Venus Alchemy Evening Star Aries Root Chakra/1st Gate The Life Force / Life Center of the Goddess with Cayelin K Castell and Tami Brunk





Invocation to the Grandmothers

Oh Beloved Grandmothers, You Who Called Us to Initiate Our Collective Remembrance of the Venus Mysteries Restoring the Divine Feminine Presence Within and Without

We Honor You As Wisdom Keepers of Our Bloodline and our DNA We Celebrate Your Great Love and Resiliency Triumphing Through 5000 Years of Patriarchy

We See and Feel You Surround and Support Us As We Rise And Say: "No More!"

No More Exploitation of Our Bodies and The Earth
No More Cultural Conditioning to Separate Men
From Their Hearts and the Sacred Feminine Within Them



With You Beside Us We Walk in Beauty and Harmony With the Pattern of the Cosmos And All Creation is Empowered through all of US as Protectors in Service to the Earth Together We Have the Power to Restore Balance For All those on Earth Now And for All Future Generations



Sekhmet/Durga Warrior Goddess Prayer

Invoking Divine Feminine Life Force at the Root Chakra

Beloved Goddess of the Scarlet Robe Great One of Alchemy and Healing, Lady Of Transformations Goddess Of Great Strength and Kundalini Life Force Energy Alive with Ancient Wisdom Guide and Support me to Reclaim My Ability to Know and Trust I am Safe and Secure, I am Loved, I am Accepted and Supported

Ancient Wise One, Remover of Obstacles
Help me to reclaim my most Vibrant, Alive, Life Force Energy
So I am Creating and Maintaining Healthy Boundaries
That help to Further my Noble Cause and Worthy Mission

Guide Me in truly knowing my Immense Value
Strength, Courage and Evolving Life Purpose
Help Me Reclaim a Healthy, Alive, and Powerful Root Chakra
So I again experience the Wonder and Magic Of My Life Force
Fully Living my Sacred Purpose by Taking Inspired Action
While Knowing I have the Strength, Courage and Will to do so.
As I restore the Cosmic Balance within Myself
I help to restore this sacred balance for rest of the World.



Overview

- Sky Magic
- Aries Meta Goddess Moving through Aries and Taurus
- Historic and Current Aries Goddesses
- Durga and Sekhmet
- Aries Pisces Bridge Cycle
- Aries at Root Chakra
- Demons at Root Chakra
- Venus Temple Journey
- Sky Temple Journey
- Home Play
- Q and A

