

# Venus Alchemy

## Evening Star 7<sup>th</sup> Gate

### Crown Chakra

### Reclaiming Our Divinity

with Cayelin K Castell and Tami Brunk



# Entering the 7<sup>th</sup> Gate





# Inanna Reclaims Her Crown



**Sanskrit name for the Crown Chakra is  
Sahasrara** (thousand petaled) lotus.

Mystical Oneness, Unity Consciousness  
Self-Realization, Gratitude, Grace, Trust

Knowing everything and everyone is  
essentially connected

Transcends the Small Self so Life is filled with  
Joy, Serenity, and Peace

Access to the Akashic Records where Divine  
Intelligence (a.k.a. the Zero Point Field or  
Unified Field) Underlies all Existence.

When Healthy this chakra gives off high  
vibrational energy activating collective  
consciousness and receives energy  
in return to sustain physical life.





# Balanced 7<sup>th</sup> Chakra

- All Energy Systems are Actively Healthy
- Connected with Essential Divine Nature
- Total Access to Unconscious and Subconscious
- Where the Body meets the Soul from the Inside Out, Everything is Connected
- Gives and Receives life sustaining energy uplifting Collective Consciousness
- Where Death and Eternal Life Meet beyond Time
- Easy Access to the Zero Point Field (Akasha) where anything is possible
- Trusting there is a Divine Plan for All Life
- Faith, Trust, and Ability to Create Miracles
- Gratitude, Serenity, Joy and Deep Peace
- 6<sup>th</sup> Chakra is the seat of Enlightenment,  
7<sup>th</sup> Chakra is the seat of Liberation



# Balancing the Crown Chakra

**Meditation** walking, sitting, dancing  
whatever works for you

**Seva** (selfless service)

**Organic** Ginger, Garlic, Onion, Coconut

**Guided Visualization**

**Invoking the Violet Flame**

**Peaceful, Quiet Surroundings**

**Spending Time in Nature**

## **Gems/Minerals:**

Amethyst, Tanzanite, Diamond, Sugilite,  
Purple Fluorite, Clear Quartz Crystal,  
Selenite, Moonstone, Kyanite

**Essential Oils:** Frankincense, Myrrh, Lotus,  
Lavender

## Blue Kyanite



Blue Kyanite helps balance all the Chakras, especially the Crown Chakra. It bridges any energy gaps caused by emotional and physical trauma, including loss, abuse, betrayal, broken bones, illness, surgery. Kyanite stimulates the pineal gland and activates dormant psychic abilities.



# Activating the Crown Chakra Through Increasing Prana

Prana is subtle, high vibration, universal life force energy, or the total collective energy in this creation. Pra means *constant* and na means *movement*. Therefore Prana means *constant movement* describing the vibrational nature of energy.

Pranic energy is the source of all life.

Prana is further activated via the Breath, Yoga, Meditation, Daily Prayer and Positive Pranic foods.



**Foods that Increase Prana are:** Most Fresh, Raw, Organic Fruits and Vegetables, Fresh Organic Vegetable or Fruit Juice, Honey, Raw Organic Sunflower Seeds, Soaked Raw Organic Nuts, Coconut, Organic Greens, Sprouts, Spices (especially black pepper).

**Foods to avoid that Decrease Prana are:** Refined Sugar, Soda, Margarine, Alcohol, Artificial Sweeteners, Processed Foods, Nerve Stimulants, Drugs, Meat, Coffee, Caffeinated Teas

# We are Entitled to Miracles

All we have to do is claim them.

A Healthy 7<sup>th</sup> Chakra graciously receives Miracles and Magic.

Miracles are based on our point of view.  
How are You a Miracle?

Do you see Miracles in  
The Sun Rise and Set, Rainbows  
Plants, Animals, Stars in the Sky  
Personal Connection with Others  
Compassion, Kindness, Caring  
Generosity

As shared at the 6<sup>th</sup> Chakra Gate  
Miracles Often Happen when we least  
expect them. It helps to be open to  
receive them.



