

# Deepening Exercises for Venus Inner Star Phases

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## General Questions that can be used for Each of the Inner Star Phases

1. In what ways has this phase informed your life so far?
2. How can the insights connected to your phase help inform your awareness and choices going forward?
3. As I review the Intent, Challenges and Gifts of my specific Venus Phase what resonates most for me and what resonates least?

### Example from Cayelin for Questions 1 and 2:

I have 5<sup>th</sup> Chakra Gate Evening Star. Early in my life I was punished for speaking up, creating fear of saying the wrong thing. The journey for me has been to face the terror of speaking in front of others, reclaiming my authentic voice and the wisdom to know when and how best to use it?

I learned this was my Chakra gate about 20 years ago. Since then I have been choosing to practice facing this fear in small ways at first with small safe groups. Now I can be in larger settings of people without feeling like I am going to pass out from intense panic and anxiety. When I share this I often surprise people who see me as very articulate and knowledgeable.

I appreciate that feedback as a sign of progress that I am not always seeing for myself – YET. Though I am claiming that more and more for myself and trusting it more and more.

### Example from Tami for Questions 1 and 2:

I have 3<sup>rd</sup> Chakra/5<sup>th</sup> Chakra Gate Morning Star and I was a middle child in a family of 9 raised in a religion and family promoting a very submissive culture valuing humbleness about all else and seeing pride and outer success as the worst sins, causing a person to drift from God.

So I have struggled my entire life with this issue of individuation and claiming my personal power. I believed at a deep level that this meant rejecting God, and being rejected by Him/Her. I have done a lot of healing in this area and am proud to say that I have forged my own path and have claimed my right to be me, and I have learned the power of bragging on myself, too!

When I bump up against the old stories now I have more awareness, and choose to immerse myself more in conversations and environments where my right to shine is celebrate.

**We will explore the following questions starting on the next page live in the next class. If you can't join us live, we would love for you to send us your insights, aha's and/or questions about your personal Venus Inner Star Phase or any of the Inner Star Phases, or any questions you have so far on the content we have already covered.**

## 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?

## 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?

## 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 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 Chakra Questions

- **Morning Star:** What would it take for me to release all the fear I have around speaking my truth (not as projection or blame) in ways that create healthy communication?
- **Morning Star:** What would it take for me to release doubt around my ability to creatively communicate who I am.
- **Evening Star:** What would it take for me to claim my wise voice as a powerful tool for fulfilling my soul's purpose?
- **Evening Star:** What would it take for me to think in new ways that are liberating?

## 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 no matter what?

## Solar Plexus Questions

- **Morning Star:** What are the stories I was told about power? How have they cost me? What is my new, upgraded story about power?
- **Morning Star:** What do I need to heal and release 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 act decisively from my True Will?

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

## 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?

## 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?

## Inanna 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 taking me where my soul most wants to go and then surrender to the process?
- **How has the Underworld Phase** influenced my life and brought me to where I am today?

## Earth Star Chakra Questions (Life By Intent Gate)

- **What Collective or Earth Trauma** and grief am I holding that is ready to be healed and released?
- **What is ready to be healed** in order for me to fully inhabit my body and claim my right to be incarnated?
- **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?
- **What would it take** for me to claim my ability to heal the earth through full presence and embodiment?

## Soul Star Chakra Questions (8<sup>th</sup> Gate of Ascension)

- **What karmic burdens or debts** have I taken on that I am now free to release?
- **What is needed to be healed** in order for me to experience full spiritual awakening?
- **What would it take for me to** allow my Divine Light to shine through, transforming everything around me?
- **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?

## 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?

## Metamorphic Underworld Questions

- **What old identity** 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 without attachment to what I have attained?