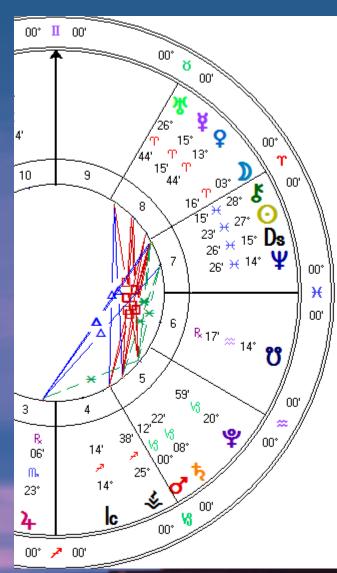


The Fish

Mercury

Venus

Moon



March 17 around 6 pm

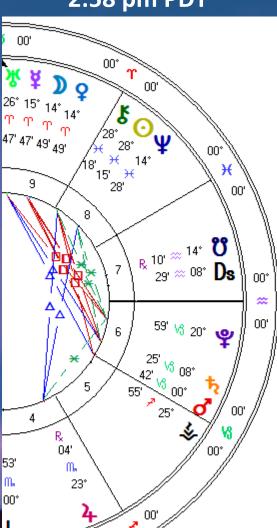
The Fish Constellation

Moon 15 Aries

Mercury 15 Aries

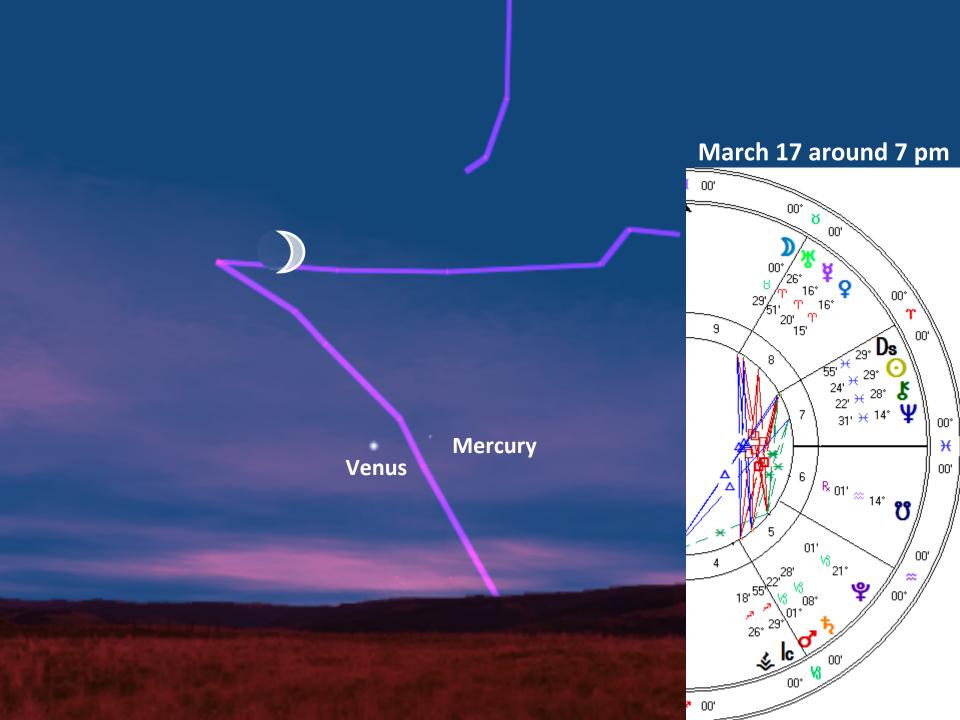
Venus 15 Aries

Moon Venus Chart March 18 2:58 pm PDT



00°

March 18 around 7 pm Local Time
Just after Sunset



First Gate /Root Chakra Sky Events all Times PDT

Eris is around 22 Aries 58 in March 2018

March 18 Venus Moon Gate 15 Aires at 2:58 pm

March 19 Venus and Mercury 16 Aries

March 20 Equinox Sun enters Aries

March 22 Mercury stations Retrograde 17 Aries (retrograde for 24 days)

March 25 Venus is with Eris at 23 Aries

March 28 Venus is with Uranus 27 Aries at 5:46 pm

March 30 Venus enters Taurus 9:54 pm

April 15 New Moon 26 Aries and Mercury Station Directat 5 Aries

April 18 Venus Moon 2nd Gate 22 Taurus



West, One Hour After Sunset



EarthSky.org

Venus and
Mercury
are exact on
March 19 at 16
Aries 22 at 9:02
pm PDT

Equinox is exact at 9:16 am PST March 20

Mercury
Stations
Retrograde at
16 Aries 54 at
5:19 pm on
March 22.

Venus and Mercury conjunct 2 times
March 3 in Pisces
March 19 in Aries near the Moon
Staying very close during this time

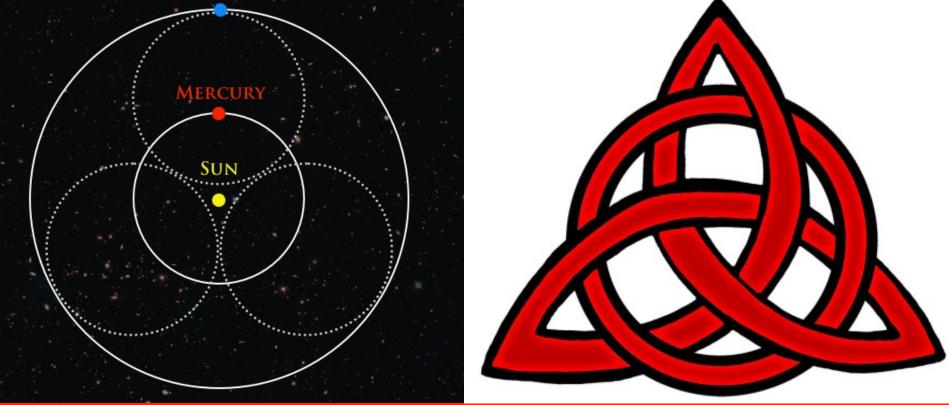
The Return of the Shekinah

Christopher Knight and Robert Lomas wrote in *The Hiriam Key* that Mercury and Venus together symbolized the Return of the Shekinah (the return of the Divine Feminine Presence Lighting our World) that occurs about every 40 years from any given Venus Mercury conjunction or starting point.

This adds another significant feature of the number 40 to the Venus cycle. (5 nineteen month Venus Cycles every 8 years 5x8=40)

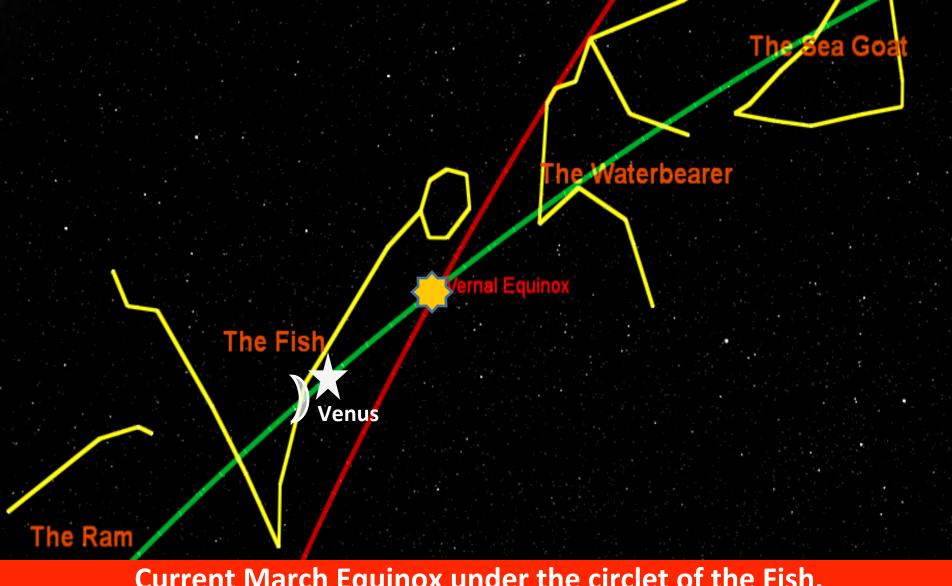
This is another reason why the age 40 Venus Return is often so life changing further awakening a woman's divine feminine expression and a man's deepening connection to the inner divine feminine.





The Sacred Geometry of Mercury and Venus in their path through the sky creates a Triquetra or Sacred KNOT in Celtic and Norse mythology. This symbol has been found in cave paintings at least 5000 years old.

