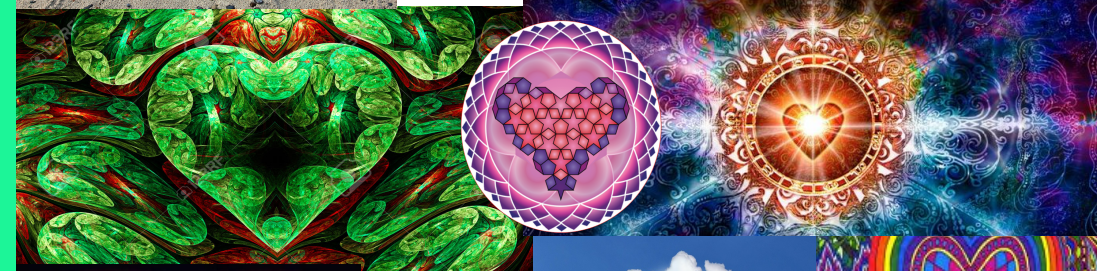


Venus Alchemy Evening Star Venus The Heart of the Goddess Heart Chakra Reclaiming Phase with Cayelin K Castell and Tami Brunk



Entering The Heart Chakra Gate





At the 4th Gate Inanna reclaims her breast plate and a healthy connection to her ability to love herself as well as truly loving others. This Chakra Gate is the bridge between the upper and lower chakras and when healthy, vital and alive is the entry point Into the higher vibrations of Love, Joy and Bliss.

The Heart Chakra (or *Anahata* Chakra, Sanskrit for *unhurt, unstuck, or unbeaten*) is the seat of the soul - located where our physical heart is around the area of the breastbone or sternum.

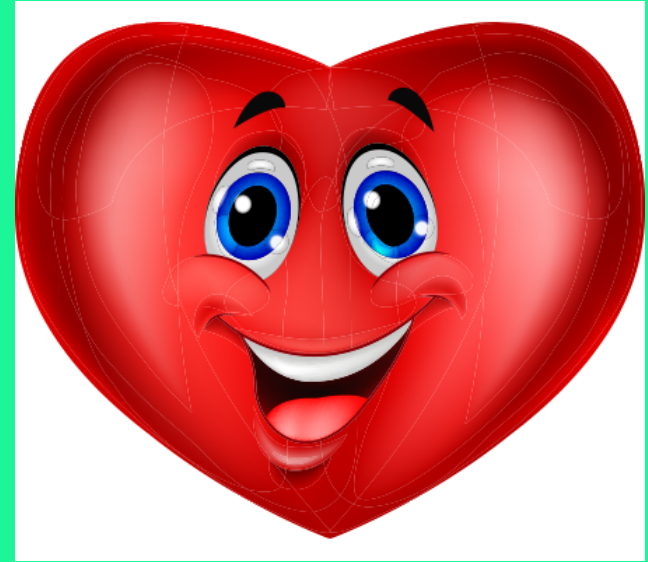
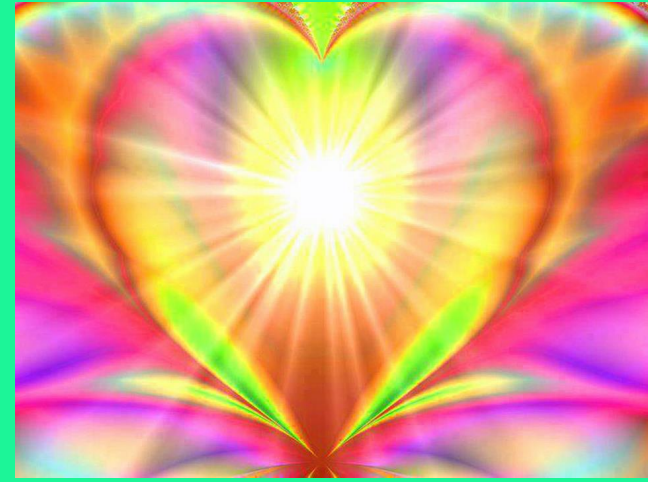
This chakra represents pure love connecting the upper and lower chakras.

This chakra connects the Spiritual and the Physical or Heaven and Earth.



The Heart Chakra is linked to the **Thymus Gland**, circulatory and respiratory systems, lungs, ribs, breasts, arms, shoulders, hands, diaphragm.

It is also linked to empathy, harmony, kindness, caring, sensitivity, emotional balance, our relationships and how we interact with others.



Balanced Heart Chakra

Expresses as:

- Love and Compassion for All Life
- Kindness, Empathy, Harmony
- Acceptance of Others
- Expansion, Freedom and Growth
- Healthy personal values and ethics
- Following your unique direction in life
- Open to Giving and Receiving Equally
- Connecting to Limitless Universal Energy
- Self-Confidence, Self Approval, Self Acceptance



Ways to Balance this Chakra:

Chant the Mantra “Yam”

Wear Green or Pink

Green is combination of Yellow for the Soul
And Blue for the Spirit

Eat Green Foods like Kale or Spinach,
Broccoli, Zucchini, Avocados, Apples,

Gems/Minerals:

Emerald, Jade, Green Tourmaline, Malachite,
Peridot, Aventurine, Moss Agate,
Green Jasper, Rose Quartz, Rhodochrosite

Essential Oils :

Sandalwood, Cardamom, Lemon, Neroli, Palma
Rosa, Chamomile Rose, Rosemary, Rosewood,
Jasmine, Eucalyptus, and Peppermint

Exercise:

Practice the “Thymus Thump” Exercise



Back Bending to Open the Heart

Physical Benefits

- Stimulates the sympathetic nervous system and prepares the body for action
- Helps counteract damage of bad posture and realigns the spine
- Relieves back pain, bronchial distress, scoliosis, tennis elbow, frozen shoulder
- Promotes proper kidney function
- Helps with digestive function, relieving constipation and flatulence

Energetic Benefits

- Stimulates all the chakras, primarily creating opening in the fourth (heart) chakra.

Emotional Benefits

- Helps to break through insecurity and fear
- Relieves stress and tedium
- Opening the lower back helps to free you from insecurity and taking yourself too seriously
- Helps to build confidence and self-esteem so you can love yourself more fully



The Thymus Gland (or the High Heart)



The Thymus:

- Is Located behind your Sternum
- Is also Known as the High Heart and Catalyst for Awakening
- Is an Important Part of Your Immune System, Producing T-Cells
- Helps you Experience High Levels Physical of Energy
- Awakens with Healthy Self-Care
- Further Awakens your Healing Ability
- Is the Seat of your Spiritual Development
- Super Charges your Physical Health and Spiritual Growth
- Assists In Further Reclaiming Your Connection to Source

And Thymus Tapping opens doors to the Unified Field connecting you to Great Spirit

[as Described in this Video by Deborah King](#)

Golden Milk Evening Comfort Drink

Golden Paste:

1/2 cup Organic Turmeric Powder

1 cup water

1.5 teaspoons black pepper

5 Tablespoons virgin coconut oil

In a stainless steel pot, cook the water, turmeric and black pepper until it forms a thick paste, stirring and cooking for about 7-10 minutes. Remove from

heat and add virgin coconut oil, using a whisk to fully mix

in the coconut oil. Transfer the Golden Paste into a glass jar with a lid, and store in the refrigerator for up to 2 weeks. You will use this paste to make your Golden Milk below.