Magic (and Miracles) is not a practice.  
It is a living, breathing web of energy  
that, with our permission,  
can encase our every action.

~ *Everyday Magic*  
by Dorothy Morrison



# The Power of Blessing

*In general, people do not know their function as human beings and it never occurs to them that their job is actually to bless the world.*

*To bless means becoming conscious that you are alive and that spirit is flowing through you. This realization allows you to see that Spirit is flowing all around and that what is coming through you is coming through everything and that it is all the same.*

*When you see or sense or feel this you merely say something like, I am Spirit. Let us awake. Let us awake Spirit in everything I see.*

*While saying this you can look around and bless with your hands and arms outstretched, waking everything up to the incredible power of spirit that flows through everything with great passion and peace.*

*In response, everything receives a boost, everything celebrates, everything is grateful, and everything forgives its slumber.*

*If you want to add a little something else to your blessing, you may bestow upon everything that you are experiencing or witnessing the gift of well-being from the bottom of your heart.*

*~Sandra Ingerman*



# Remembering How To Pray

*There are a hundred ways to kneel  
and kiss the ground ~ Rumi*

*For I have learned that every heart will get  
what it prays for most. ~ Hafiz*



## Praying

It doesn't have to be the blue iris,  
it could be weeds in a vacant lot,  
or a few small stones;  
just pay attention,  
then patch a few words together  
and don't try to make them elaborate,  
this isn't a contest  
but the doorway into thanks,  
and a silence where  
another voice may speak.

*~ Mary Oliver, Thirst*

## Buddhist Metta or Loving Kindness Meditation

May I be peaceful.  
May I be happy.  
May I be well.  
May I be safe.  
May I be free from suffering.  
May all beings be peaceful.  
May all beings be happy.  
May all beings be well.  
May all beings be safe.  
May all beings be free from suffering.

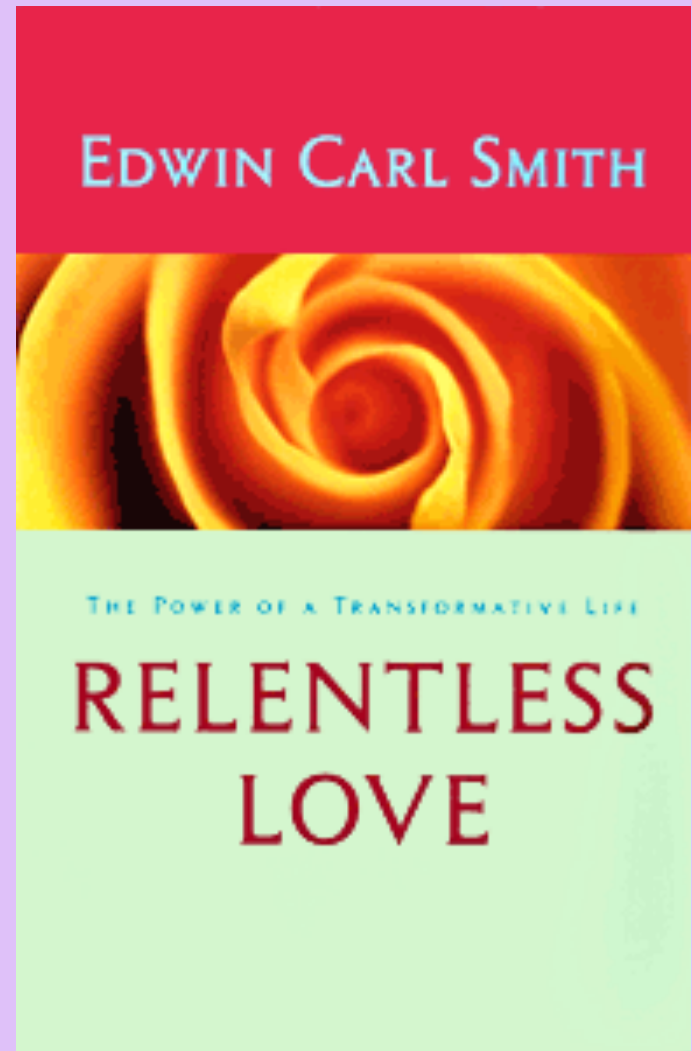


*Do not worry about living your dream. End the habit of imposing a goal on your life. What we achieve is less important than how we live. Life is a play, not a race. Our goals express mostly out of our fear about what life will fail to provide.*