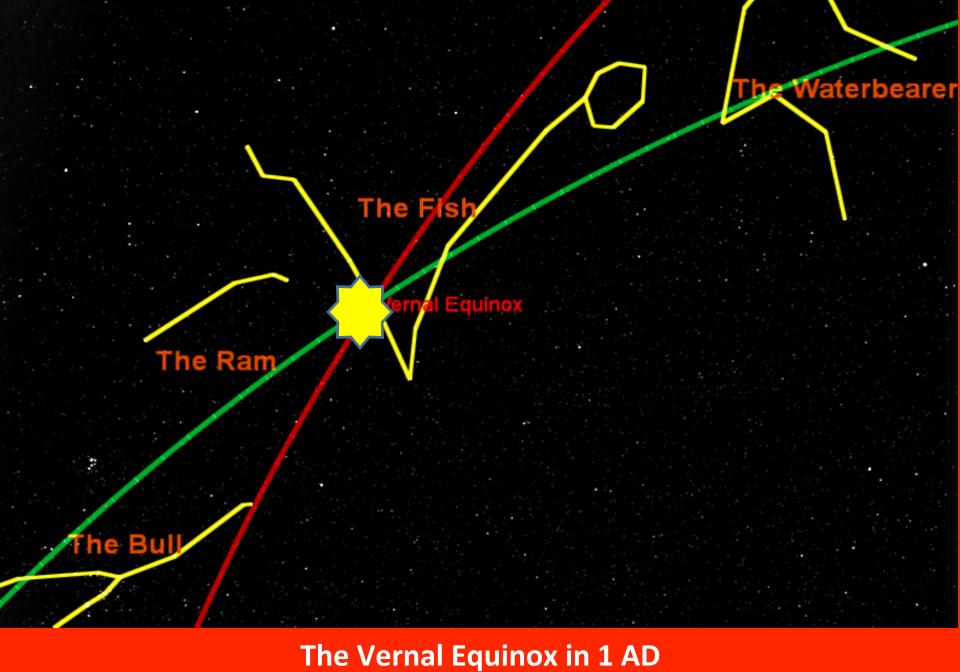
This symbol represents the Power of Three sometimes linked with the Feminine Trinity of Maiden, Mother Crone composed of three interlacing vesicas forming a continuous protective design, representing the Power of Love, the Power of Choice and the Power of our Life Force energy to manifest and create our reality. Often the three vesicas (representing the path of Mercury) are interlaced with a surrounding circle (representing Venus) linking the two with the Divine Feminine.



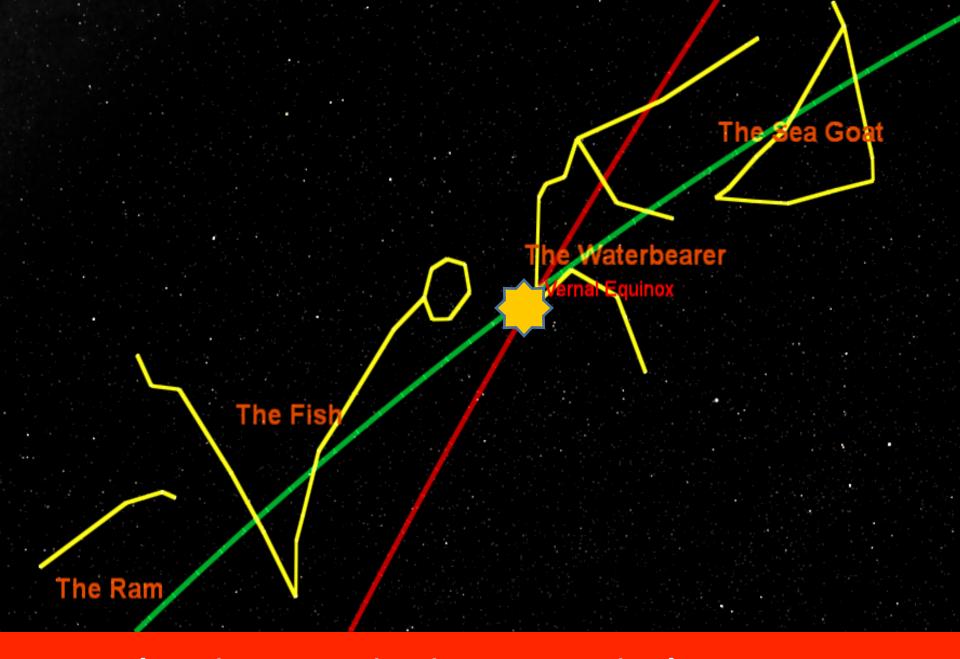
Current March Equinox under the circlet of the Fish.

The Red line is the Celestial Equator and Green line is the Ecliptic and where they intersect is the March Equinox