Golden Milk:

1 teaspoon Golden Paste

2 cups milk

1/8 teaspoon vanilla (optional)

Honey to taste (optional)

Pinch cinnamon (optional)

In a stainless steel pot, gently heat, but do not boil, 2 cups of milk with 1 teaspoon of golden paste. A whisk is helpful to fully mix the paste into the milk. Add optional vanilla, honey and/or cinnamon. [More Information at this LINK](#)

The Turmeric and Lemon Morning Elixir

Your Heart Will Love You

1 serving

Prep Time- 5 minutes

Cook Time- no cooking

Ingredients

What you'll need...

1/2 of a lemon, squeezed for juice

1/4 to 1/2 tsp turmeric

1/2 tsp honey

1/4 tsp cinnamon powder

1 cup warm water, and/or coconut milk for healthy fat assisting with absorption of turmeric, or you could add a teaspoon of coconut oil for the same effect

How to make it...

Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it - this will ensure that the turmeric does not settle at the bottom of your cup.



Raw Cacao as Super Food to Boost Heart Health

The Difference Between Chocolate & Cacao

- **Cacao nibs or beans** go through a fermentation process or are cold-pressed to remove the bitterness while retaining/enhancing its superfood qualities
- **Chocolate** is produced by roasting cacao, then adding sugar, milk and other products. The roasting process diminishes the superfood qualities of raw cacao and dairy blocks absorption of antioxidants. High quality dark chocolate with minimal sugar and dairy carries many health benefits as well.



Health Benefits of Raw Cacao

- Contains 20x antioxidant content of blueberries
- Produces feelings of euphoria, containing anandamide, the “bliss molecule”
- Acts as an aphrodisiac, supporting release of endorphins and opium-like chemicals due to presence of **PEA** only also found in blue green algae
- Contains **flavanols**, an anti-inflammatory antioxidant that **may protect against heart disease** and **improve blood circulation**. Also contain polyphenols to help **reduce bad cholesterol** and **prevent hardening of the arteries**.

And much more at this [LINK](#)

Despacho Ceremony

Originates from the Q'ero people of Peru and has the intent of bringing the individual or group back into "Ayni" or right relationship with Mother Earth a.k.a. Pachamama

The ceremony is the first step in healing used by Q'ero shamans, whatever the issue at hand



It is a simple yet exquisite process of gratitude and acknowledgement using natural materials where you live

The Q'ero people have made it clear it is time for this ceremony to be shared with all peoples across the globe bringing us all collectively back into "Ayni"

We are so accustomed to asking for things in prayer and ceremony, and that is healthy and positive. Yet this ceremony is about simply giving back and opening the window in our heart that is filled with gratitude and reverence for Life and Mother Earth. That feels really GOOD!

Despacho Ceremony Steps

- **Choose the Land** where you will offer your Despacho: maybe your garden, a beloved river, a sacred site you visit often, a site that needs healing due to human impact
- **Use a Large Piece of Paper**, a string, and a cloth to arrange the Despacho
- **Collect Leaves, 3 for each individual**
- **Collect Biodegradable Offerings** for example coffee, sugar or sweets, cornmeal, herbs, teas, seeds, tobacco, sage, flowers
- **Open Sacred Space** by calling in the directions, prayer, chanting, singing, smudging, drumming, rattling, etc.
- **Choose 3 Leaves and** blow intentions for the Despacho, your prayer for the Earth, and what you wish to release



Despacho Ceremony Steps

- **Place the Leaves on the Paper** in a circle on the paper, and embellish as you wish otherwise, preparing it for offerings
- **Take Turns Making Offerings** of gratitude using materials gathered, take your time and make it beautiful
- **Close your eyes & Open Your Hands** to receive the blessing from the Despacho
Be in silence to receive messages
- **Wrap the Despacho** Mandala up in the paper in a bundle and tie it closed
- **Offer Your Bundle to the Earth** by burning it in a fire ceremony, burying in the land, or offering to the waters. If burning it, be sure to remain with it until it is completely burned, bury the ashes

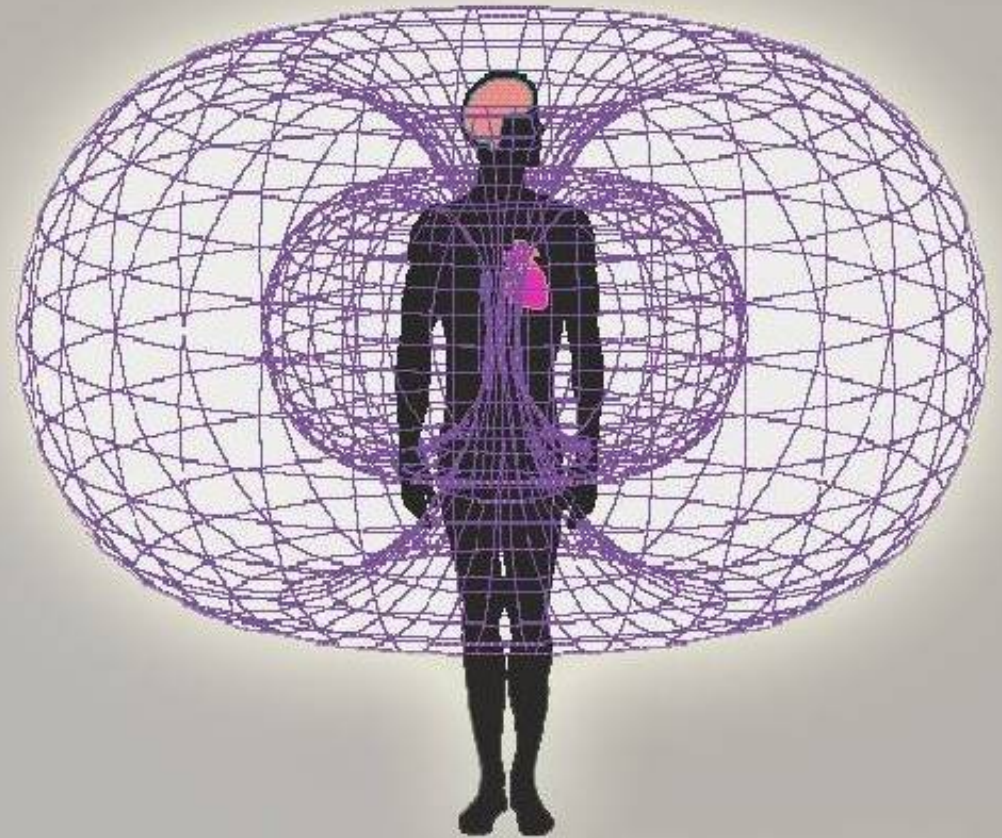


Heart Math

Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead. It takes the power of the heart.

