

Essential Home Play And Useful Links Root/1st Chakra Reclaiming

Highly Recommended Activities

- **Build or Renew Your Venus Altar** adding Root Chakra Themes and share pictures on FB or via email
- **Look for the Venus Moon Conjunction in the Evening Sky** March 18 to 19 - exact March 18
- **First Meeting with your Evening Star Buddy** by Phone, Skype, email!
- **Introduce yourself via FB Group or email to Tami (she will post)**
- **Deepen your work with the Root Chakra** through use of crystals, essential oils, wearing red
- **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, or journal around the Questions posed for the Root Chakra (see suggested Questions below)
- **Spend time** with Venus, Mercury and the Moon in the Evening Sky - Mars, Saturn and Jupiter in the Morning Sky
- **Practice Self-Care** When making daily choices ask Yourself: ***What Would I Choose If I Truly Put Myself First?***
- **Celebrate the Rising Warrior Goddess inside you and 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.

Aries Venus Questions for Reclaiming 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 worth 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?

Celestial Events at First Gate/Root Chakra

All Times are PDT so be sure to adjust for your Time Zone

Eris is around 22 Aries 58 in March 2018

March 04 Venus and Mercury 27 Pisces

March 05 Mercury enters Aries

March 06 Venus enters Aries

March 08 Jupiter Stations Retrograde at 23 Scorpio

March 19 Venus and Mercury 16 Aries

March 20 Equinox Sun enters Aries

March 22 Mercury stations Retrograde 17 Aries and stations direct at April 15 at 5 Aries

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

April 15 New Moon 26 Aries

April 18 Venus Moon 2nd Gate 22 Taurus

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

We Hear And Feel You As Grandmothers of Our Spiritual Lineage
Transmitting Wisdom From Across All Reaches of the Galaxy and All Timelines
Providing Us With All Knowledge and Spiritual Insight Guiding Us To a New Way

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 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.

Sekhmet Mantra

In Robert Masters' book *The Goddess Sekhmet, The Way of the Five Bodies* he suggests that chanting these words of power while gazing on, or imaging images of Sekhmet evoke and call forth the possibility of experiencing an altered state in your physical body, while also expanding and altering your mind, your emotional body and your spiritual body.

SA SEKHEM SAHU
SA - Breath of life
SEKHEM - Sacred Power, Life Force
SAHU - Realized Human Being

Resource Links that might be helpful

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

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

Cayelin's [Venus Package](#) 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

[Accessing Our Inner Fierce Feminine Through Durga](#) by Sally Kempton

[Sekhmet Article In The Belly of the Goddess Article](#) 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

Sa Sekhem Sahu: https://www.youtube.com/watch?v=0bclzuf9_Mw