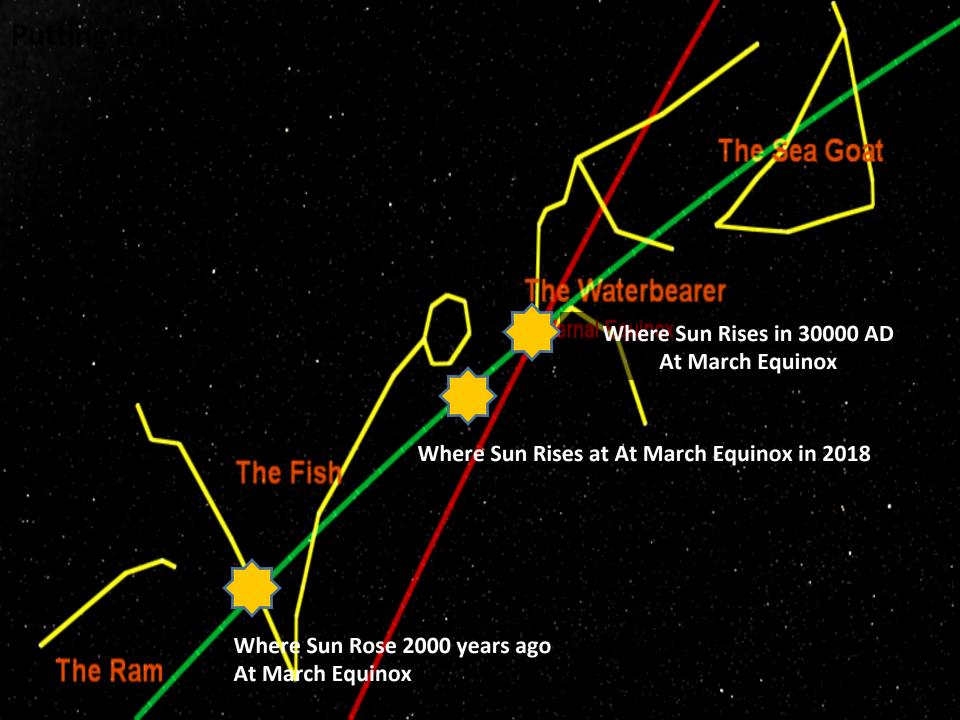
The March 18 Venus Moon Conjunction is in the Fish about 15 Aries



The Vernal Equinox in 1 AD About 2,000 years ago



Vernal Equinox Location in 3000 A.D in the WaterBearer



Venus and Uranus are both passing the fixed star Alpherg (27 Aries) and very near Alrishi (29 Aries 36) where Venus passes on March 18 and Uranus hangs out within a few degrees all of 2018 (returning to 28 Aries when it stations direct in January of 2019).

The Greek Myth describing Aphrodite (a.k.a. Venus) and Eros (a.k.a Cupid) changing themselves into fish to get a away from Typhon the deadliest monster of Greek mythology and the youngest son of Gaia was their story connected to this constellation.

The story goes that Aphrodite and Cupid were afraid of becoming separated while swimming away - so they tied their tails together with a long cord linking to a nexus point.

Perhaps this is not about trying to escape but having the courage to dive deep into the feeling realm to transform the shadow of what has been hidden and denied.

Pisces Alpherg Alrishi ing Southeast, November Evening "Great Square" "The Circlet" Pisces Al Risha

We might wonder how this is linking our experience creating a new synthesis - as the Goddess Rises renewed and reconnected with the multi-verse of possibilities now available?

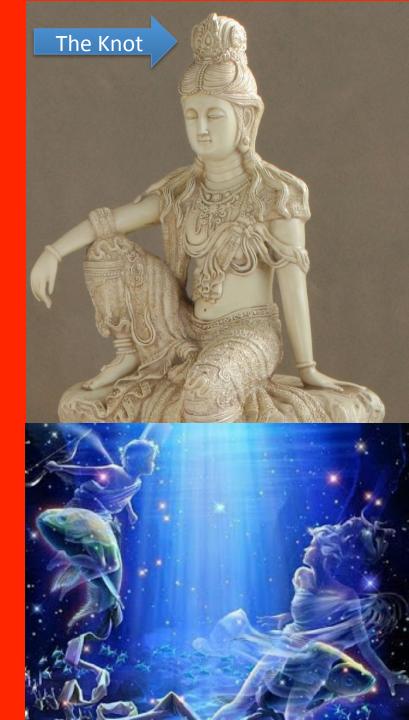
Alrishi is the knot connecting the two fish swimming in opposite directions

Al Pherg is an outpouring of water from a jar. Both Alrishi and Alpherg are a connecting link or nexus between two unique energies

A possible question to consider is: What messages are available from other realms of reality linking our experiences for the purpose of synthesizing new healthy ways of relating to and expressing all the multi-dimensional aspects now manifesting?

The knot of hair seen on Kwan Yin, Buddha and Sikhs is a symbol for channeling divine energy.

Rishi (Sanskrit word) describes someone with the capacity to control the flow of life force energy (prana) in their body. We can imagine Venus is expanding her capacity to channel and direct her life force energy as she passes the star Alrishi.



An old perspective of this constellation from the 1st Century Book Astronomica by Manilius says: *The folk*

engendered by the two Fishes, the last of the signs (constellations not seasons), will possess a love of the sea: they will entrust their livesto the deep, will provide ships or gear for ships and everything that the sea requires for activity connected with it.

The consequent skills are numberless: so many are the components of even a small ship that there are scarcely enough



names for things. There is also the art of navigation, which has reached out to the stars and binds the sea to heaven. The pilot must have sound knowledge of the Earth, its rivers and havens, its climate and winds; how on the one hand to ply the mobile helm this way and that, and brake the ship and spread apart the waves, and how on the other to drive the ship by rowing and to feather the lingering blades.

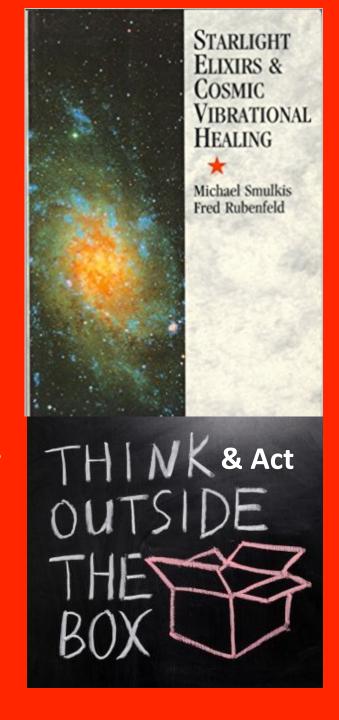
The Fishes further impart...the desire to sweep tranquil waters with dragnets and to display on shores their own the captive peoples of the deep, either by hiding the hook within the bait or the guile within the weel. Naval warfare too is of their gift, battles afloat, and blood-stained waves at sea. The children of this sign are endowed with fertile offspring, a friendly disposition, swiftness of movement, and lives in which everything is ever apt to change.

