

Essential Home Play And Useful Links

5th/Throat Chakra Releasing

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Throat Chakra Themes
- **Look for the Venus Moon Conjunction** check for current date
- **Connect with your Morning Star Buddy** by Phone, Skype, email
- **Introduce yourself via FB Group or email to Tami (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 Questions Below)
- **Spend time** with Venus and the Moon in the Morning Sky
- **Speak Up:** Challenge yourself to speak out (or write) on a topic you care about. Notice if you find other ways to express that stretch you. If you are more comfortable speaking up for yourself, consider where you might speak up for others, and vice versa.
- **Initiate a Digital Detox of 24 hours or more** - centering your self in silence – to hear your own voice more clearly. You might also use this time to express yourself creatively through painting, writing, movement, etc.
- **Giving Your Gifts:** Consider what your personal gifts are to share through your voice: *What is in the way of me expressing my gift? What beliefs, habits, patterns and ways of speaking are blocking me from expressing what I am here to express.*
- **Spend time** working with the visions received when visiting the Venus Temple/Etheric Altar/Sky Temple during the Throat Chakra Ceremonies
- **Make a daily practice** of using the Sekhmet Mantra or any other mantra that works for you and/or saying the names of Sekhmet and/or singing an invocation you create (see further down for practices)

Journaling Questions to Ponder:

- What angers you?
- What makes you cry?
- What have you mastered?
- What gives you hope?
- As a child what did you want to be when you grew up?
- If you had all the time and money in the world, what would you do?
- What would blow your mind in a good way?
- What platform have you created or are creating?
- What change would you like to see in the world in your lifetime?
- If you had a day left, how would you spend it?

Questions for Clearing the Throat Chakra

- In this, or previous lifetime, what throat chakra injuries or traumas have I experienced?
- What beliefs have these experiences produced in me?
- What would it take for me to transform these beliefs?
- Draw it, dance it, scream it, act it out and resolve it—whatever it takes for transformation!

Libra Venus Clearing the Throat Chakra and Releasing Blocks to Active Listening

- What would it take for me to expand my awareness around my ability to actively listen to what others are saying without the need to defend or have an agenda?
- How can I speak my truth in ways that others can hear – without accusing, blaming or shaming – for the purpose of creating deeper relationships and connections with others?

Some Ideas about Blocks around the Throat Chakra from Video

My voice (opinion, truth, experience) doesn't matter, isn't good enough

It's already been said

I don't know enough for my opinion to matter

What if I'm wrong?

It's just words - what difference will it make?

If I say it - I might be: punished, exiled, abandoned, killed

I might offend someone or hurt their feelings

They won't hear me or care what I think anyway

I might start a conflict and I HATE conflict because it might be used against me later

Clear Fears Around Claiming Your Voice

Identify Fear: Choose 1-3 blocks from above section

Observe Fear: Pay attention to when this block comes up, how do you respond to it, how does this impact your daily life?

Practice Countering Fear through affirmations, remembering and focusing on examples in your life where you've overcome the block.

Journaling Exercises

With Morning Star Buddy or in your Venus Journal explore

- Any of the Questions in the Class PDF that resonate for you
- Questions to Clear Throat Chakra Trauma to become a more effective Listener

Active Listening The Key to More Effective Communication

It begins with Awareness:

1. Notice when you are waiting to talk – perhaps to help, fix, or share your story
2. Intention to listen effectively leads to attention toward the person speaking
3. Reflect what you heard by repeating it and asking for confirmation it is correct
4. Effective listening & demonstrating understanding builds trust and a way towards collaborating with others
5. Listening enhances all relationships, increases confidence, self-esteem, creativity, happiness, and connection
6. In working situations it creates greater productivity with fewer mistakes

Throat Chakra Questions

In what ways can I further cultivate communication with others that is effective and supportive for all involved?

What would it take for me to BE more aware of my communication and listening skills and then to act upon that awareness to improve communication with others?

How can I actively listen to what is going on around me to discern the messages that are available to me now?

How can I effectively share what is true for me in ways that are appropriate - with compassion for myself and others?

