

Deepening Exercises for Venus and Sun Plus Venus Life Review Questions

Deepening Exercise to Integrate Venus and the Moon

- Build/ Renew Your Venus Altar integrating elements to symbolize the energy of your Sun Sign. This might have to do with the feeling or the element connected to the sign. For example, if your Sun is Sagittarius, you might choose an image of someone climbing a mountain peak. If your Sun is in Capricorn you might integrate objects found in nature including stones, moss, feathers, etc. (though of course feathers might also be integrated to honor an Air Sign Sun!)

If Venus and your Sun are in the same sign, take this week to add more elements to celebrate your Venus Goddess!

- Create a Collage that brings together your Venus Goddess and the energy of your Sun Sign into a dynamic, integrated piece. If you prefer you might do a simple crayon or marker drawing that brings your inner child to the task, not worrying about how the image looks but rather how it feels. Or you might paint it, or write a poem, or use some other form of creative expression to explore the unique alchemy of your Sun and Venus

If your Venus and Sun sign are the same, use the creative format that works best for you to celebrate your Venus/Sun Goddess!

- Set the intention and open your awareness to seeing the Archetype represented by your Sun Venus Alchemy in books, movies, individuals you meet, etc. For example, Klingons could represent the energy of Aries Scorpio synthesis

Venus Life Review Questions

Venus, the Sun 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 to move from the energy of my Moon sign to the Energy of my Sun Sign?*
- *If Sun and Moon are the same—how have my Venus Return Cycles supported me in stepping into a new, more evolved version of my Moon Goddess Archetype?*
- *How have these experiences/events helped me integrate my unique Venus/Sun Archetype?*
- *If Moon and Venus are in same sign, this is also a great time to ask, when looking at Venus Life Review—how have my Venus Returns supported me in letting go of the old expression of this Venus archetype and stepping into a more healed and whole version?*