The Book Starlight Elixirs and Cosmic Vibrational Healing says Alrishi is aiding us in releasing old patterns as we transform into a new way of being.

This is about accessing greater awareness of the limiting patterns standing in the way of feeling our deep feelings and experiencing real forms of communication.

In this watery area of the sky compassion, acceptance and kindness are keys to liberation.

Uranus with Al Rishi in 2018 further expands the influence of these stars accelerating the release of old (no longer useful) patterns up leveling yet again our ability to experience the truth of who we really are.



Aries Meta Goddess in Aries Root Chakra

DATES: March 6 to 30

The Evening Star Aries Meta Goddess at the Root Chakra moving through the sign of Aries is reclaiming her bold mission and purpose.

We are strengthening our rooted foundations so we are as centered as we can possibly Be. We are ALL IN as a fierce protector wisely guarding our energy, time and resources maximizing our impact in the world around us.



We have gained wisdom and experience in our journey through the Morning Sky and Underworld. We have released our need to be heroic and save everyone. We are now now turn our herioc efforts toward ourselves, understanding and living from the premise that we must first take responsibility for our own lives – bringing them into balance so we can serve the whole with integrity and our full presence.

Aries Meta Goddess in Taurus at Root Chakra

Dates: March 30-April 24

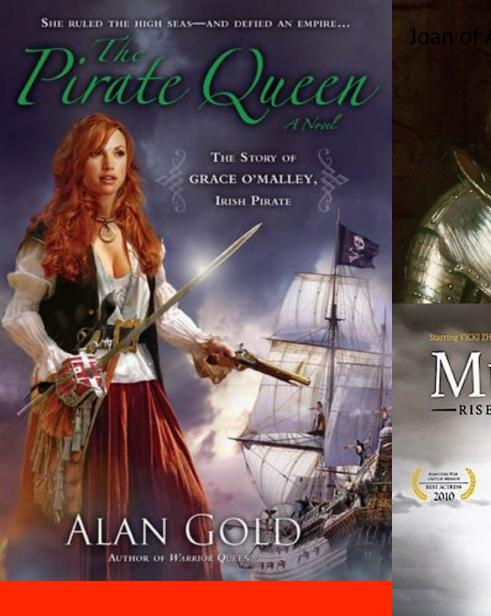
The Aries Meta Goddess at the Root Chakra Moving through Taurus is ALL IN around Fully Experiencing the Pleasure and Beauty of the Earth Realm.

We are Anchoring Our Ecstatic and Embodied Love of Our Home Planet as the Garden of Earthly Delights, Sourcing Regenerative Power and Inspiration as a Fierce Love Goddess Protecting the Living Earth and All



Her Creatures Including Our Wild and Indigenous Hearts.

We are taking time to ground, center, and enjoy life as lived through all of our senses. As we fall in love with ourselves and know our deep value we connect more deeply with the flowering land and become vessels of deep feminine presence, ignited by Love and Sourced in Earth's Aliveness as an Unstoppable Force To Renew Our World and Restore a Loving Earth Culture.







Durga Warrior Goddess Of Protection, Restoring the Cosmic Balance, and Inner Strength



Durga as Aries Goddess

Durga is a much-loved Hindu Warrior Goddess and World Protector. Kali is said to have been born from her. Like Sekhmet she brings about Justice and Restoration of the Cosmic Order in a time of Chaos and Imbalance

According to some sources Durga is the ultimate Great Mother Goddess and Source from where all other Goddesses and all of Creation emerges.

Durga Mantra: Om Dum Durayai Namaha Salutations to the feminine energy that protects from all negative influences.

<u>Listen to Chant HERE</u>
https://www.youtube.com/watch?v=M5fHFonbhew

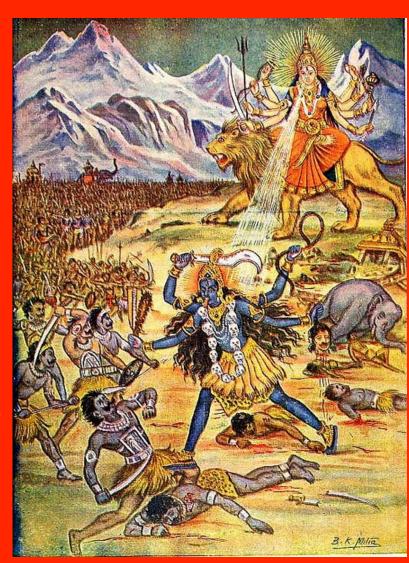


Durga Restores the Cosmic Order

A great battle between Durga and two powerful demon brothers, Shumbha and Nishumbha is described in the Devi Mahatmya (Greatness of the Goddess) Song Story, show Her as Protector of the Cosmic Order.

The demon brothers, because of the rigor of their spiritual practice, had been granted a boon whereby they could be defeated by "no man or god." They conquered the world, casting out all the gods and taking the Earth as their playground. In their greed and ambition the world was cast into disharmony, suffering and chaos.

Desperate to find a solution to their problem, the gods discovered a loophole in the brothers' invincibility: no mention had been made of a Woman, or Goddess.