*Love is the source of all worthy dreams and the power to live them. So, let faith connect you to your body's original and only intent and let your dreams emerge from there.*

*As you surrender to the passion of love, you will find anything is possible and all good things inevitable.*

*~ Relentless Love by Edwin Carl Smith*



# Lady Liberty

The Statue of Liberty is modeled on the Roman Goddess Libertas

## Liberty Defined:

- Action Chosen Not Forced
- Author of Your Own Way Life
- Free To Choose How You Live  
As Long As You Do No Harm to Others

The broken chains around her feet  
symbolize breaking the chains of  
Bondage, Oppression and Tyranny.

Plus, her foot  
is extended  
forward  
suggesting she is  
moving on  
toward her  
destiny!

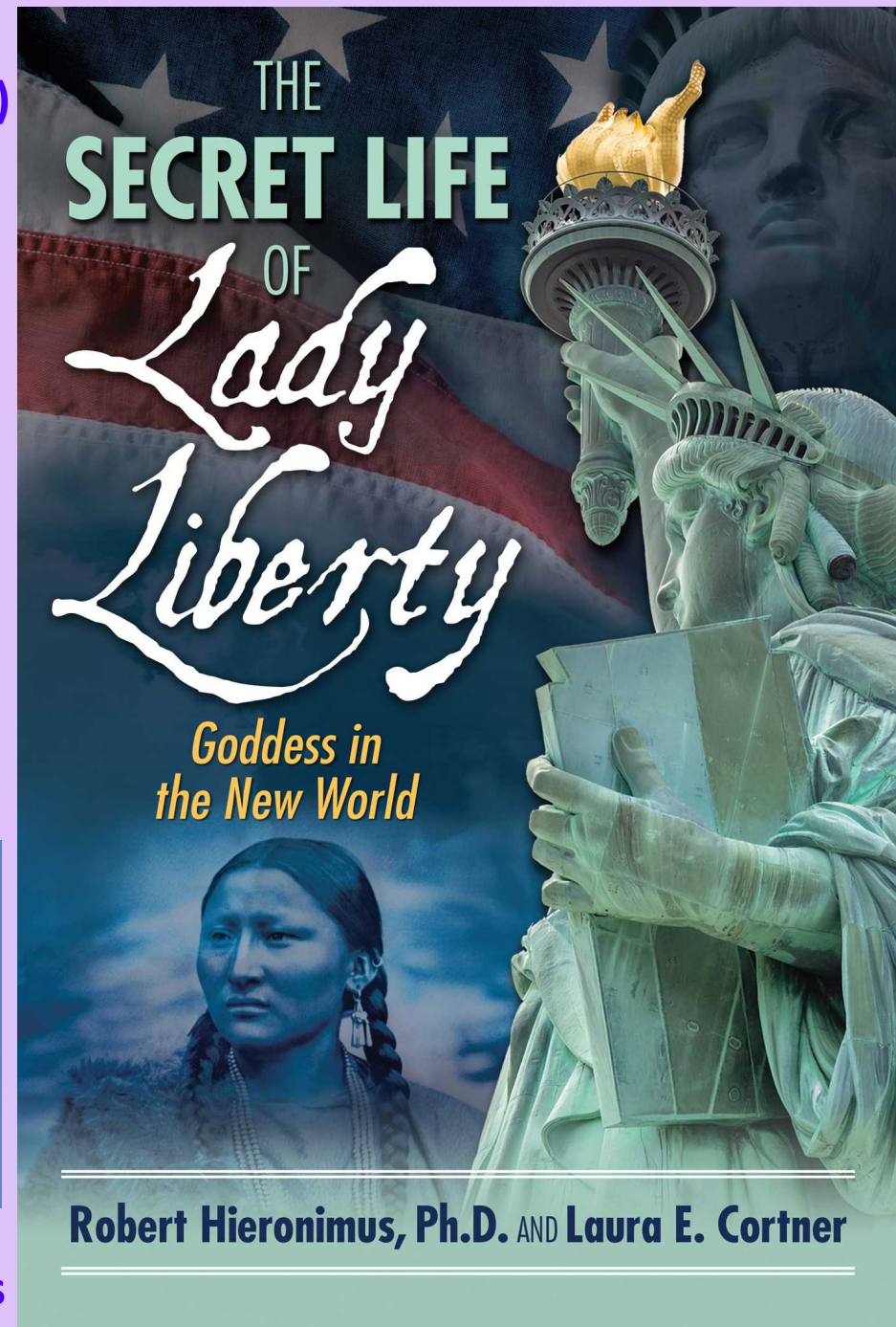




# Lady Liberty Enlightening the World (the original name for the Statue of Liberty)

## She is a Light Bearer

- Holding the Light of Knowledge, Wisdom and Freedom in her Hand
- She Reminds us it is through Self-Awareness we are liberated and connected to our Divinity
- She Holds the Book of Knowledge
- The Book is a Keystone reminding us Knowledge and Wisdom are Powerful Keys to our Liberation
- The Seven Rays in Her Crown, along with connecting to the 7 chakras represent New Ideas and the Freedom to creatively express ourselves





*Give me your tired, your poor, your huddled masses yearning to be free, the wretched refuse of your teeming shore. Send these, the homeless, tempest tossed to me. I lift my lamp beside the golden door.* ~Emma Lazarus

Those who work with the Ascended Masters suggest the Goddess of Liberty originated on Atlantis.

The Goddess of Liberty created a Temple of the Sun anchored over Manhattan with the main altar resting over the Statue of Liberty.

This Temple of the Sun radiates energy associated with the Power of Three.

**These Three Powers are:**

**Love** (the other two powers originate with love)

**Wisdom** (especially the wisdom coming from love)

**Power** (the power of love – not the love of power)



# Love and Light For Uplifting and Healing

## Send Blessings of Divine Light and Love To:

- Your physical bodies for healing
- Your mental emotional and spiritual bodies
- The Earth, The Sky and the Cosmos
- A challenging situation including any patterns, habits or addictions to transform
- To your Loved Ones – Be sure you have no agenda when sending Love and Light to others

## How To Send Divine Love and Light:

- Create Sacred, Uninterrupted Space: a specific altar, smudging, lighting a candle, inviting help from your spirit guides and allies, etc.
- Imagine Pure Love and Light entering your Crown Chakra and Filling your entire Body
- Ask permission if you have a specific intention
- Sending Pure Love and Light to others is okay as long it is aligned with their personal divine design. Ask for this Divine Love and Light to be sent according to what is most beneficial and supportive to the people, places and situations you have in mind.