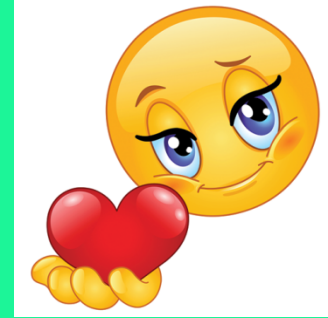
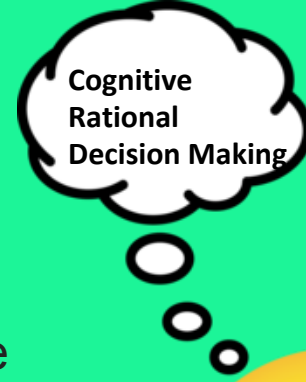
**Doc Childre, Founder,
Institute of HeartMath**

The electromagnetic field of the heart



More From HeartMath

- Neural pathways from the heart to the brain inhibit or facilitate electrical brainwave activity.
- The heart sends electro-magnetic messages to the brain affecting how we perceive and react as well as how we make decisions.
- The heart has its own nervous system with the ability to learn, remember, feel, sense, and make decisions separate from the brain.
- **The heart's electromagnetic field is about 5000 times stronger than electromagnetic field of the brain.**
- Emotions produce predictable physiological changes in heart rate, blood pressure, and other bodily functions.
- The emotional impact of a dramatic or shocking experience can trigger negative incoherent heart rhythms.



**Experiential, Heartfelt
Decision Making**

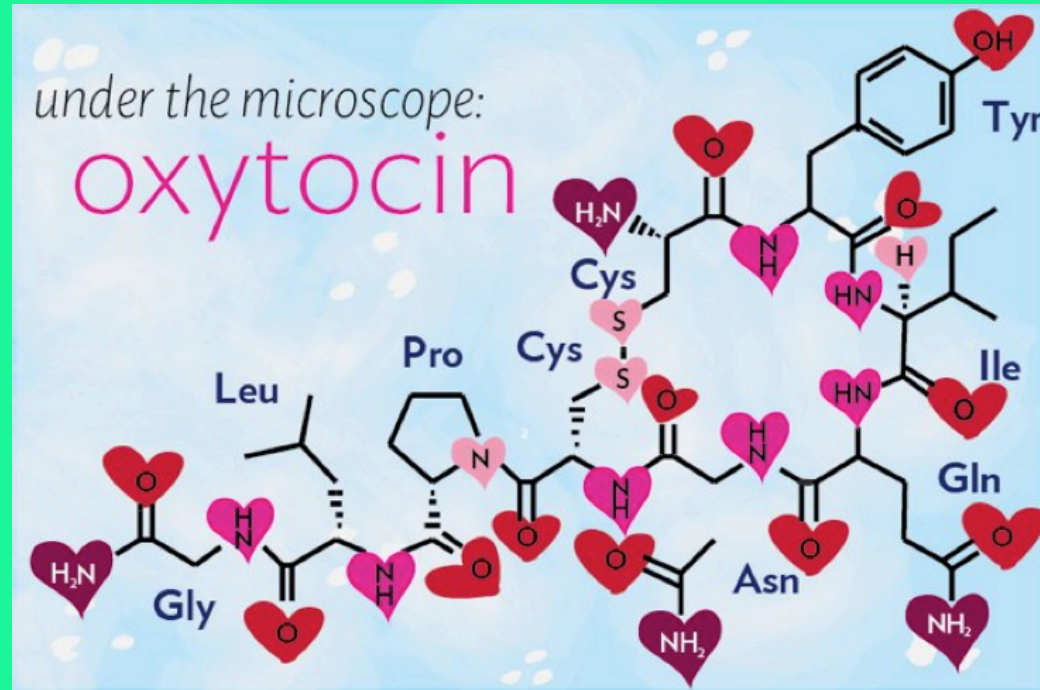
More From The Institute of HeartMath

- Electro-magnetic fields communicate information beyond conscious awareness to others that within at least 15 feet
- A coherent energy field synchronizes the brain waves of those in close proximity.
- When our mind body systems are in a harmonious state we are more aware of and attuned to the information encoded in the electro-magnetic heart fields of those around us.
- The heart functions like an endocrine gland secreting hormones that influence not only the brain but also blood vessels, kidneys, and adrenal glands, regulating noradrenalin and dopamine neurotransmitters.



More From HeartMath

- Oxytocin is a heart hormone and released through meaningful hugs, nurturing touch, specific breathing practices, exercise, connection, childbirth, and lactation.
- Oxytocin is present when reading social cues and when establishing enduring relationships.
- David Vesely, M.D., PhD Professor of Medicine at the University of South Florida found that Oxytocin reduces 90% of all cancers in cell cultures within 24 hours.
- Oxytocin stabilizes and harmonizes the interaction between the heart, the central nervous system and the brain.



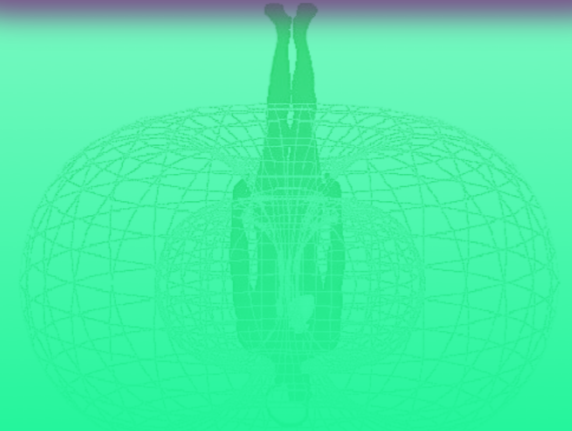
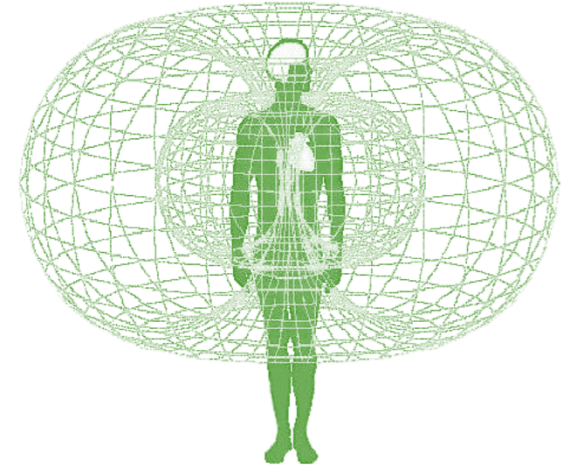
More From HeartMath

The heart decodes intuitive information connecting with an energetic information field existing beyond the boundaries of our space time reality.

Additional research shows that both **the heart and the brain receive and respond to information about a future event before it actually happens!**

The Heart receives this information before the brain, but often our thoughts cause us to dismiss it.

