

Essential Home Play And Useful Links

Throat/5th Chakra Reclaiming

Highly Recommended Activities

- **Listen to Video on Throat/ 5th Chakra**
- **Build or Renew Your Venus Altar** adding Throat Chakra Themes
- **Look for the Venus Moon Conjunction** check for current date
- **Meet With your Evening Star Buddy** by Phone, Skype, email!
- **Introduce yourself via FB Group or email to Tami if you haven't already (if email she will post)**
- **Deepen your work with the Throat Chakra** through use of crystals, essential oils, wearing blue
- **Work with Cayelin's Guided Journey**

In-Depth Home Play

All of the Above Along with Any or All of the Practices Below

- **Journal Regularly in your Venus Journal**, tracking dreams, meditations, sketching (see suggested Questions below)
- **Spend time** with Venus, Mercury, Saturn, Jupiter and soon Mars in the Evening Sky
- **Home Play for Aries at the Throat Chakra**

Speak Up: Even in Your Voice Shakes!

Did you know that your voice is very powerful when you speak from the heart? This month identify one issue that moves you deeply and make the choice to speak about it in a way that feels meaningful and constructive to you.

- Perhaps you feel very strongly about a local candidate running for office. So you decide to do everything you can to support this candidate in getting elected.
- Maybe you see African Americans in your community being targeted by police so you decide to educate yourself, join a local group and speak or write about this issue.
- You may choose a national issue that moves you to create blog posts, FB posts, emails to your extended community drawing attention to the issue and providing ideas for how people can take action to either further the cause or right the wrong.
- You might gather others to collectively raise your voice about an issue that concerns you.

What is most important is you are wholehearted - this is an issue you care about deeply. If this exercise scares you that is even better - as you will have extra power when you speak, write or otherwise address this issue!

Aries Venus Questions for Reclaiming the Sacral Chakra

- *What truth is mine to share further restoring wholeness for the greater good?*
- *What would it take for me to bravely express this truth in ways that others can hear?*
- *What would it take for me to fully reclaim my voice as a way to safely protect others who are vulnerable?*
- *Are there situations, people or communities in my world where I can use my voice to help right wrongs and restore justice?*

Celestial Events at 5th Gate/Throat Chakra Evening Star

July 25 Mercury (23 Leo) stations Retrograde

July 26 is exact Mars Sun Opposition

Beginning a New Synodic Cycle of Mars about 26 months

July 27 is exact Total Lunar Eclipse

Longest Eclipse of 21st Century lasting 1 hour and 43 Minutes Visible in Western Africa, South America, Europe, Australia. The Total Lunar Eclipse is very near Mars opposite the Sun

Jun 26 to August 27 Mars is Retrograde from 9 Aquarius to 29 Cap

July 07 to Sep 24 Mars is Out of Bounds (a Wild Card)

July 12 to August 11 extra long Eclipse window

July 15/16 5th Chakra Venus Moon Gate (7 Virgo)

July 25 to Aug 18/19 Mercury (23 Leo) stations retrograde to 11 Leo

July 25 Uranus is Square the Sun

July 25 Mars (4 Aquarius) reaches opposition to the Sun

July 27 Total Lunar Eclipse is 5 Aquarius

August 01 Mars squares Uranus (amping up the Wild Card)

August 06 Venus moves into Libra

August 07 Uranus stations retrograde

August 08 Retrograde Mercury conjunct the Sun

August 09 Venus square Saturn

August 11 another partial Solar Eclipse at 19 Leo

Sekhmet/Durga Warrior Goddess Prayer at the Throat Chakra

Beloved Wondrous Warrior Goddess

You Who Open The Ways

You Whose Mighty Roar Restores the Cosmic Balance within this World

Guide Me to Reclaim My Authentic Voice

So I Speak Clearly with Wisdom and Enthusiasm What Is True For Me

Communicating in Ways that Cultivates Genuine Connection

Help Me Reclaim My Knowing Around When to Talk and When to Listen

What to Say and How to Say It

Using My Voice In Ways Most Likely to be Heard and Received

Guide Me to Reclaim the Courage to take Responsibility for all I Say and Do

Mighty Goddess of Great Strength and Inspired Resolve

Thank you for Guiding Me to Reclaim My Authentic Creative Expression

So I Fully Communicate my Gifts in the Most Empowered Ways Possible

Wisely Discerning and Forthright in all the ways I Express Who I Am

Guide Me to Trust Myself In Making Inspired and Decisive Decisions

Reclaiming the ability to Skillfully Use my Words to Invoke and Activate

What Is Mine to Say and Do, Restoring Justice, Benefitting All Life Everywhere

Prayer to Inanna

Beloved Inanna, Holy Priestess of Heaven
Illuminating the Morning and Evening Sky

You are the Great Queen of Heaven and Earth
Filling the Sky with your Radiant Bright Light
Shining in all your Splendor and Glory

O Great Goddess, First Daughter of the Moon
Mighty, Majestic, and Magnificent
Your wonders are known both Above and Below

Magical Mistress of the Shamanic Mysteries including Death and Rebirth
You Teach Us How to Die a Good Death and Be Reborn into a Better Life
As we Arise into our own Radiant Love Light, Blessing and Thrilling All the World

Thank you for Your Divinely Inspired Journey
Thank you for Re-enacting the Mysteries of Death and Rebirth Again and Again
Helping us to Remember this Sacred Journey Is to Be Honored and Celebrated
As we too Die and are Reborn Again and Again

Thank you for Guiding Us and Showing Us how to Courageously Claim Our True Selves
Adding to the Dream of a Beautiful, Loving New World
A Vibrant, Healthy and Peaceful New Earth From the Inside Out

Aries Meta Goddess Evening Star Invocation

Oh Radiant Shining Warrior Goddess,
You Who Remind Us of Our Strength and Determination
to Courageously Restore the Cosmic Balance

Further Awaken Within Us Our Wild, Fierce Feminine Soul
Ignite and Expand Our Honorable and Inspired Commitment
Help us Reclaim Noble Inspiration through Individual Power

Illuminate For Us Our Personal Cause and Mission
While further activating Our Valor, Bravery and Self-Assurance
As We Willingly Meet All Challenges and Increase Our Determination

When We See Injustice, Power Over, and Suffering in Our World
Help Us to First Turn Inward
Strengthen Our Warrior Heart with the Necessary Resolve
To Meet Our Personal Demons with Fierce Tenacity, Love and Compassion
Guide us toward Decisive Inspired Actions that will Restore the Common Good
For All Life on Planet Earth

Resource Links that might be helpful

[Think Before Reacting: How to Use Your Mental Pause Button](#)

[Instant Gratification and Its Dark Side \(Technology & Communication](#)

[Healthy Self Love and Not Giving Your Power Away](#)

[Robert Masters The Goddess Sekhmet Pyscho Spiritual Exercises of the 5th Way PDF](#)

[Sa Sekhem Sahu](#)