Questions to Further Inquiry into Dismantling the Male God:

How do these required praises feed an Egoic Male God figure – demanding our worship – further feeding an egoic collective infection plaguing humans - who either consider themselves superior with power over others (blessed by this superior God) or feel they are inadequate, hoping they will gain salvation through obedience?

How are we Great, Wise, and Powerful - not to be better than others - rather to uplift & celebrate?

What Wonderful Things have YOU done - not for Glory and Might or because others would sing your praises - but because it was the most fulfilling, satisfying, heartfelt action YOU could take?

Releasing Blocks to Invoking Magic Using our Voice

What distortions, limiting beliefs, cultural conditioning, ways of speaking are you ready to release - opening the space for greater magic to occur in your life?

We must verbally invite MAGIC into our lives and be willing to release anything that stands in the way of experiencing it.

Sing, Chant, Create an Invocation to sing or Chant

Cayelin's Example: I am Safe, Supported, Accepted, and Valued with Love and Joy

Tami's Example: I am Witnessed, Honored, Cherished and Loved for Speaking My Unique Truth

Consider creating a rhythm, a container for creative self-expression.

Some practices to open your creative flow include:

- Venus Journal Dates
- Dream Journal Dates
- Painting Dates
- Regular dates for intimate conversations with friends and loved ones
- Online forums like our Facebook Group

What habits and distractions block you from making this time to create and express a priority?

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

Speaking The Names of Sekhmet Or the Goddess (Use this to inspire your own Names for the Goddess)

Robert Masters tells us in his book *The Goddess Sekhmet, The Way Of The Five Bodies* that speaking these names of Goddess are a powerful way to experience "the Reality that is Sekhmet." You can also use these steps for the names of any other Goddess you want to connect with.

Robert Recommends:

- Slowly Reading the Names of Sekhmet Out Loud
- Allow Each Name Time to Pass from your Conscious Mind into your Unconscious
- Rest your Eyes on Images or Statues of Sekhmet
- As the Goddess becomes active within you, you will experience trance states leading you into the Mystery

Speaking the Names of Sekhmet

Sekhmet, Great One Of Magic

Lady Of The Magic Lamp

Mother Of The Gods

One Who Was Born Before The Gods Were

Lady Of The Place Of The Beginning Of Time

Beloved Of Ra, Her Father

Beloved Of Bast, Her Sister

Beloved Of Ptah, Her Husband-Brother
At Whose Wish The Arts Were Born
Beautiful Eye Giving Life To The Two Lands
Beautiful Face, Image Most Beloved By Art
Flaming One
Protectress Of The Gods
Lady Of The Scarlet Colored Garment
In Comparable One - Lady Of Intoxications
Mightier Than The Gods
Most Beautiful - Most Strong
Wanderer In The Wastes
Great One In The Places Of Judgment And Execution
Great One Of The Place Of Appearances In Silence
Lady Of The Way Of The Five Bodies
Unrivaled And Invincible One
Ruler Of The Chamber Of Flames - The Source
She Whose Opportunity Escapeth Her Not
Winged One - Powerful Of Heart - The Aware
Sekhmet, Who Rouseth The People
Lady Of Jubilation
The Gleaming One - Adorable One
Sekhmet, Who Reduceth To Silence
Shining Of Countenance - Mother Of Images
Self-Contained – Awakener
Lady of Enchantments - Opener Of The Ways
Lady Of Transformations
Enrapturing One - Giver Of Ecstasies
Satisfier Of Desires
Victorious One
Queen Of The Desert
Queen Of Serpents, Dragons and Lions
Complete One - Sublime One - Enlightener
Beloved Teacher - Beloved Sekhmet
Guide In The Underworld
Great One Of Silence - Pure One - Sparkling One
Destroyer- Mistress of Death - Mother Of The Dead
Pre-Eminent One In The Boat Of The Millions Of Years
Roamer Of Deserts – Empowerer
Destroyer By Fire
Great One Of Healing
Lady Of The Waters Of Life
Great One Of Laws
Protectress Of The Divine Order
The Beautiful Light - Great One In Heaven