The electromagnetic field of the heart



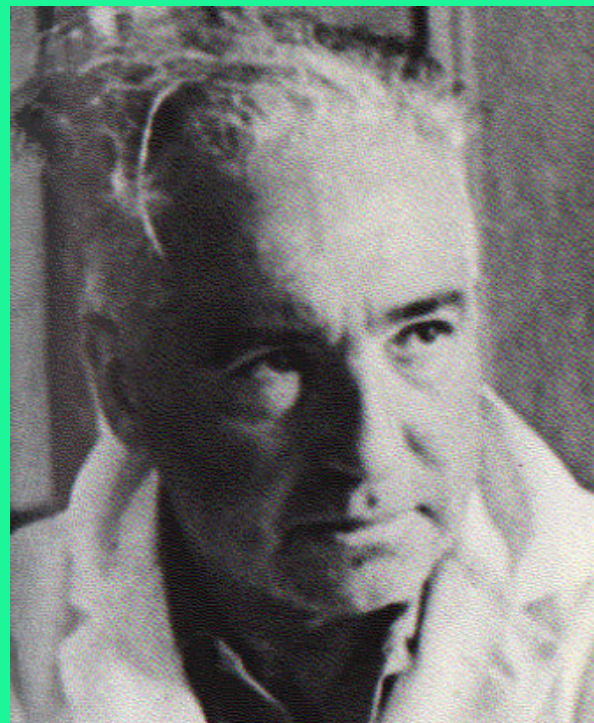
Orgone Energy

I am well aware of the fact that the human race has known about the existence of a universal energy related to life for many ages.

However the basic task of natural science consisted in making this energy usable.

This is the sole difference between my work and all preceding knowledge.

Wilhelm Reich, 1956, in a letter.



The Orgone Energy referred to here is the energy of LOVE found within the Human Heart

Orgone Energy (a.k.a. Prana, Chi, Life Force, The Creative Force, Pure Creative Intelligence, the Fifth Element known as Ether or Spirit etc.)

Wilhelm Reich did not set out to discover "cosmic" truth; he was never attempting to revolutionize scientific thought; he was not attempting to make "great" discoveries. Reich simply observed and experimented from day to day, setting down what he found, studying it honestly, and organizing the facts as they appeared, without forcing them into any pre-conceived framework.

What he found was that the same energy flowing in the sexual embrace was present in all nature, "living" and "non-living," and that it governed the most significant and widespread natural functions.

[~From an article by Walter Last](#)

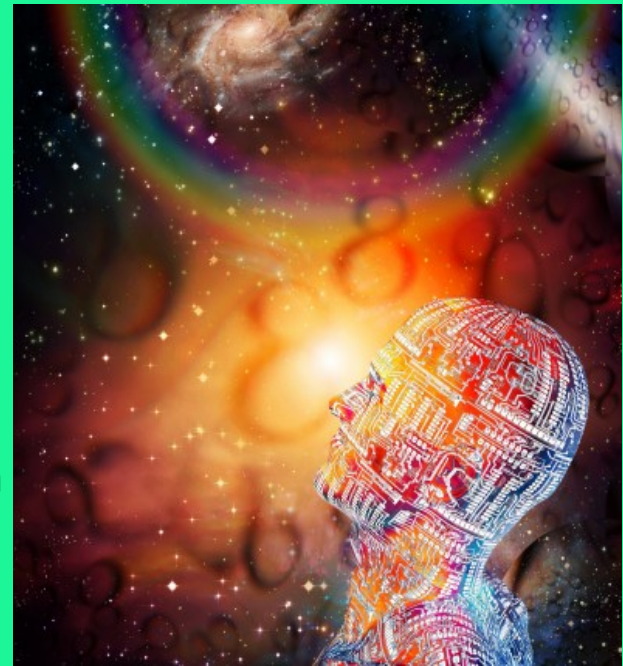
[Additional Article on Orgone Energy](#)



Orgone Heart Pendant

Orgone Energy as observed by Wilhelm Reich, MD, in the late 1920s, is as a bio-electrical charge flowing within the body observed as waves passing through Reich's clinical patients when they were experiencing intense emotional breakthroughs.

- In the 1930's Reich measured the bio-electric charge that flows from inside the body out to the world when a person experienced Pleasure or Expansion
- When fearful, anxious, or stressed this energy was flowing in the opposite direction
- Conditions of expansion and contraction affect the autonomic nervous system, to the cellular, and even chemical levels.
- Pleasure and feelings of expansion activate the parasympathetic nervous system where humans are relaxed and thriving. The blood vessels dilate, increasing circulation, activating pain relief, creating better digestion, lowering blood pressure, stimulating potassium and lecithin production. All this supports a sense of well-being, and even sexual excitement.
- States of contraction activate the sympathetic nervous system, this triggers fight, flight or freeze as a survival response. This constricts blood vessels, lessens blood flow, and can increase pain. Contracted conditions increases blood pressure and heart beat rate, adrenaline flow, cholesterol, and inhibits digestion, inhibits blood flow to the genitals and is associated with the emotions of anxiety and stress.





ORGANIC ELECTRICITY

ORGO NE ENERGY

- Is Everywhere, Filling all Space as Primordial, Cosmic Energy
- Because it Pulsates Orgone is Observable and Measurable
- Organic materials attract and hold Orgone Energy
- Non-Organic metal attracts and then rapidly repels Orgone Energy
- Has a strong affinity with and attraction to water
- It is accumulated naturally in living organism by ingesting foods, deep breathing, and through the skin
- **That is Why Fresh Air, Sunlight, Organic Fruits and Vegetables, Exercise, Meditation and Deep Breathing increase Orgone Energy**
- Orgone Flows through the Torus of the Heart - a magnetic **field** where the magnetic lines of force lie on an electrically conducting spherical surface such as the surface of the Earth's core. (see next slides)

Living in the Heart – Entering the Sacred Space of the Heart

by Drunvalo

Points to Ponder about Heart Intelligence

The heart begins to beat in a growing fetus before the brain is formed. So where is the intelligence coming from that regulates the beating of the heart?

The heart has its own brain with its own actual brain cells. This confirms what has been spoken about for centuries around the intelligence of the heart.



The electromagnetic field of the heart is about 8 to 10 feet in diameter with the axis centered in the heart representing a donut or Torus, considered the most primal shape in the universe.

Within the sacred space of the heart there exists an electromagnetic toroidal field with the smaller toroidal field inside and both are centered on the same axis.

This toroidal field (Torus of the Heart) can be used as a doorway to enter the sacred chamber of the heart. **Heart surgeons have learned there is a tiny place in the heart that must never be touched for any reason or the person will immediately die with no chance of revival.**

This toroidal electromagnetic field passes exactly through and is generated from the sacred space of the heart.

Living in the Heart Continued

Heart Intelligence Points to Ponder Continued

It's important to follow your own heart in determining what is true for you, feeling into your own answers.

Uncleared emotional trauma is felt when entering the sacred space of the heart. Helps to clear the trauma first.

You may not see or experience things in the way that you expect. Some have visions, some feel it, some hear sound or music, some feel vibration or a number of other ways.

The challenges of entering this space within the heart are Fear of the unknown and Expectations of what it should look like, feel like, be like.

Ask for guidance, ask for your heart to be filled with light, ask to see , sense, or feel the light within the heart that is also within all things.