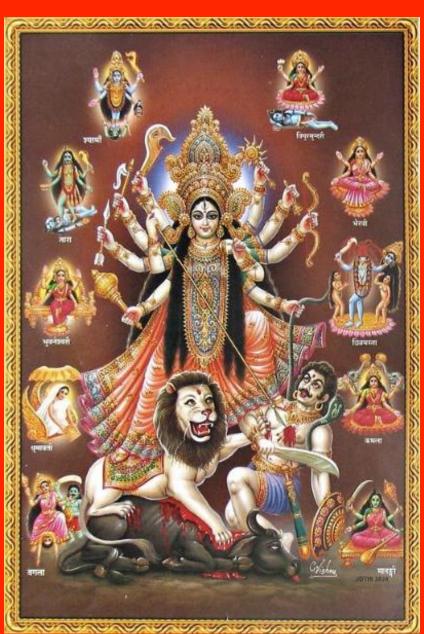


Durga Restores the Cosmic Order

The gods petition Durga for 20,000 years until she finally agrees to help. She initiates a battle with the brothers and their powerful army calling forth Kali and a host of innumerable Goddesses to defeat the demon brothers.

The brothers accuse her of cheating, as she promised she would fight alone. She roars her reply: "These Goddesses are parts of myself, I alone exist in the world. What second, other than me, is there?"

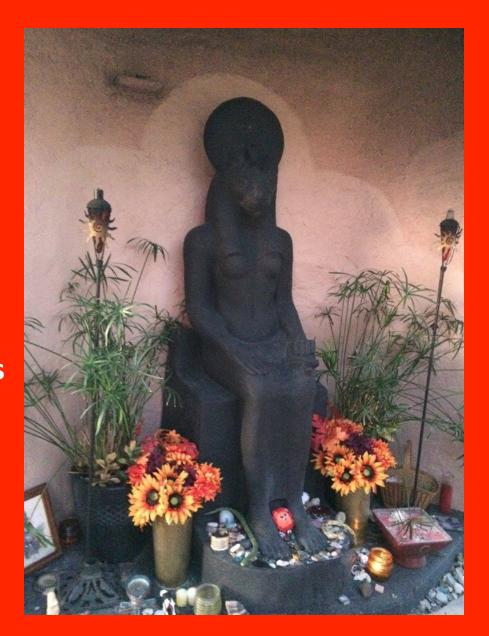
At the moment of Shumbha's death at Durga's hand he utters the word "Ma" and smiles, filled with the ecstasy of the Goddess. In an instant he and his brother dissolve into Durga, returning home to the Great Mother.



Aries and Sekhmet

Sekhmet is the mighty Lion
Headed Goddess Queen from
Egypt. Her name comes from an
ancient Egyptian word Sekhem
meaning "power" or she who is
powerful. Sekhmet's power
transforms through action.

She is one of the many Goddesses we can connect with as an ally in this Aries Venus Cycle. She is asking us to claim our noble cause or worthy mission and take action to restore the cosmic balance.



Sekhmet wears the Solar Disk with Uraeus (snake) on her head.

She represents the full power of the Mid-Day Sun, her fiery breath created the desert.

She is known as the Scarlet Lady, the Lady in Red, the essence of majesty, royalty, and the fierce power of the lioness.

Her Qualities include Protection,
Banishing, Dealing with Anger, Fury, Rage, Depression,
Menopause, Willpower, Strength, Courage, Assertive Behavior,
Sexual Energy, Kundalini

Sekhmet is a Warrior Goddess

The feminine eye of the Sun, the Daughter of Ra (the Sun God) who sent her to restore balance and punish (patriarchal word) those who were no longer upholding the cosmic order. Sekhmet went on a



holy rampage - consuming, digesting and alchemically transforming all the negative energy she encountered.

Once she started she was unstoppable - until she was tricked into drinking what she thought was blood but really was a mixture of beer and pomegranate juice designed to drug her.

When she woke up the first person she saw was Ptah. She instantly fell in love, and they became husband and wife. Later Sekhmet gave birth to Nefertum, who was the precursor to Asclepius.

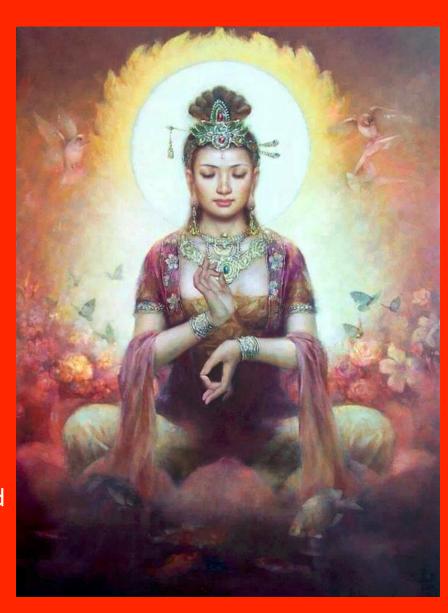
Sekhmet, Ptah and Nerfertum became the Memphis trio, known for their healing abilities.

Rise of the Compassionate Warrior Goddess of Love Aries to Pisces Bridge Venus Cycle

When Venus Officially Rose as Morning Star around March 31, she quickly regressed into Pisces where she was for most of the first month before returning to Aries. Then she Rose as Evening star in Pisces in February, 2018.

This, along with the location of Venus location in the Fish Constellation at Morning Star Rise and Evening Star First Gate (see Night Sky Slides) suggests this Final Aries Cycle is a Bridge cycle as the Aries Meta Goddess is already beginning to feel the influence of the Pisces Meta Goddess.

The question is - how can this Rise of the Fierce Feminine, Warrior Goddess be informed by Compassion, Empathy, Love, and an Awareness of the Connection Between All Things?



