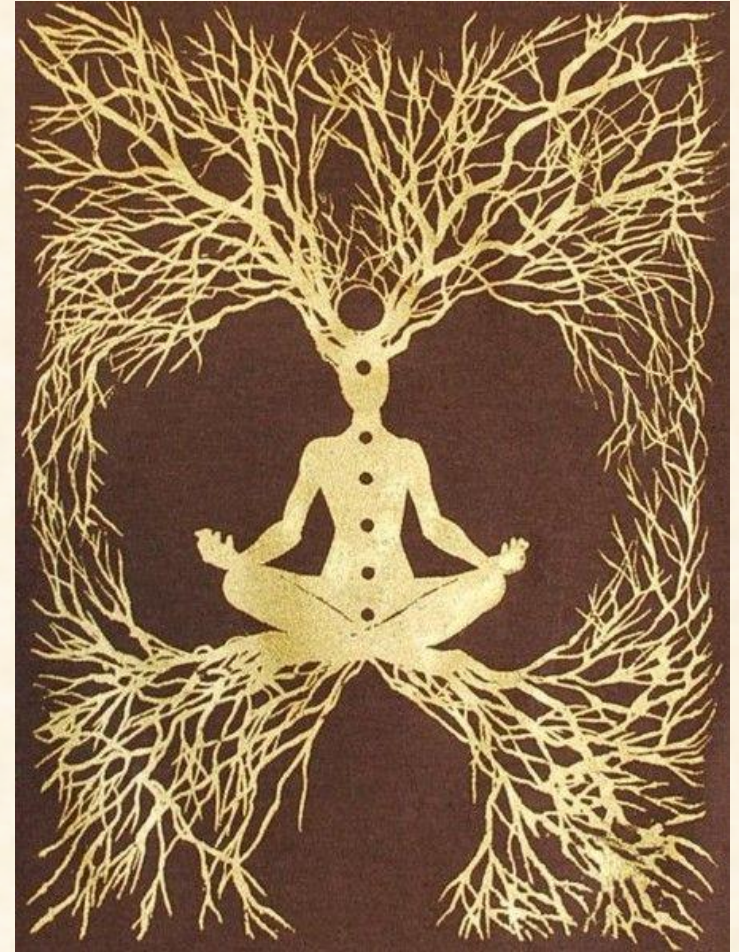


# Earth Star/Life By Intent Gate

## Gifts

### When You Claim Your Path

- You Have a super powerful root into the Earth where You Receive Unlimited Energy and Support for Your Soul Journey
- You Effortlessly Heal the Earth Through Your Loving Presence and Attention
- You Embody Joyful, Ecstatic, Grounded PRESENCE
- You Effortlessly Heal Ancestral and Cultural Trauma through Your Loving Presence and Attention
- You are an Anchor of Support for Your Community



# Life By Intent

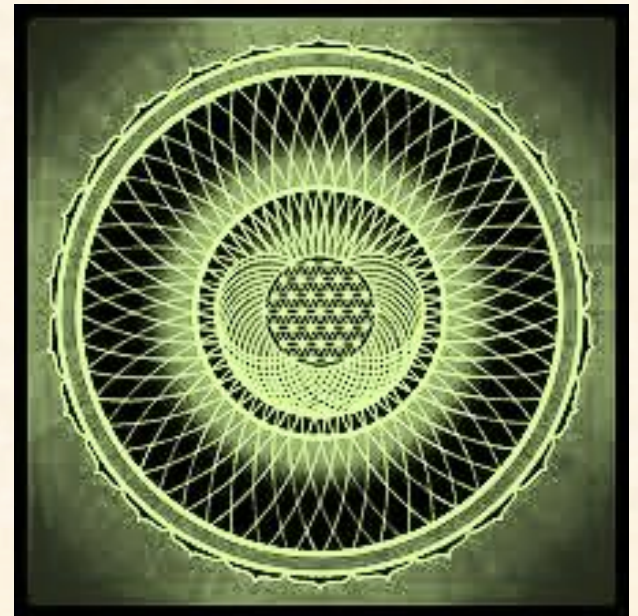
## Earth Star Chakra Questions

**Morning Star:** *What Collective or Earth Trauma and Grief am I Holding That is Ready to Be Healed and Released?*

**Morning Star:** *What Must be Healed In order for me to Fully Inhabit my Body and Claim my Right to be Incarnated?*

**Evening Star:** *What would it take for me to cultivate a super strong root of connection into the Loving Earth so that I Stand Strong and Present in all Life Circumstances?*

**Evening Star:** *What Would it Take for Me to Claim My Ability to Heal the Earth through Full Presence and Grounding?*



# Earth Star/Life by Intent Chakra Invocation



We (I) invite the pure essence of the Earth Star Chakra to infuse Us (Me) with a deeply rooted connection to the Earth as a Source of Unlimited Healing, Strength, and Revelation.