Living in the Heart Continued

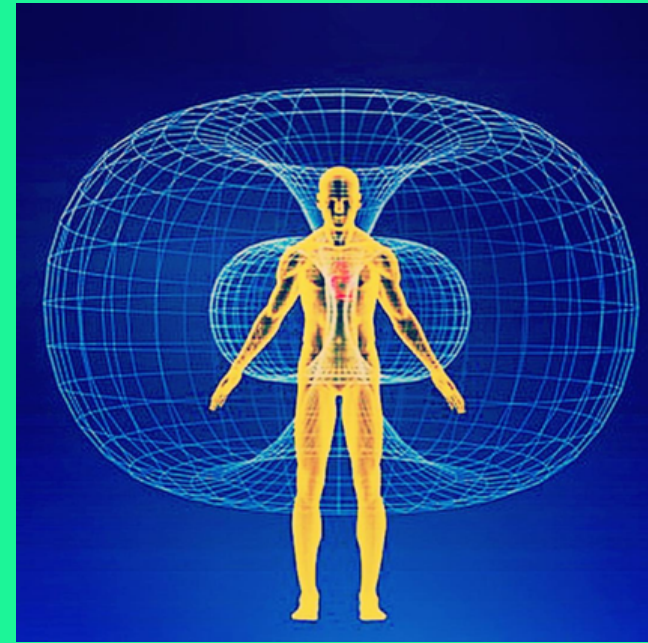
How To Enter the Heart

Imagine the most beautiful place in the world for you. See or imagine this place in as much detail as you can. Sense the land around you, sense the rocks, trees and other plants.

Imagine you are seeing the animals that live here. Imagine what the air or gentle refreshing breeze feels like. Imagine the bright blue sky. Are there fluffy white clouds? Now imagine the velvet black sky of the night and see the stars as sparkling points of light in their various shapes and patterns. Imagine you are seeing the stars in their familiar constellations lighting your way.

Feel the love you have for all creation, feel how the creation has love for you? Feel this love is growing, filling you, spreading out from you, filling the space around you, until it is filling the entire world. Then imagine this light is filling the Unity Consciousness Grid that surrounds the Earth spreading into the heavens, and to the entire universe. If you are unfamiliar with this grid send this love to the Sun and ask it to radiate this pure love where it is most needed.

Imagine the Holy Trinity, the Divine mother, The Divine father, Sending their love to you their divine child.



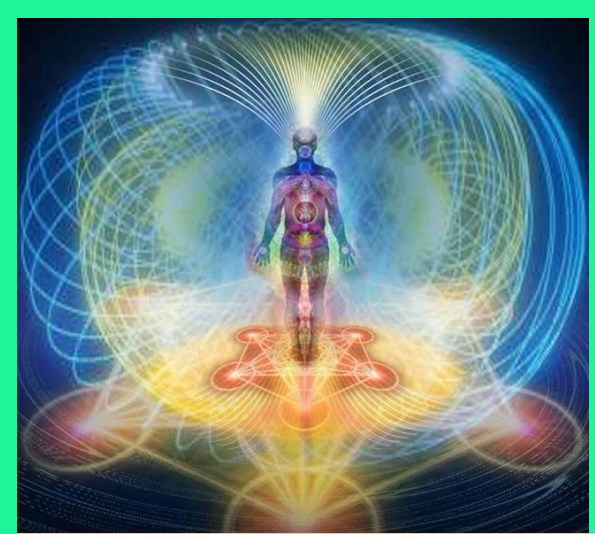
Living in the Heart Continued

How To Enter the Heart

Once you are in the holy trinity you can open your heart to the presence of the divine, to the presence of Great Mystery, to all that is, To all that has been, And to all that will ever be in the filled with the presence of this great love. In this place you have the opportunity to complete whatever is yours to complete, to experience whatever is yours to experience, to express whatever is yours to express, to fulfill whatever is yours to fulfill in harmony with the seasonal cycles, the cycles of life, death and rebirth, and the Cycle of Venus as she arises renewed into the Evening sky.

Drunvalo suggests this type of meditation creates a vibration within each of us and helps us to find the holy Grail or sacred space of the heart the place where Great Spirit and Great Mystery lives within us.

See additional Resources for access to the meditations Drunvalo has created on YouTube.



LIVING IN THE HEART

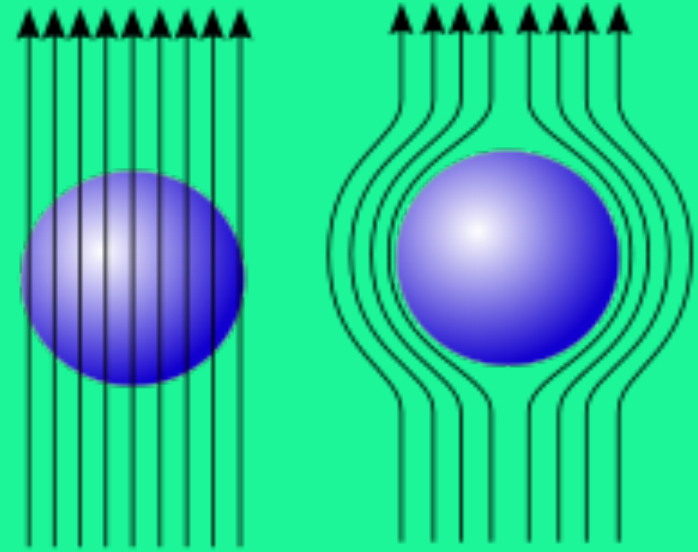


DRUNVALO MELCHIZEDEK

Meissner Effect Quantum Physics and Super-Conductivity

Superconductors create a magnetic orientation that prevents penetration of any other force within its field. In the image of the Meissner Effect named after the Physicist who discovered it, an external magnetic field penetrates an ordinary conductor whose electrons behave in a chaotic or disorderly way.

Super-conductor electrons act in a coherent collective manner and are not affected by chaotic energy.



Ordinary Magnetic Fields are affected by outside chaotic energy.

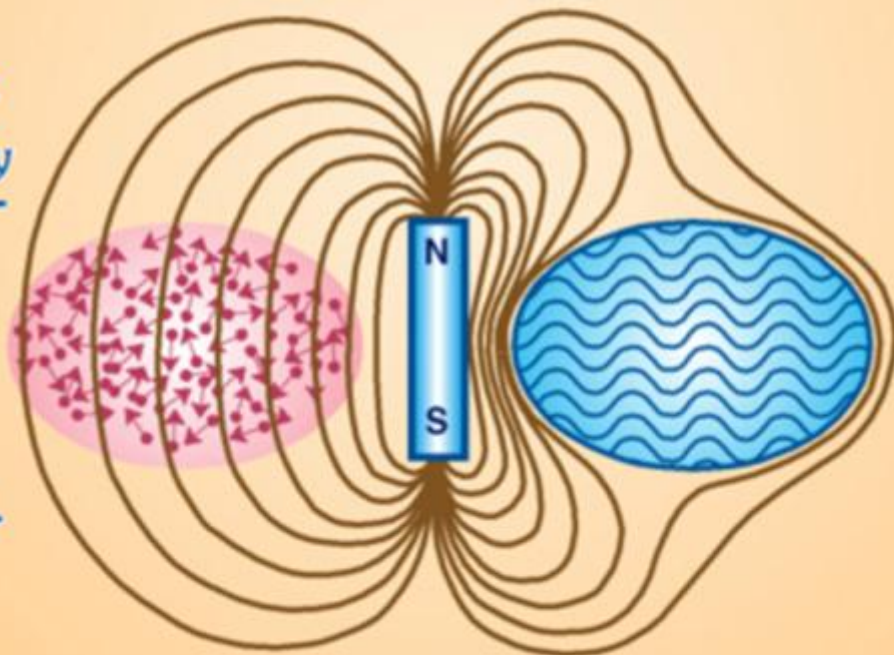
Super Conductor Magnetic Fields are not.