Warrior Goddess - Goddess Of Love
Great Lady Of The House Of Life
Queen Of The Venerable Ones
Lady Of The House Of Books
One Before Whom Evil Trembles
Lady Of All Powers – Eternal
Most Beautiful Among The Gods
Bountiful One - Unwavering Loyal One
Sekhmet, Who Gives Joy

Relational Goddess Throat Chakra Prayer (say out loud daily)

Wondrous, Conscious, Co-creative Relational Goddess
Committed to Restoring our Relationship with Earth and her Magic
You Who Open The Ways Through the Power of Your Voice
Guide Me to Release All the Ways I am Critical of My Self and Others
Releasing All Rigid Thoughts and Beliefs That Hold Me Back
From Speaking Up and Speaking Into What Is True For Me
Speaking in Ways that Promote More Authentic Connection
Help Me Release All Blocks Around Knowing When to Speak
and When To Deeply, Actively Listen or when its Best to Simply Let It Go
Help Me Release Fear of Offending or Upsetting Others,
Of Being Abandoned, Rejected, Blamed or Shamed – Preventing Me
From Courageously Taking Responsibility for all that I Say and Do
O Mighty Goddess of Great Strength and Inspired Resolve
Thank you for Guiding Me to Release all the Ways I Act and Speak Out of Fear
Help me to Have the Courage to Listen to my Knowing and Act On What I know is True for Me
To Be More Discerning and Forthright with Kindness and Compassion for my self and others.
Help me to Trust Myself in Creating Conscious, Creative and Collaborative Relationships
Releasing all the Blocks preventing me from Skillfully Using my Words to Invoke and
Activate What Is Mine to Do and Say for the Benefit of All Life Everywhere. It is Done, It is So And So It IS!

Libra Meta Goddess Invocation

Oh Radiant and Shining Relational Goddess
Including our personal relationship with
the Magic of Kindness and Peaceful Co-existence Inspired by Your Brilliant Harmonious Love Light Guide Us In
Understanding Who we Really Are
Through our Interaction with Others
Help us to discover the Gifts that are a part of any
Healthy, Collaborative, Conscious Relationship
Helps us to know and personally experience
The gifts of Cooperation as we step up to
Co-Create a Happy, Healthy and Harmonious World

Bless Us With Your Guidance and Wisdom, in transforming whatever limiting beliefs remain around the challenges of Hierarchical Relating So even when we are in roles of either teaching or being taught, of guiding or being guided, of helping or being helped, of inspiring or being inspired We know our value is never more or less than anyone else I am remembering I am as valuable as everyone else no matter what role I am in.

Help Me to See how every relationship I encounter - no matter how brief or challenging Is a mirror reflecting what is within me and where I am being guided to take personal responsibility for my experience.

Help Me to know and experience the magic of seeing who I am through the eyes of another

So that I live in relational harmony and balance from the inside out.

It is Done, It is So and All Heaven and Earth Rejoice

Resource Links that might be helpful

10 Questions that Will Help You Find Your Voice

<https://www.accidentalcreative.com/creating/10-questions-that-will-help-you-find-your-voice/>

The Big Secret Nobody Wants to Tell TEDX Bruce Muzik

<https://www.youtube.com/watch?v=lkbWifP3mLw>

The Shamanic Astrology Handbook

<http://shamanicastrology.com/current-products>

Think Before Reacting: How to Use Your Mental Pause Button

<http://tinybuddha.com/blog/think-before-reacting-use-mental-pause-button/>

Instant Gratification and Its Dark Side (Technology & Communication

<http://www.bucknell.edu/communications/bucknell-magazine/instant-gratification-and-its-dark-side.html>

Healthy Self Love and Not Giving Your Power Away

<http://whatislovedrcookerly.com/999/healthy-self-love-and-not-giving-your-power-away/>

Robert Masters The Goddess Sekhmet Psycho Spiritual Exercises of the 5th Way PDF

<http://mail.dir.bg/~spodeleno/Robert-Masters-The-Goddess-Sekhmet-Psycho-Spiritual-Exercises-of-the-5th-Way.pdf>

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