

Venus Life Review Process

The Venus Life Review is a core “Deepening Exercise” we will revisit throughout the Venus Signature Class Series. The Venus Life Review is a Soul Recovery Journey where we revisit events/experiences of previous Venus Return Cycles and re-envision them in a healing and empowering way. The intent of the exercise is to Integrate & Heal Previous Venus Returns experiences and to increase our awareness, so we gain maximum benefit from future Return Cycles

The Venus Return Cycle

We experience a personal Venus Return Cycle every 8 years. It occurs when Venus begins a new cycle in the same sign as our personal Venus Overtone. The Venus Return Cycle is a Descent and Renewal Process, our own Personal Inanna Initiation. The Intent of the 19-month Venus Return Cycle is to activate a deeper and fuller expression of our personal Goddess Archetype.

Venus Return Research and Insights

In 2013 Tami surveyed 25 individuals who explored events/experiences from their Venus Returns. Observations of Cayelin and Daniel, Tami’s research, and Venus Alchemy class participant insights reveal:

- Pivotal Life Events Occur During Return
- Themes include: marriage, divorce, affairs, childbirth, miscarriage, abortion, illness and death of loved ones among others
- Power loss at beginning of cycle, empowerment near end of cycle common
- Women often encounter violation and oppression mirroring larger wounding of feminine
- Overtone and Venus Sign themes show up
- As we progress through Venus Returns often less intensity, greater empowerment
- Approaching Return as Ceremony Helps!!

Venus Life Review Steps

- Identify your Previous Venus Return Dates using the charts on the following pages
- Review all Venus Return Cycle periods--beginning with the Most Current--and write down/track key life events and experiences during this cycle. If you have journals, or other records to refer back that helps!
- Consider your Venus Returns through the Life Review Questions for each Class
- Share your discoveries by email, with your “Venus Signature Series Buddy,” on Facebook or in breakouts

Challenges and Guidance for the Journey

I Don't Remember!

- We start with the most recent Venus Return to jog your memory. Keep Dates and your Ages from Venus Returns Top of Mind and expect memories to come through in weeks to come.

I Feel Sad or Afraid When I Review my Returns

- **It is common to be disturbed** by the many difficult experiences showing up in our Venus Returns—and to fear the worst for future returns
- **Your feelings are coming up so you can heal, and integrate them.** This is a safe, supportive circle to explore these feelings
- **This work prepares us to approach Future Venus Returns** with greater awareness and engagement. We have found that this provides tremendous support for future Venus Returns

General Questions for Venus Life Review

- **How have I**, during my Venus Returns, repeatedly bumped up against particular challenges and addressed them with increasing skill?
- **In reviewing my Venus Return periods**, what themes have emerged in my way of relating to and loving others, and how has this changed through my Return Cycles?

See overtone table on next page...

Table of Venus Return Cycle Dates with updated Dates

Aqu/Capricorn Venus Cycle Dates	Virgo/Leo Venus Cycle Dates
February 11, 1939 to September 14, 1935	September 14, 1935 to April 24, 1937
February 08, 1942 to September 12, 1943	September 12, 1943 to April 22, 1945
February 06, 1950 to September 10, 1951	September 10, 1951 to April 19, 1953
February 04, 1958 to September 07, 1959	September 07, 1959 to April 17, 1961
February 01, 1966 to September 05, 1967	September 05, 1967 to April 14, 1969
January 30, 1974 to September 02, 1975 (Capricorn)	September 02, 1975 to April 12, 1977 (Leo)
January 27, 1982 to August 31, 1983	August 31, 1983 to April 10, 1985
January 25, 1990 to August 29, 1991	August 29, 1991 to April 07, 1993
January 22, 1998 to August 26, 1999	August 26, 1999 to April 05, 2001
January 20, 2006 to August 24, 2007	August 24, 2007 to April 03, 2009
January 18, 2014 to August 22, 2015	August 22, 2015 to March 31, 2017
January 17, 2022 to August 19, 2023	August 19, 2023 to March 29, 2025
Aries Venus Cycle Dates	Cancer/Gemini Venus Cycle Dates
April 24, 1937 to November 26, 1938	July 05, 1932 to February 11, 1934
April 22, 1945 to November 24, 1946	July 03, 1940 to February 08, 1942
April 19, 1953 to November 21, 1954	July 01, 1948 to February 06, 1950 (Gemini)
April 17, 1961 to November 19, 1962	June 28, 1956 to February 04, 1958
April 14, 1969 to November 16, 1970	June 26, 1964 to February 01, 1966
April 12, 1977 to November 14, 1978	June 24, 1972 to January 30, 1974
April 10, 1985 to November 11, 1986	June 21, 1980 to January 27, 1982
April 07, 1993 to November 09, 1994	June 19, 1988 to January 25, 1990
April 05, 2001 to November 06, 2002	June 17, 1996 to January 22, 1998
April 03, 2009 to November 04, 2010	June 14, 2004 to January 20, 2006
March 31, 2017 to November 01, 2018	June 12, 2020 to January 17, 2022
Scorpio Venus Cycle Dates	Scorpio Venus Cycle Dates (continued)
November 26, 1938 to July 03, 1940	November 11, 1986 to June 19, 1988
November 24, 1946 to July 01, 1948	November 09, 1994 to June 17, 1996
November 21, 1954 to June 28, 1956	November 06, 2002 to June 14, 2004
November 19, 1962 to June 26, 1964	November 04, 2010 to June 12, 2012
November 16, 1970 to June 24, 1972	November 01, 2018 to June 10, 2020 (Libra)
November 14, 1978 to June 21, 1980	