Meissner Effect

An Example of Invincibility in the Quantum Physics of Superconductivity

ORDINARY CONDUCTOR

In an ordinary electrical conductor, incoherent, disordered electrons allow penetration by an external magnetic field.



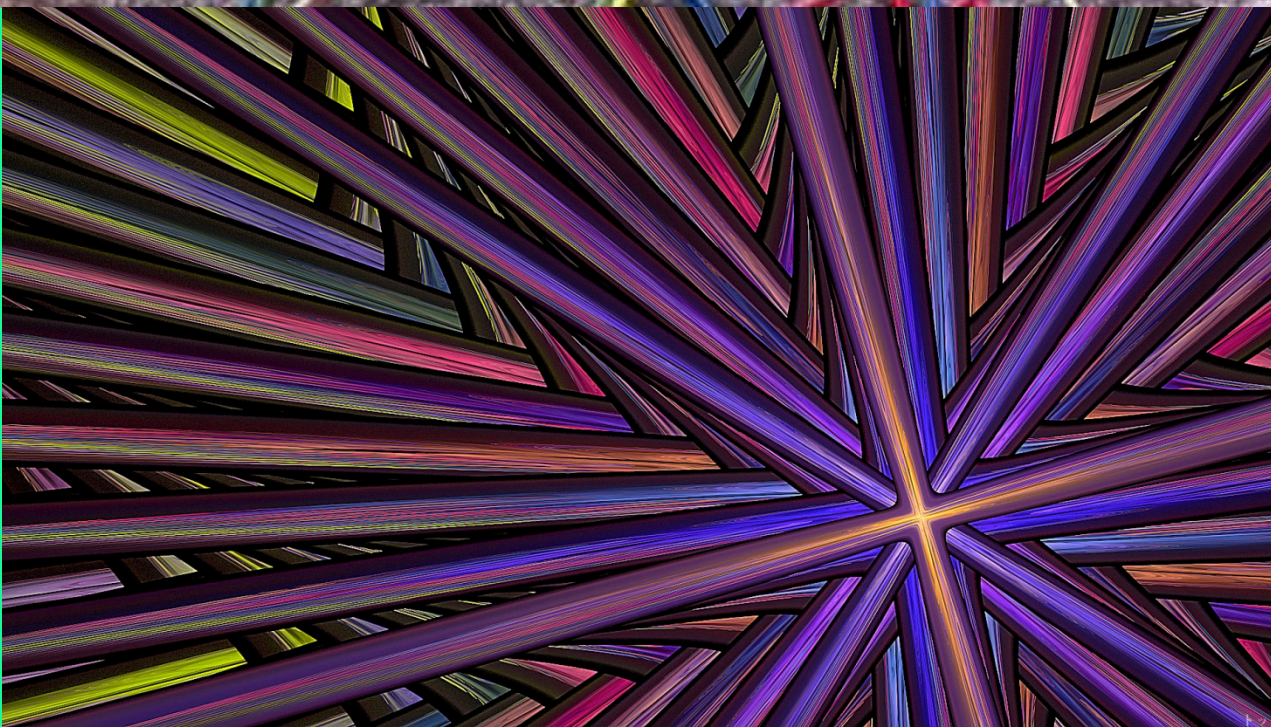
SUPER-CONDUCTOR

In a superconductor, coherent collective functioning of the electrons spontaneously excludes an external magnetic field, and maintains its impenetrable status.



**Phase Transition
To
Super Conductor**

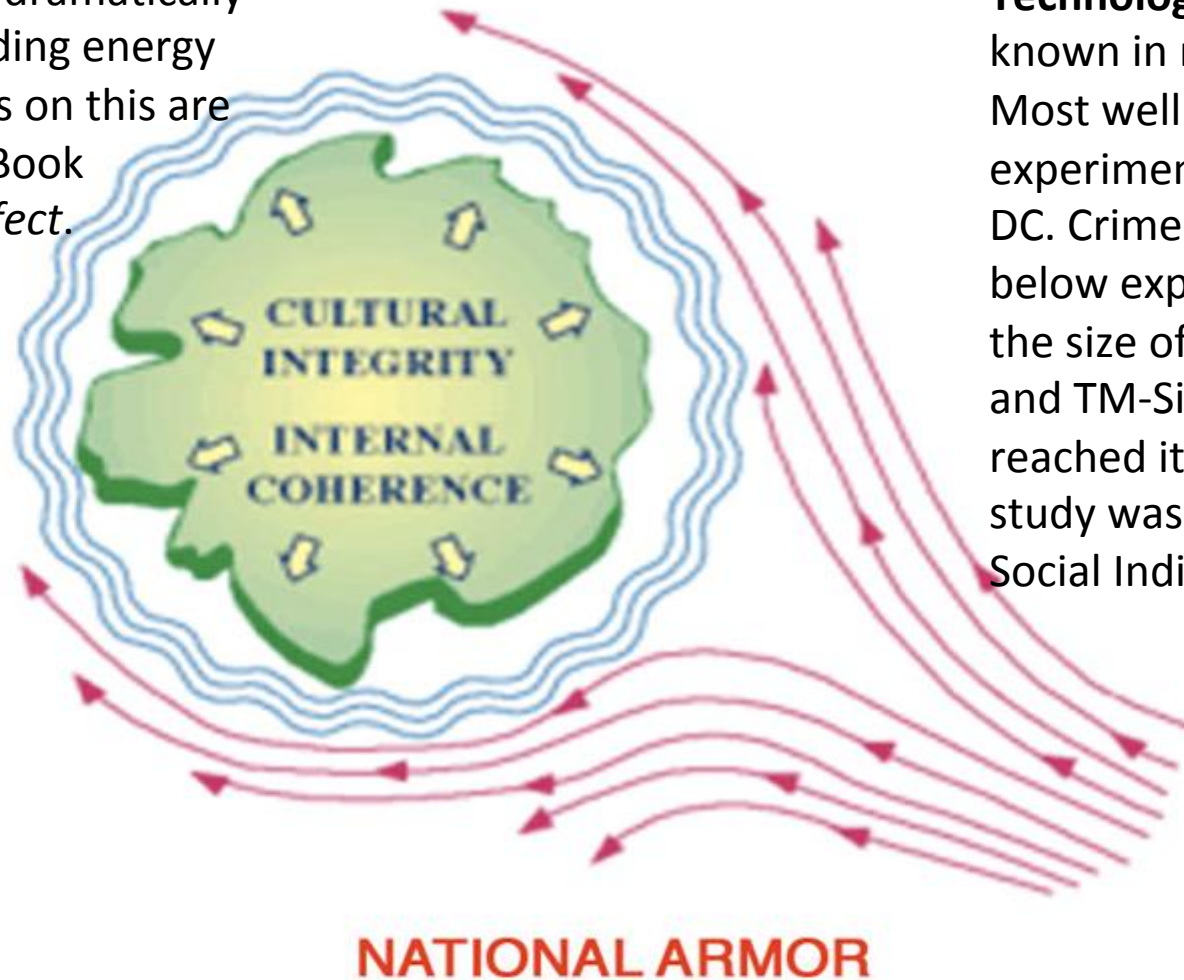
From Chaos



To Coherence

Maharishi Effect

Creating an Invincible Shield for the Nation



NATIONAL ARMOR

The Book *Maharishi's Absolute Theory of Defense* calls this the **Invincible Defense Technology** as it is also known in military circles. Most well known is the experiment in Washington, DC. Crime fell 24 percent below expected levels when the size of the group of TM and TM-Sidhi practitioners reached its maximum. The study was published in *Social Indicators Research*