Mantras From the Grandmothers

Done is Better than Perfect

Fun is Better than Perfect

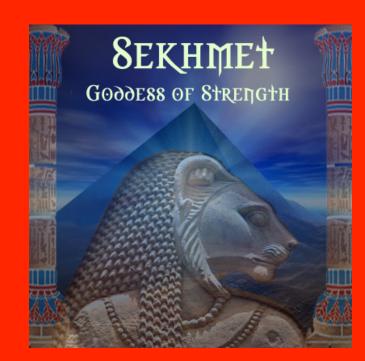
Well Begun is Half Done
On Our Way to More Fun



Taking a step in a new direction does not have to be perfect – it just has to be a step

Sekhmet Mantra - SA SEKHEM SAHU

SA - breath of life
SEKHEM - sacred power
SAHU - the realized human being
This mantra suggests the sacred power
of our breath inspires the realization
of our divinity within our human form



The Aries Meta Goddess is ascending, ready to take action to further a worthy cause and restore and protect the Cosmic Balance



In every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity, and ageless knowing. Her name is Wild Woman, but she is an endangered species. Though the gifts of wildish nature come to us at birth, society's attempt to "civilize" us into rigid roles has plundered this treasure and muffled the deep life-giving messages of our own souls. Without Wild Woman, we become over domesticated, fearful, uncreative, trapped.

The Wild Wolf Nature Healthy wolves and healthy women share certain psychic characteristics: keen sensing, playful spirit, and a heightened capacity for devotion. Wolves and women are relational by nature,

Since the Wild Woman is Rio Abajo,
The River Beneath the River,
When She Flow into us, we Flow.
If the aperture from her to us
is blocked we are blocked.

inquiring, possessed of great endurance and strength. They are deeply intuitive, intensely concerned with their young, their mate and their pack. They are experienced in adapting to constantly changing circumstances; they are fiercely stalwart and very brave...

How does the Wild Woman affect us? With Wild Woman as ally, as leader, model, teacher, we see, not through two eyes, but through the many eyes of intuition. When we assert intuition, we are therefore like the starry night: we gaze at the world through a thousand eyes. The Wild Woman carries the bundles for healing; she carries the medicine for all things. She carries stories and dreams and words and songs and signs and symbols...

~Clarissa Pinkola Estes Women Who Run with the Wolves

Aries And the Root Chakra

We are All—Women and Men—bringing forth the newly initiated Aries Wild Warrior Woman Goddess, strengthening and raising our Vibration on this Ascension Journey.

At the Root Chakra We Ask Ourselves:

How Does the Healthy, Grounded Warrior Goddess Care for Herself?

What Fundamental Practices of Self Care
Help Us Rise Together as Feminine Leaders
Bringing our Radiant Light, Love, and
Visionary Creativity Into the World to
Completely Transform it?



Aries Reclaiming a Healthy Root Chakra

Take decisive action when experiencing fight, flight or freeze to recover, strengthen and get centered and grounded.

Recognize when Recovery and Rest are needed and take action to do just that.

Say NO to taking on too much.

Balance accomplishments and achievements with rest and regeneration.



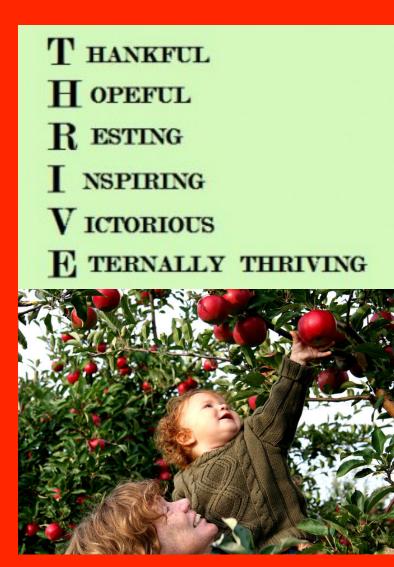
Questions for Aries at the Root Chakra

In what ways have I shifted from burnout to balance and what more can I do to support that process?

How have I shifted any personal patterns of survival operating from the sympathetic nervous system's tendency toward *Fight, Flight or Freeze,* to greater ease in the parasympathetic nervous system operating from thriving and expert efficiency? What more can I do to further this experience?

How am I showing up to further my worthy cause or mission - while also letting go of the need to be a hero or the one who rescues others at my expense?

How can I work with others to more easily accomplish my mission and purpose?



Nourishing Your Adenals

- Follow a restoritive Adrenal Diet: Lots of organic veggies, cut out inflammatory foods such as sugar, dairy, wheat and bad fat.
- Cool inflammation by using Omega 3's, Vitamin C, and Curcumin (Turmeric)
- Restore important nutrients
 including Vitamin D, Selenium,
 Magnesium, Zinc and other trace
 minerals.
- Take B Vitamins, especially B5, B6, B12 and Folate
- Hydrate. Drink lots of water. Add
 Himalayan salt and/or lemon to water
 and/or take ionic trace minerals
- Go to Bed Early and Take Naps





Nourishing the Adrenals continued

Consider taking Adaptogenic herbs including Licorice Root and Ashwaganda

Build rest into your day with frequent breaks and low intensity stretches or workouts such as restorative yoga.

Change your perspective on what "success" means to you.



From the Article 9 Steps to Heal Adrenal Exhaustion

Success is NOT the key to Happiness
Happiness is the key to Success
~Buddha

Who are the Demons that are showing up for you?

Demons of Powerlessness

Anxiety Demon Low Energy Demon Superstitious Demon Control Freak Demon Money is Evil Demon **Poor Boundaries Demon** Misuse of Life Force Demon Insecure and Unsafe Demon Worried and Fearful Demon Failing and Insufficient Demon Hateful, Angry, Jealous Demon



Name yours _____

Foundations for the Ascension Journey

Working with the Root Chakra Gate is an ideal time to align with higher spiritual principles as the foundation for our journey to claim our bold purpose and mission.

