

# Essential Home Play

## Third Eye Chakra Releasing

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### Highly Recommended Activities

- **Watch Venus Synodic Cycle Overview Presentation** IF you're new to the Circle
- **Build Your Venus Altar** (or begin dreaming into it!)
- Buy a **special Venus Journal** and declare in it your **INTENTION** for this Venus Cycle
- **Go out** to see the **Venus Moon Conjunction BEFORE DAWN December 21, January 1 and 2.**
- Use crystals, essential oils, colors to **Activate 6<sup>th</sup>/Third Eye Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Listen to Tami's Grandmother Guide Meditation** if you haven't already
- **Call/Connect** with **Morning Star Buddy** through phone/email/skype
- Work with ONE of the **Questions** (below)

### In-Depth Home Play

#### All Of The Above As Well As Any Or All Of The Following Practices

- **Journal Regularly in your Venus Journal**, tracking dreams, meditations, sketching, and questions
- **Create Special Ceremony** for Venus at the 2<sup>th</sup> Gate/6<sup>th</sup> Chakra
- **Introduce yourself on FB or via comment on Venus Class page including:** *Name, Why I'm Here, My Intention for this Venus Cycle*
- **Byron Katie Questions**  
*Is It True?*  
*Can you absolutely know that it's true?*  
*How do you react, what happens, when you believe that thought?*  
*Who would you be without that thought?*
- **Work with the Libra Third Chakra Questions:**
  - *What if your perception of not having done enough, or accomplished enough, or evolved enough, is NOT True?*
  - *What if where ever you are now is more amazing and a way bigger accomplishment than you have previously given yourself credit for doing?*
  - *What Would You Know to Be True if You Claimed Your Own Spiritual Sovereignty?*
  - *How Might Your Perceptions Open If It Became OKAY to Perceive Differently Than Loved Ones?*
  - *What Cultural and Family Beliefs Still Hold you Back from FULLY reclaiming your personal Relationship with Magic?*

- *Do you know and experience Magic is not only possible – it exists throughout creation?*
- *Are you aware of and do you experience Magic in your Life?*
- **Additional questions at the Crown Chakra to work with. Perhaps One Per Week**
  - ***What would it take for me to release all the ways I am not in touch with my Intuition and Inner Vision?***
  - ***What would it take for me to release all the ways I have limited my imagination due to doubt and not believing in myself?***
  - ***What would it take for me to release all the limiting perceptions that have kept me from experiencing the magic of who I am and the gifts I have to bring to this life?***
  - ***What would it take for me to release all blocks that stand in the way of joyful and easy manifestation of my full potential and most cherished dreams?***

## **Extra Home Play Practice**

For one week, track your negative beliefs and self-talk in your Venus Journal. Don't try to change it, just take note of it. At the end of the week, use a full page of your Venus Journal to sketch a simple outline of your body. Write the key negative beliefs or phrases all over the outline of your body in black and white.

Now do a releasing ceremony where you burn this image and envision your own body becoming clear. Draw another outline of yourself and fill it with positive beliefs actively countering the old beliefs. Put this somewhere you see it daily. Write these words in color, perhaps adding flowers, butterflies, animals or guides who surround, support and love you.

## **Relational Goddess Prayer: Releasing Blocks to Divine Feminine Vision**

Beloved Lady of Transformational Relationships  
 You Who Maintain the Cosmic Balance  
 Opening The Ways to New Vision and New Insight  
 Help Me Release Old Limiting Beliefs and Whatever Inhibits  
 My Divinely Inspired Perception and Understanding  
 Including Habits and Patterns that are Fixated on Narrow Points of View  
 Such as Worry, Distrust, Self-Sabotage, Being Unfocused, Scattered  
 And Anything else that interferes with me Living my Divine Design  
 In ways that are Fulfilling, Inspiring and FUN

Guide me in Releasing All the Limiting Beliefs that Keep me from  
 Showing Up and Fully Expressing Who I Truly Divinely AM

Wondrous Relational Goddess, Mighty in Your Vision for Humanity  
 Mighty in Your Vision for A New Earth Transformed & Renewed

Mighty in Your Love, Mighty in your Multi-Faceted Rainbow Vision  
Restoring Divinely Inspired Relationships with All Life Everywhere

Guide me to release all distorted perceptions I have around Personal Relating  
Help me to cultivate Inner Peace and Harmony as I join in co-creating a New Earth  
It is Done, It is So, And All Heaven and Earth Rejoice. Blessed Be!

## **The Circle of Grandmothers Prayer**

Grandmothers, Clan Mothers, Wise Female Elders  
Holders of the Vision of the New Earth Community  
Beloved Ancestors of Our Spiritual & Blood Lineage  
You Whose Call Ignited Venus Alchemy  
And Whose Wisdom Guides Us Still

We Dedicate Our Descent Journey to You  
Beloved Grandmothers  
Serving the Generations to Follow  
Through You we Remember Our Sacred Gifts,  
And Ancient Future Knowing

Guided by a Healing Vision of Peace and Plenty for All.  
With You at Our Side We Walk in Beauty and Harmony  
in Complete Alignment with Our Soul Purpose.  
We Honor you, O Grandmothers - Thank you for Standing With Us  
Thank you For the Role You Play in Bringing Together

Men and Women in Honoring the Great Feminine Wisdom  
Awakening at This Turning of a Great Age  
We Acknowledge the Time is Now to Step into Our Full Authority  
As Empowered Protectors serving all life now and for all Future Generations

## **Helpful Resources**

[The Work Handouts and Exercises from Katie Byron's website](#)

[Four Ways to Tap Your Intuition Article:](#)

<http://life.gaiam.com/article/4-ways-tap-your-intuition>

[The Intuition Guidebook: How to Safely and Wisely Use Your Sixth Sense](#)  
[by Cyndi Dale](#)

[Trust Your Vibes by Sonia Choquette](#)

[Intuition and the Mystical Life a conversation between Carolyn Myss and Clarissa Pinkola Estes about Intuition](#)

[Second Sight by Judith Orloff](#)

[Article Sharing Tips on How to Retell our Stories:](#)

[The Power of our Personal Stories by Margarita Tartakovsky](#)

[Dreaming Resources](#)

[Shakti Woman by Vicki Noble](#)

[Conscious Dreaming by Robert Moss](#)

[The Boy Who Died and Came Back by Robert Moss](#)

[Article Describing the Process of The Lightning Dreamwork Game by Robert Moss](#)