

Deepening Exercises for Venus and Moon with Venus Life Review Questions

Deepening Exercise to Integrate Venus and the Moon

- **Create/Renew Your Venus Altar** to honor the Old Goddess and the New Goddess. You may wish to find images, goddess figures, tarot cards, sacred objects that remind you of the qualities of the healthiest expression of your Moon Goddess, and Images/Objects that invoke for you the healthiest expression of your Venus Goddess.

For example, if your Moon is in Taurus, you could put an image of Aphrodite on your altar. You might always keep fresh flowers or make a “Goddess Plate” where you leave offerings of chocolate. If your Venus is in Pisces you might place a Kwan Yin statue at the forefront of your altar, and/or a bowl of water to honor the Feeling Feminine.

- **Create an Invocation or Mantra that expresses the Moon Goddess empowering the Venus Goddess.** For example, Tami has Moon in Gemini and Venus in Sagittarius and her Invocation is: ***My Life of Magic and Freedom Opens Doorways to Higher Spiritual Truth and Renewed Vision.*** Cayelin’s Moon is Sagittarius and Venus is in Aries: ***My skillful ability in pursuing Ever Evolving Spiritual Truth Inspires and Informs my Fierce Commitment to Claim Cosmic Justice and Balance for the Benefit of all Life.***
- **Take a day to “Play the Part” of Your Moon Goddess - Light and Shadow!** Get it ALL out of your system make it goofy, outrageous, larger than life! For example with Gemini Moon, Tami might decide to go for a day wearing clothes that make her inner child happy, like the shirt with a mermaid on the front. She might write nonsensical poems, and not answer a single question directly all day, but just answer in riddles.
- **The next day, see how it feels to “Play the Part” of your Venus Goddess.** Wear her clothes, do the things she LOVES to do. For Tami with Sagittarius Venus she might spend half the day reading a book by Carolyn Myss and listening to podcasts of spiritual teachers she loves and spend the afternoon hiking in the mountains. Journal or share with your Venus Alchemy Buddy how it felt different to embody these different archetypes of the Goddess

Venus Life Review Questions for Venus and the Moon

- *How have experiences/events from my Venus Return Cycles (looking at the full 19 month cycle as well as birthday) helped me let go of any attachment/addiction to the Shadow/Stuck expression of my Moon Sign?*
- *How have experiences/events from my Venus Return Cycles (looking at the full 19 month cycle as well as birthday) helped me step into the Goddess of my Venus Sign?*

Optional Venus Life Review Questions

Look through Cayelin’s 70+ page document where you located your Venus Phase, Inner Phase, and Overtone. Look for the dates of your 8 year birthdays (8, 16, 24, 32, 40, 48, 56, 64, 72, 80, 88 etc.). Notice if Venus shifts into a new Venus Inner Phase. Maybe you were born with Morning Star 5th Chakra, and now see that on your 16th Birthday it moved to the 4th Chakra. If your Inner Phase is Between you might notice it has now shifted to the first gate.

Though your Inner Phase will always be 5th Chakra or Between etc., you might look to see if 4th Chakra themes or First Gate (either 7th Chakra or 1st Chakra) Themes or whatever have emerged after the Inner Phase shifts at your birthday.