

Essential Home Play

Crown Chakra Releasing

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 2,3 and 4.**
- Use crystals, essential oils, colors to **Activate 7th/Crown Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Listen to** Tami's Chakra Assessment 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 7th Gate
- **Introduce yourself on FB or via comment on Venus Class page including:** *Name, Why I'm Here, My Intention for this Venus Cycle*
- **Work with the Bridging Scorpio Libra Questions:**
 1. *How will the Rise of the Relational Libra Feminine be intensified, energized and transformed by the Scorpio Mysteries?*
 2. *How might this support us in confronting and releasing the patriarchal dimensions of Libra including codependency, rigid ideas about right relationship, and people pleasing at the expense of authenticity?*
- **Meta Goddess Questions:**
 1. *In what areas of my life have I given my power away to a masculine partner - giving up who I am to be with that partner?*
 2. *What would it take for me to BE true to who I am while engaging in conscious, co-creative, collaborative relationships with others.*

- **Additional questions at the Crown Chakra to work with. Perhaps One Per Week**
 1. **What would it take** for me to completely release and let go all the ways I do not 100% trust myself and my connection to spirit?
 2. **What would it take** for me to completely release and let go all the ways I keep myself from experiencing divine revelation and knowing as it relates to my life?
 3. **What would it take** for me to completely release and let go all the ways I do not fully allow myself to feel completely supported and guided by spirit?
 4. **What would it take** for me to completely release and let go all the ways I do not fully allow myself to experience absolute BLISS?

Invoking the Relational Goddess For Divine Feminine Guidance at the Crown Chakra

Beloved Relational Goddess Knower of Your True Divine Essence
 O Mighty One Of Divine Authority and Divine Guidance
 Thank you for Helping me to Release all that is in the way
 Of accessing my own divine knowing and divine authority.

Thank you for Your Assistance in Restoring the Cosmic Balance
 You who are Filled with the Power of Heaven and Earth
 Mighty In Your Wisdom and Justice

Mighty in Your Willingness to Take Inspired Decisive Action
 Thank you for Guiding Me to Release All the Ways
 I feel Stressed, Frustrated, Depressed, Hopeless, and/or Afraid

Great Wise and Powerful Goddess of Sacred Divine Union

Guide me in wise inspired actions that further Radiant Health and Wellbeing
 Releasing all the Habits and Behavior Patterns that leave me feeling
 Exhausted, Out of Balance, Uninspired, Critical of Myself and Others

Help me to release the burden of all the ways I do not fully
 Trust Myself, Know Myself, and Remember My True Divine Inheritance

Thank You For Your Assistance In This Potent Journey of Surrender and Release

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

Be sure to add infovenusalchemy@gmail.com to your friends list so class emails don't land in your spam box.
Astrolabe - Cast a FREE Natal Chart <http://alabe.com/freechart/>

Cayelin's Venus Package Password to Access the Page **VenusMagic8x8**
<https://venusalchemy.com/venus-overview/>

Please do not share this with anyone outside of the Class

Tami's Meet Your Grandmother Guides and Chakra Meditation
Venus and Sky Temple Audios are also on the Class Page

Preparing for 2020 Replay <https://shamanicastrology.com/replay-of-online-summit-preparing-for-2020>

December Solstice Event <https://shamanicastrology.com/2018-december-solstice-event>