

Deepening Exercises for Venus Synthesis Class

Remember these are suggested Exercises designed to deepen your understanding and experience of your personal Venus Signature. These Exercises are for your benefit to do or not do according to what feels right for you.

- **Put your Venus Synthesis Creation (if it is visual) on your Venus Altar or somewhere you will often see it. If it is a written creation, put your Synthesis Statement or other key phrases on your altar or somewhere you will see them frequently and be reminded of your inner Goddess!**
- **Revisit Deepening Exercise**
Scan through Deepening Practices you haven't yet done from all classes. Take note of those with a big "yes!" for you as well as those you feel big resistance to. Choose several from both categories and do them now—it's never too late!
- **Venus Return Timeline Stories from Different Perspectives**
Go Through Your Venus Return Timeline/Venus Life Review for the first time or again. This time write a brief story of your life from all or some of your Venus aspects.

For example, tell the story of your life from the perspective of your Star Phase, Inner Phase, Meta Goddess, Moon Goddess, Venus Goddess, the Master Teachers of your Mystery School, or Your Outer Planetary Guides.

You may choose to tell the story from the aspect of your Venus that you experience as the most mysterious and hard to understand.

- **Share Your Venus Life Review Stories or Deepening Exercise** experience with your Venus Buddy. It's amazing how sharing can help us integrate the experience!