

# Venus Buddy Guide: Overview, Practices, and Tips

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At the beginning of each Inanna Rising Venus Tele-class Series we connect interested class members with a “Venus Buddy.” We select buddies based on region and divination—pulling names out of a hat, trusting the connection is the right one. A Venus Buddy is your ally, someone you can call on for support over the course of your Venus Initiation.

The benefits of having a Buddy may include: making a new friend, brainstorming creative ideas and enlisting a cheerleader to keep you focused on your intention for the initiation. Though some participants love to take this journey solo, many have discovered that collaboration can be very fun, and help you maximize the Venus class experience.

## Suggested Introduction Exercises

**Share Your Intention, Vision, or Goals** for the Venus in Leo Initiatory Cycle. For example, you might explore in your Venus Journal and share with your Buddy your answer to the question:

- *How do I want my life, my habits and patterns, my thoughts, relationships to be transformed over the course of this 10 month initiation into “radical, radiant self-love?”*

Over the course of the journey, your Buddy will remind you of this intention and mirror back to you all the ways you are moving toward it, even if sometimes this is by seeing what your BLOCKS are first! They might also help you recalibrate and refine your intentions as the journey unfolds.

## Share Your List of “What I Love About Me”

Make a list of 20 things you love about yourself in your Venus Journal and share this with your Buddy.

## Suggested Ongoing Practices

- **Share** with each other what comes up as you explore the “Four Questions” (or 1 question if you choose per month).
- **Brainstorm** ideas for Building Your Venus Altar, Venus Morning Star Ceremony, or other ways to deepen your initiatory process.
- **Ask for Prayer/Light/Support** for challenges you may encounter along the way. Be willing to offer support in return.
- **Share your dreams**, using the [Lightning Dreamwork Process](#).

## Keep an Open Mind

You might both feel shy at first, and unsure if this is the right person for you. If you are compatible in your desire for frequency and mode of communication (see below) proceed with the assumption that this is your match made by Venus 😊. Keep an open mind at first, and if after a couple of months the vibes don’t feel like a match, let us know.

## Buddy Compatibility: How to Connect and How Often

Buddies might connect by email, text, phone, Skype, or a combination. Some connect monthly, others weekly, others on an “as needed” basis. In your initial conversations you’ll want to find what works best for both of you. Be honest about your needs and desires. If you discover your needs are incompatible, let your partner know and THEN email us at [info@venusalchemy.com](mailto:info@venusalchemy.com) to let us know. We will do our best to find a more compatible Buddy, if one is available. Sometimes the “perfect” initial Buddy is the one who helps you state your needs and boundaries clearly! 😊