Sending Pure Love and Light



**Remember Ideally Whenever Possible Physical Connection with Others  
Is Good for YOU and the Other Person**

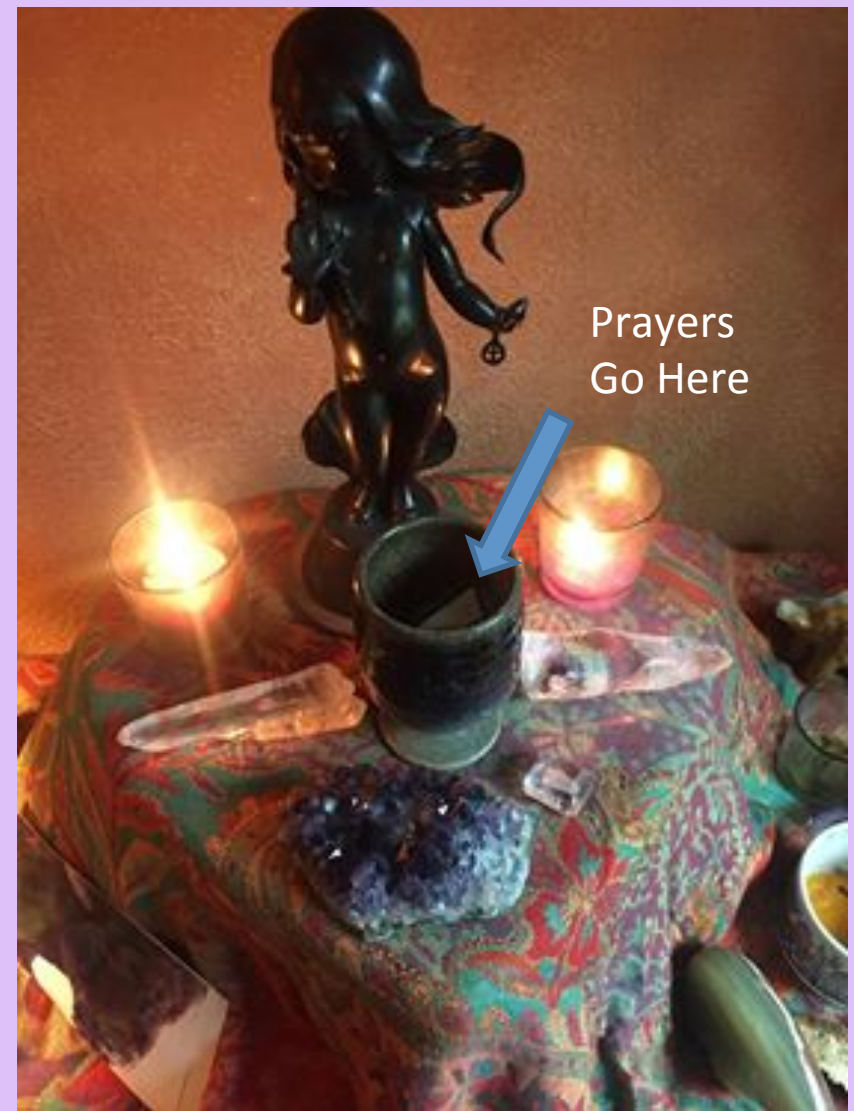


# Create a Goddess Bowl

## What I Place in Mine

- Names of people I am praying for
- Relationships I want to transform
- Worries I give to Goddess
- The Venus Alchemy Community
- All my Beloved Clients
- Family Members
- My Sacred Work
- The people of Palestine and Israel
- All indigenous people
- Turtle Island/the U.S.
- My Greatest Self

You can light candles and imagine your crown chakra opening to receive Divine Love, see the Root and EarthStar Chakras Opening to Receive Earth Energy, all flowing to your heart and streaming out your hands. Allow the image of these things to pass through your mind - healed, transformed, giving gratitude to God/dess for the transformation. You can send distant Reiki and ask that it flow continuously to each of these issues. My Gemini MetaGoddess Presides over my Altar, Transmitting Sacred Play, Childlike Joy and Healing Magic to Transform All Things.