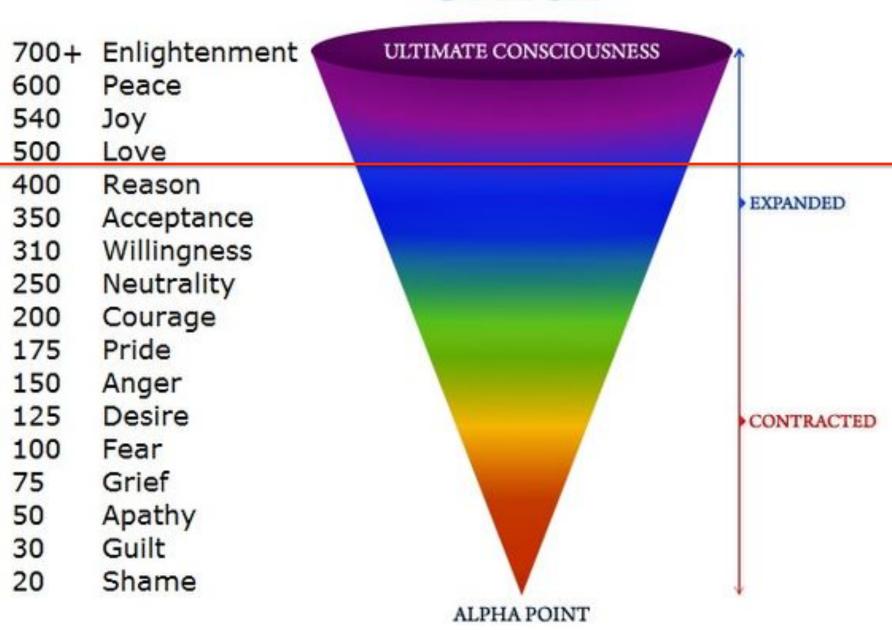
Raise Your Vibration to Love and Above
Notice what Lowers Your Vibration to
Feelings of Anger, Fear, Guilt etc. Is it
the Current Political Climate? Is it not
getting enough Sleep, is it working too hard, etc.?



Raise Your Vibration by Spending time in Nature, connected to the Earth.

Doing Work You love with Time to Play

OMEGA



Conscious Choices or Unconscious Choices

Empowered Choices Further Your Cause

Empowerment

No longer at the affect of disempowering behavior

Choice

Knowing you have a choice to engage in empowering behavior

Present Awareness

Aware of disempowering behavior while engaged in it

Post Awareness

Aware of Disempowering Behavior After the Fact

Completely Unaware

No Awareness of Disempowering Behavior

Evening Star Journey Home Play

Create/Renew Venus Altar

Connect With Venus Buddy to establish your communication rhythm

Practice Self-Care when making daily choices ask Yourself: **What Would I Choose If I Truly Put Myself First?**

Continue or Initiate Venus Journal

Spend time with Venus, Moon, Mercury in the evening sky and Jupiter, Saturn and Mars in the Morning Sky



Aries Root Chakra Home Play

Celebrate the Rising Warrior Goddess inside you, help her know you are excited to reconnect with her.

In your Venus Journal, write about your Aries Venus journey so far, explore the internal and external challenges or demons you are still facing and learning to embrace.



Switching to your non-dominant hand, write from the perspective of your inner Warrior Goddess. Let her tell you what she needs from you this month to support her in reclaiming her Wild Warrior Woman Expression as she Rises from her Underworld Initiatory Journey.



Roar Video

On Youtube by Katy Perry

I used to bite my tongue and hold my breath
Scared to rock the boat and make a mess
So I sit quietly, agree politely
I guess that I forgot I had a choice
I let you push me past the breaking point
I stood for nothing, so I fell for everything

[Pre-Chorus:]

You held me down, but I got up (HEY!)
Already brushing off the dust
You hear my voice, you hear that sound
Like thunder gonna shake the ground
You held me down, but I got up (HEY!)
Get ready 'cause I've had enough
I see it all, I see it now

[Chorus:]

I got the eye of the tiger, a fighter, dancing through the fire 'Cause I am a champion and you're gonna hear me roar Louder, louder than a lion 'Cause I am a champion and you're gonna hear me roar Oh You're gonna hear me roar

I'm floating like a butterfly
Stinging like a bee I earned my stripes
I went from zero, to my own hero

[Pre-Chorus: repeat]

[Chorus: repeat]

The Temple of Venus





The Venus Temple Fountain by the Altar



Possible Images for the Venus Star Mosaic at the Center of the Venus Altar



Visiting the Sky Temple





At the top of the Spiral Stair Case is the Sky Temple

At the top of the Spiral Stair Case is the Sky Temple



Additional Resources

Add <u>infovenusalchemy@gmail.com</u> as a contact so emails don't land in spam box.

Astrolabe - Cast a Natal Chart http://alabe.com/freechart/

Cayelin's <u>Venus Package</u> Password to Access the Page **VenusMagic8x8**Please do not share this with anyone outside of the Class

Venus Buddy Guide: http://venusalchemy.com/venus-buddy-guide/

Tami's Meet Your Grandmother Guides Meditation can be accessed **HERE**

Activating the Aries Wild Woman by Cayelin K. Castell

<u>Accessing Our Inner Fierce Feminine Through Durga</u> by Sally Kempton <u>Sekhmet Article In The Belly of the Goddess Article</u> by Nicki Scully

Making Peace with the Dark Goddess and the Ascent Journey by Cayelin K Castell

Attuning to the Goddess Changes Everything by Tami Brunk