Deepening Exercises Preparing for Venus Synthesis Class

Bringing it All Together

Next class we bring together all we have learned into a creative expression, to anchor and synthesize our experience of our Personal Goddess via all the parts we have explored during this series.

Highly Recommended Synthesis Exercise to share with Breakout Partner, Venus Buddy, the entire Class via email to Cayelin and Tami, and/or Facebook group:

Create a visual representation (collage, painting, sketch, etc.) or a **creative writing piece** (poem, short story, song, prayer, invocation) that integrates all the elements of your Venus that we have explored up to now.

It might be helpful to review only the materials in each Class PDF that is personal to you, such as Venus Star Phase, Inner Star Phase, Meta-Goddess or Overtone, the Moon, the Sun and the Ascendant.

This will help get you into the flow and gives you an opportunity to respond to each aspect immediately with a free-write or free-sketching session. You may also wish to do a final Venus Life Review or go over what you've already done.

After you complete this process ask the part of you that knows to help guide your synthesis process. Don't worry about integrating everything in a linear way. Rather trust you are being guided toward an integrated essence that will serve you now.

You may come back to this exercise at another time and find you have new pieces that are ready to be integrated.

Remember, there is no right or wrong way to do this. Simply set your intention, and allow your Inner Goddess to guide your process. Be open and curious so that what comes through can surprise you if you are open to it.

This may show up as an illuminating AHA that allows you to know yourself in a new and hopefully magical way. Or it may be a subtle shift in your perception that over time changes everything around how you relate to this part of yourself. Again there is no right or wrong, better or worse way to engage this process. Just set your intention and see where it takes you…