We (I) invite the experience of full, ecstatic embodiment, as Our (My) Spirit fully inhabits our bodies (My Body), making Us (Me) a Vessel of Divine and Sacred Intent - Creating a Powerful Field of Healing that positively impacts all Previous and Future generations, transforming Cultural and Historical Grief into a Flowering of New Life, Hope, and Abundance in the New Earth.

As We (I) embrace and embody these high vibrational qualities of this Chakra, We (I) bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

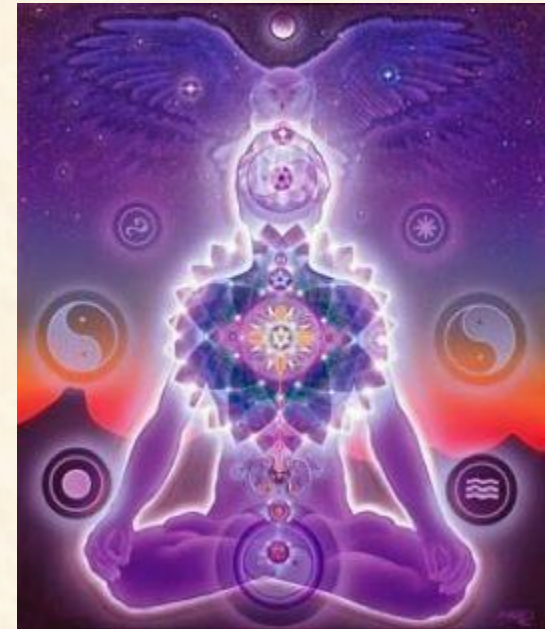


# Soul Star/8th Chakra

## Gate of Ascension Intent

### Mastery of Shamanic Transfiguration

- You are Here to Channel Pure, Divine Love and Light into the World
- You are Here to Release Karmic Debt from Previous Lifetimes
- You are Here to REMEMBER—Past Incarnations, Parallel Lives, Your Multi- Dimensional Self
- You Have a Strong Connection to your Higher Self and Spiritual Guides
- You are Here to Transcend Physical Form, to Achieve Transfiguration through Full Activation of Your Light Body
- You are Here to Fully Integrate all of Your Chakras and so as to achieve the Kundalini Rising/Enlightenment Experience
- You are Here to Embody Christ Consciousness
- You are Here to Practice Radical Compassion

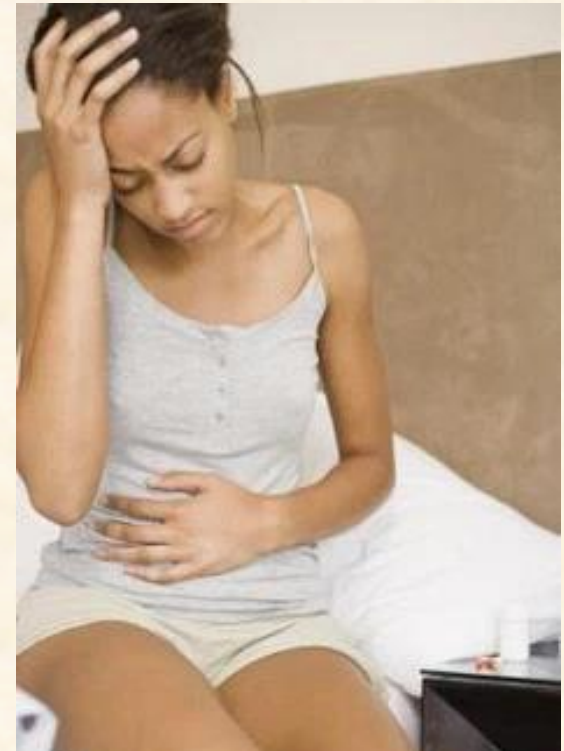


# Soul Star/8<sup>th</sup> Chakra

## Gate of Ascension

### Shadow/Challenges

- You might feel scattered and unable to adhere to deadlines and linear goals
- You may experience chronic issues in areas of relationship, career, health, etc. carried over from previous lifetimes.
- You may experience addictions resulting from your tendency to absorb others' energies
- You may feel overwhelmed or burdened by
- all of the knowledge and awareness you possess
- You may Experience Kundalini Syndrome
- or Other Spiritual Crises