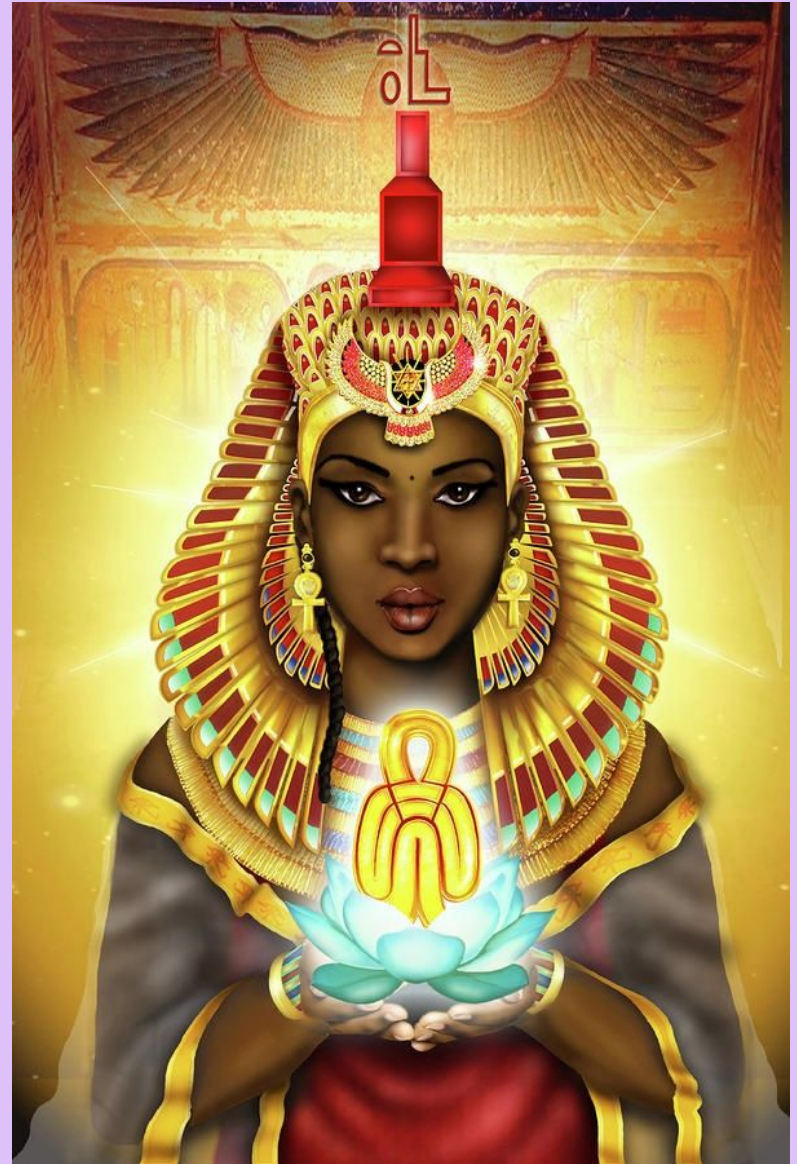
# Activation for the Crown Chakra

## **Make Your Own Crown:**

Use Crystals, branches, flowers, or it could be a paper crown!

Wear it regularly and when you do, feel the energy of your inner queen fill you.

Put a Goddess Bowl on Your Altar and use it regularly, as a way to focus prayers and practice giving worries to your inner Goddess or Higher Power.





# Crown Chakra Demons

Depressed Demon

Self Doubt Demon

Self Destructive Demon

Feeling Enslaved Demon

Refusing to Trust Demon

Divine Discontent Demon

Tired and Exhausted Demon

Fragmented and Scattered Demon

Disconnected from Source Demon

Overworked and Underpaid Demon

Pushing Away Divine Support Demon



Name Yours \_\_\_\_\_

# Re-claiming the Crown Chakra



- **Feel and Express Gratitude and Appreciation for your connection to the Divine within you**
- Work with the four questions, one per week. (See next slide)
- Meditate, chakra breathing, take an intentional ceremonial **walk or dance** and open to receive a message from your Crown Chakra.
- **Journal** stream of consciousness as a way to tune into the Divine Essence seeking expression through you.
- **Watch and notice what synchronistic messages show up for you.**



# Four Questions

**What would it take** for me to claim and live with 100% trust in myself and my connection to spirit?

**What would it take** for me to claim and live from a place of divine revelation and knowing as it relates to my life?

**What would it take** for me to claim and live from the feeling of being completely supported and guided by spirit?

**What would it take** for me to claim and live daily miracles including Ecstatic BLISS?





# Claim Your Status as Initiated Queen

As you are claiming your crown, you are stepping into your sovereign queenship.