[More About These Studies Here](#)

The Tipping Point or critical threshold of the square root of one percent of the population as in a Super Conductor are all that is needed to dramatically shift the surrounding energy field. Experiments on this are described in the Book *The Maharishi Effect*.

The square root of one percent of the population of a social system practicing the TM-Sidhi program together, improved all social stress indicators.

**If You Want to Change
What Is Going on Around You,
Change What Is
Going On Within You!**



Saying Yes to Life: The Whole Hearted Path

When we step fully into our Hearts We say YES to Life. Not Maybe or I Think So!

We LEAN IN rather than leaning back to be safe

We begin to bring full presence to everything we do and so it transforms

In what areas of your life are you Whole Hearted?

Where are You Willing to Give a Hearty, Whole Hearted NO to Old Patterns and Energies that Deplete You?

Where are you saying HOLY HELL YES In Your Life Now?



Heart Whisper #28 Artwork and Words © Suzie Cheel

I say yes to love
I say yes to life
I say yes to me
and
My heart whispers
Thank you

Practice the Art of Acceptance

Accept What Is For Now

Accept what you can't change

Attend to what you can change

Go with the Flow



Ho'oponopono Heals From Within

Loving yourself is the best way to heal and improve yourself, as that heals and improves your world.

This is about invoking the spirit of love within you to heal whatever is creating the outer circumstance.

Total Responsibility goes beyond being responsible for what we think and do, it is about being responsible for all we experience.

Dr. Ihaleakala Hew Len a modern teacher for Ho'oponopono reminds us total responsibility is for everything in your life, because everything in your life is your creation.



Heart Connection Across Cultures

Inlakesh

You are another myself

~Mayan Greeting

Namaste

~East India Greeting

Mitakuye Oyasin

~Lakota Greeting

Aloha and Ho-oponopono

I love you, I'm sorry,

Please forgive me, Thank you



you could stop, or begin to reverse heart disease following lifestyle changes in nutrition, exercise, and stress management. Even severe coronary heart disease often begins to reverse when making these lifestyle changes, without drugs or surgery!

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, "not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery", affects our health, quality and length of life more than feeling loved and cared for. He

Restoring our Bonds by Gathering in Circles

[Article on the Power of Circles from the Daily Om](#)

- The circle is acknowledged as an archetype of wholeness and integration, with the center of a circle universally understood to symbolize Spirit/Source.
- While one person may act like a single beacon that emanates light, a circle of people is like a satellite dish that sends out energy increasing the power of love and light exponentially.



Essential Elements for Sacred Circles

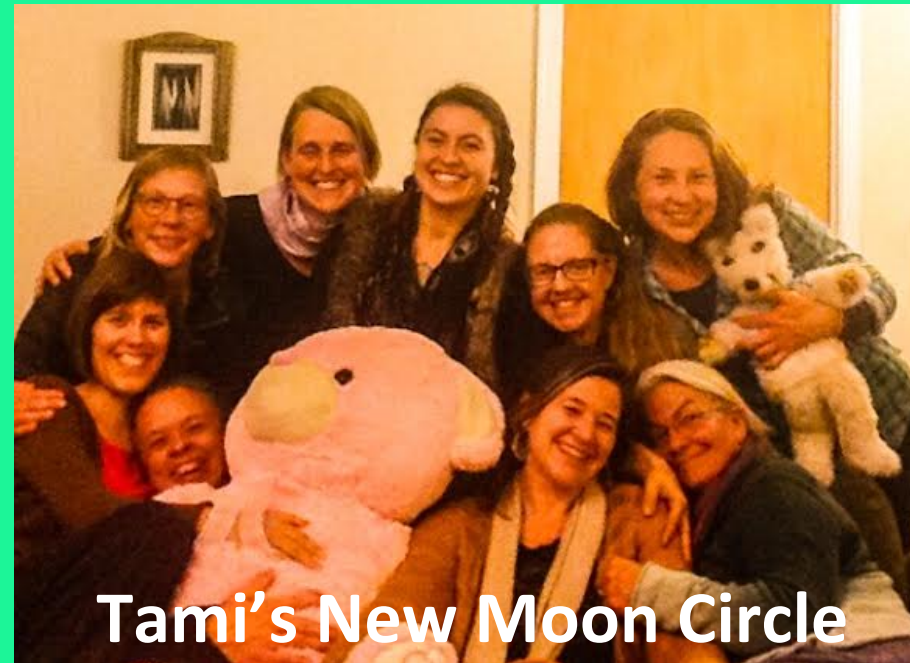
- **Consistency:** Weekly, bi-monthly, or monthly
- **Strong Core Group:** of at least 1-2 who can hold sacred space
- **Food:** If weekly, simple snacks. If monthly perhaps a potluck, it is so beautiful to see what shows up!
- **Empowerment/Shared Leadership**
In prayer, songs, sharing, hosting, etcetra
- **Simplicity:** Elaborate ceremonies can be beautiful and powerful, yet simple elements of sharing, food, laughter, & sacred intent are fundamental
- **Playfulness and Humor:** Keeping the vibration high and light and playful is healing and nurturing
- **Safe Space For ALL Feelings:** It is so rare in our world to have space where we can feel safe in being vulnerable and real
- **Always Invite the Shadow:** Where Eris/Coyote (etcetra) are a welcome part of the circle!



Tami's Albuquerque Active Dreaming Circle

Essential Elements for Sacred Circles

- **Personal Sharing:** We need community to see us go through our cycles, acknowledge our growth, challenges, triumphs all throughout our lives
- **Sacred Container** smudging, calling in the directions, opening and closing with prayer, songs, chanting, drumming & rattling, or all ways to create sacred space
- **Honor Celestial Cycles:** New Moon, Full Moon, Venus Moon activations, Equinoxes, Solstices, Cross Quarters, these are all natural times to gathering in circle and work magic together
- **Astrological Sharing:** Share at the beginning what is happening astrologically if you have this knowledge as it helps inform your intention through the lens of the bigger picture
- **Time Outside: Being Under the Sky**
Observing the Full Moon, Venus and Moon, Sunrise Sunset, special stars, etc. deepens the experience for everyone
- **Share Dreams** and Play Lightning Dreamwork Game!
- **Integrate Movement:** Stretch, Dance, Shake, etc.