# Soul Star/8<sup>th</sup> Chakra

## Gifts

- You Are a Natural Healer with Gifts in the Areas of Clairvoyance, Astral Travel, Telepathy and Empathy
- You have the Ability to Heal and Release all Karmic Debts from Past Lifetimes
- You are Able to Break through Spiritual Amnesia, having access to All Information from Previous Incarnations
- You have the Ability to Transcend your Human Ego so as to Achieve Soul Ascension
- You Have the Ability to Jump Timelines, Integrating Past, Future, and Parallel Lives
- You have a Strong Connection with Your Higher Self and Spirit Guides





# 8<sup>th</sup> Gate of Ascension

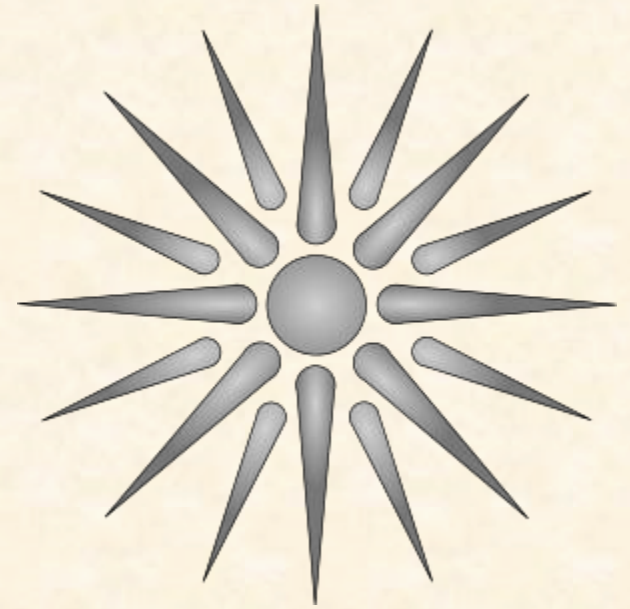
## Soul Star Chakra Questions

**Morning Star:** *What karmic burdens or debts have I taken on that I am now free to release?*

**Morning Star:** *What is needed to be healed in order for me to experience full spiritual awakening?*

**Evening Star:** *What would it take for me to allow my Divine Light to Shine through, Transforming everything around me?*

**Evening Star:** *What would it take for me to Claim the Power of Now to integrate all past, future and parallel timelines for the maximum experience of life?*



# 8<sup>th</sup> Gate of Ascension

## Soul Star Chakra Invocation



We (I) Invite the Pure Essence of the Soul Star Chakra to Infuse Us (Me) with the Gifts of a Master Healer—Clear Seeing, Clear Knowing, and the Ability to Transcend Time and Space. We (I) Invite this Chakra to Heal and Release Any and All Karmic Debts from This Lifetime or Any Other that Restricts Us (Me) from Living Our Full Soul Purpose - Embracing the Gifts from ALL Lifetimes so that We (I) Experience the Fully Realized Divinity that Is Our (My) True Nature.

As We (I) Embrace and Embody the High Vibrational qualities of this Chakra, We (I) bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Chakra Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Venus Retrograde Evening Sky Intent

- Taking time to do the Final Integration and Synthesis of the Current Synodic Cycle
- Preparing For the Great Giveaway, the Ultimate Surrender, Letting Go and Releasing of the Current Identity
- Getting Ready for a Whole New Incarnation as a Brand New, Youthful, Enthusiastic and Uninitiated Goddess





# Venus Retrograde Evening Sky Challenges/Shadow

- Resistance to Change and Letting Go of what is Known
- Fear of the Unknown
- Focus on and attachment to external accomplishments and successes
- Feeling insecure and loss of control
- All the wisdom, mastery and skill gained in this incarnation will be returned to the Metamorphic Underworld regardless of willingness to surrender it or not.