What Queen like Qualities Are You willing to Embrace and Bring into Embodiment Now?

What Does this Look Like and Feel Like for You?

When you wake in the Morning, put on your Crown.

Take a Moment Now to See Yourself as the Radiant Queen That You Are





# Inanna's Coronation Oath

**Are you willing to actively engaged your self-determination including:** your precious time, energy, resources, body, mind, and spirit - from any and all influences that do not serve your heart's purpose and your soul's true intent?

**Are you willing to practice compassion and mercy for yourself and others** on your journey, even if you are still uncertain of who you are and where you are going?

**Are you willing to consider you are a significant expression of the divine** and your greatest gift is you have shown up?

**As a Fully Initiated Goddess in service to the Circle of Grandmothers** are you willing to show up responsibly to care for the Earth and her resources now and for the next seven generations?





# Home Play for 7<sup>th</sup> Chakra

## Celebrate Yourself List

Create a written list of things you are celebrating about yourself, your life and those who share your life. Celebrate your accomplishments, no matter how small you think they are.

- Perhaps you had an important - though challenging conversation with someone that deepened your connection?
- Maybe you completed a project: de-cluttering, writing an article, reading a book etc.?
- Maybe you have kept up an exercise or diet routine for a number of days, weeks etc.?
- Maybe you have been journaling more regularly?
- Maybe you have been taking greater personal responsibility for your experience - no longer blaming others or projecting blame less often?
- Maybe you have been taking time to appreciate the beauty around you?

Consider body, spirit, emotions, relationships, work, etc. Be specific and detailed, as often as possible. Avoid repetition. Read your list out loud daily for the next month (or more) to fully celebrate and energize this awareness within you.

**I am celebrating and appreciating myself for:**

**Enjoying deeper personal relationships especially with myself.**

**Making progress on several BIG projects. (Name them)**

**Stepping into greater radiant health having completed a 6 week detox.**

**Having successfully added additional yoga practices into me daily routine.**

**Successfully showing up for 4 community projects I am helping to further.**



# Home Play for 7<sup>th</sup> Chakra

## Create Your Own Coronation Oath

Create a personal coronation oath reclaiming divinely inspired intentions and actions...

Consider exploring the concept of sovereignty.

How do you honor your sovereignty?

What is the sacred, holy ground of your being that is self-sustaining, fertile, productive and cannot be penetrated by anything except what you allow?

## Bless your World

Cultivate a daily blessing practice,  
actively bless your self, your living space,  
your family, your community, the land, the sky, all of life.

## Examples:

I love and bless myself with pure love and light and pure source energy.

I love and bless my willingness to embrace my divinity.

I love and bless my family, friends, co-workers, community. (Be even more specific)

I love and bless the precious gift of my life as my life loves and blesses the world.

I love and bless \_\_*add names of what or who you are blessing – perhaps children, partner, other family or friends*\_\_ with pure love and light and pure source energy.



# Additional Resources

We are Entitled to Miracles

<http://cayelincastell.com/we-are-entitled-to-miracles/>

A Course in Miracles Website <http://www.acim.org/>

Article on 7 traits of Highly Magical People

<http://www.greatgenius.com/seven-traits-of-highly-magical-people>

Why Magic Matters

<https://www.elephantjournal.com/2014/01/20-quotes-to-remind-us-why-magic-matters/>

Science and the Benefits of Prayer

[https://www.huffingtonpost.com/richard-schiffman/why-people-who-pray-are-healthier\\_b\\_1197313.html](https://www.huffingtonpost.com/richard-schiffman/why-people-who-pray-are-healthier_b_1197313.html)

Considering a Pranic Diet

<https://health.usnews.com/health-news/health-wellness/articles/2014/08/27/why-you-should-consider-a-high-prana-diet>







**I wish I could show you,  
When you are Lonely or in Darkness  
The astonishing Light of your own Being ~Hafiz**