Tami's New Moon Circle



**Cayelin's Tucson Priestess Circle Ceremonial Gathering
With Venus Alchemy Leo Evening Star Participants
Indicated by the Yellow Arrows**

The Millionth Circle

The millionth circle depends upon a simple hypothesis: when a critical number of people change how they think and behave, the culture will also, and a new era begins.

Once the principles are understood, the significance of women's circles can be appreciated as a revolutionary-evolutionary movement that is hidden in plain sight.

~Jean Shinoda Bolen

[The Millionth Circle: How to Change Ourselves and the World](#)



From Elizabeth Lesser's Article Why You Should Take Your Demons to Lunch

In today's world it is a revolutionary act to listen deeply to another's viewpoint when different from our own.



Invite a person you see as “Other” Out to Lunch

- 1. Let them know you want to understand them better, ask if they'd like to do the same with you.*
- 2. Agree to ground rules: be curious, conversational, and real.*
- 3. Don't persuade or interrupt.*
- 4. Listen, Listen, Listen.*
- 5. **Good questions to ask:** What were some of your most defining experiences? What issues deeply concern you? What have you always wanted to ask someone from the “other side?”*

From Margaret Wheatley's Book, [Turning to One Another: Simple Conversations to Restore Hope to the Future](#)

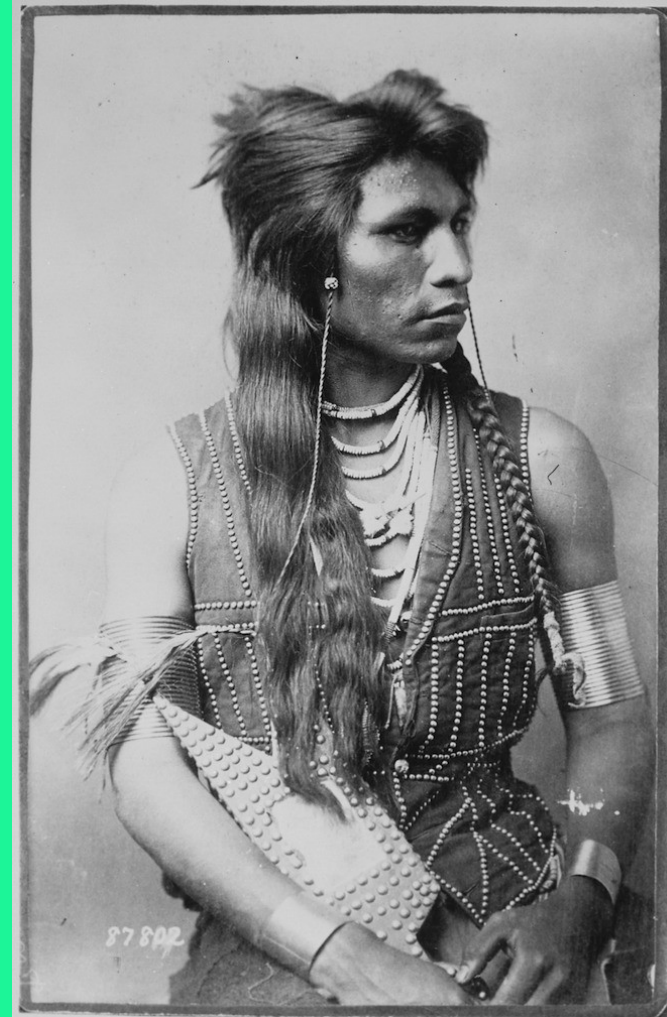


All Change, Even Large and Powerful Change, Begins When a Few People Come together and Talking About Something They Care About.

The world doesn't change one person at a time. It changes when networks of relationships form among people who share a common cause and vision of what's possible. This is good news for those of us intent on creating a positive future. Rather than worry about critical mass, our work is to foster critical connections.

Claiming the Full Spectrum of Gender

- It is time to further our understanding of gender beyond binary masculine and feminine
- Three or more genders were recognized within many indigenous cultures including The Manaka Kaoli in Hawaii, the Sakalavas of Madagascar, and many Native American tribes.
- Facebook allows a person to choose over 50 different gender identities, further validating how so many individuals within our culture feel their gender does not fit within the masculine feminine framework.



Loving Beyond Gender

- Across all ages but especially within the younger generations we are learning to love in new ways, appreciating the unique interplay of masculine/feminine qualities within each individual
- How does masculine and feminine reside within each of us and how can we honor where each of us may be on the continuum?
- How does this growing awareness of the gender continuum open all of us to loving in a more empowered, alive, dynamic way?



Demons of the Heart

Anger Demon

Mistrust Demon

Imperfect Demon

Insufficient Demon

Inadequate Demon

Incompetent Demon

Feeling Defective Demon

Selfish Ego-Centric Demon

Giving to Get Demon

Love Addiction Demon

I Could Care Less Demon

Unworthy of Love Demon

Demons of Suspicion and Doubt

Controlling Others through With holding Love Demon

Name yours _____



Reclaiming the Heart Chakra

Two Questions

How can I authentically love myself more each day?

What would it take for me to fully know and trust the immense love residing in my heart?



Home Play

Dance Your Demons into Allies

Choose the Heart Demon

Chakra that speaks to you.

Name it! Draw It! Call it Out!

Play lively music and dance the energy of this demon. Notice how you feel. When you feel

fully connected to the demon Shake Out the negative energy! Allow the Demon to Transform into an Ally then Dance & Celebrate your new Ally! Draw it, give it a new name and embrace it as part of you!

Facilitate a Despacho Ceremony (or whatever kind of ceremony you feel guided to do) to bless the waters and land where you live. What is essential is to open the floodgates of your personal and collective hearts and link them to the Heartbeat of the Earth. You may choose to dedicate this to all the Earth Guardians.



Home Play

Write a Love Letter to Your Heart

Use a beautiful piece of paper and ink of a color that makes your heart smile (or a crayon or marker!) Name and acknowledge courageous heart-centered choices, actions, and healing you have accomplished since the beginning of this Venus Cycle. Put fun stickers on the letter and put it somewhere you can see it!



Gather Your Heart Tribe

Gather a regular circle in your community, and invite a combination of people you love who you would like to spend more time with as well as new people you'd like to get to know better. It might be a New or Full Moon Circle, a Red Tent, a regular DIY Empowerment Circle (you all learn new things together like how to sprout, or make compost, or make saurkraut, or can things, etc.

Additional Resources

Discovering the Sacred Space in Your Heart Intro [Meditation](#)

Entering the Sacred Space within the Heart - [Female Way](#)

Entering the Sacred Space within the Heart - [Male Way](#)

Living in the Heart Book by Drunvalo Melchizedek

How to Thymus Thump [YouTube](#)

[Thymus Thump PDF](#) mentioned in the YouTube

[Ho'oponopono Article](#) by Joe Vitale

[Heart Math](#) and Mother's Heart Beat [Article](#)

[The Christians and Pagans Song](#) by Dar Williams

[What is a Despacho Ceremony?](#) By The Four Winds Society

[Ho'oponopono Song](#) by Trina Brunk