# Venus Retrograde Evening Sky Gifts

- Learning the value of going within for deeper inner reflection that helps to access insights and understanding that would otherwise not be available
- Learning how to simultaneously hold a high level of mastery and wisdom while also learning how to be willing to let it go in an instant
- Learning Trust and Non-Attachment that supports a heightened perspective and expanded awareness



# Venus Retrograde Evening Sky Questions

- What would it take for me to focus my attention and intention on my Inner Knowing as a clear and dependable source of wisdom and guidance?
- What would it take from me to Truly Trust myself and My Wise Inner Guidance and to access it daily?





# Evening Star Retrograde Invocation



We (I) invite the pure essence of the Retrograde Evening Star Phase to infuse Us (me) with the courage and willingness to assess our journey, preparing for surrender and facing any fears around totally letting go of all We (I) have accomplished and achieved, knowing that whatever is of our own true essence always remains with us even into the next incarnation.

As we embrace and embody these high vibrational qualities of this Retrograde Venus Star Phase, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.

# Metamorphic Underworld

## Mastery of Shamanic Transmutation

**This Signature is About Releasing Distortions And Reclaiming a Healthy Relationship With:**

- Worldly Identity vs Spiritual Essence
- Mastery of Life vs. Mastery of Death
- Influence on Others through State of Being
- Radical, Abrupt Change
- Shapeshifting as an Art Form
- Quantum Leaps in Consciousness
- Achieving Enlightenment States
- Structure and Form vs Spiritual Essence
- Transmutation of Heavy energy to Light Energy
- Limitlessness vs Limitation



# Metamorphic Underworld

## More about Transmutation

If something happens in my environmental field that's negative, what I say is, "That brings me down," meaning it caught me in its model of how it all is.

When I am able to transmute energy, I can take that energy and I can move it up my chakras and get high from it. Not only can I get high from it, but I can give back a place which frees the other person from it as well.

I can see you going "R-r-r-r-r" and say, "Yes, and that too is life and here we are and that's the way it is." **–Ram Dass**



### From Dr. Wallace D. Wattles' "Law of Perpetual Transmutation"

Energy from the formless realm is constantly flowing into the material world and taking form. This energy is limitless and inexhaustible. As old Forms are exhausted, they give way for new forms to emerge from the invisible hidden energy of the universe.



# Metamorphic Underworld Gifts

- Freedom from Limitations of
- Linear Time and Space
  
- Ability to Change Rapidly When
- Needed
  
- Willingly Surrender Mastery,
- Identity, Accomplishments to
- Begin anew
  
- Able to undergo complete Metamorphosis, experience Full Enlightenment



# Metamorphic Underworld Questions

*What Old Identities Am I Ready to Release to Experience Greater Freedom and Possibility?*

*What Fears do I Need to Clear and Heal in Order to Embrace Radical Change and Transformation?*

*What Would it Take for Me to Offer Myself Willingly to Source so as to Die and Be Reborn?*



# Metamorphic Underworld Invocation



We (I) invite the pure essence of the Metamorphic Underworld to infuse Us (me) with the experience of Full and Complete Metamorphosis, helping us (me) to die to Our (My) limited identity and awareness so We (I) might claim Total Liberation, leaping into the Embrace of Spirit, Remembering Who We Truly Are (I Truly Am).

As We (I) embrace and embody these high vibrational qualities of the Metamorphic Underworld, we bring awareness to and hold loving presence for, places where We (I) may experience the wounding, distortion, or limitations within this Star Phase Field, blessing Us (me) with the gift of awakened awareness that We Are (I am) creating.



# Additional Resources

If you don't have a natal chart you can get a FREE one here

<http://alabe.com/freechart/>

[The Little Soul and The Sun A Children's Parable](#)

Neale Donald Walsh

[Anatomy of the Spirit: The Seven Stages of Power and Healing](#)

by Carolyn Myss

[New Chakra Healing: The Revolutionary 32-Center Energy System](#)

AND [The Complete Book of Chakra Healing](#) by Cyndi Dale

[Wheels of Life: A Users Guide to the Chakra System](#)

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