

Essential Home Play And Useful Links 4th/Heart Chakra Releasing

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Heart Chakra Themes
- **Look for the Venus Moon Conjunction** on March 1, 2, 3. Exact conjunction is Saturday, March 2 at 2:03 pm PST
- **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 Heart 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 and the Moon in the Morning Sky

Questions for Clearing the Heart Chakra

- *What emotional memories or repressed feelings am I ready to release now?*
- *Where does my fear of losing love from others limit my expression and actions?*
- *What are my habitual thoughts or actions that keep me numb, to avoid feeling discomfort or pain?*
- *What emotional wounds do I have that cause me to want to control people or situations around me?*
- *Where am I ready to forgive myself? Others?*

Libra Heart Chakra Releasing Questions

- *What old scars, bitterness and resentment am I carrying and am ready to heal, clear, and release now?*
- *Where do I abandon my own needs to meet those of others AND what would it take to shift that pattern now?*
- *Where am I blocking the love and intimacy my heart desires now AND what would it take to open and receive the love that is my birthright?*
- *How Would it Look and Feel to Have a Whole Hearted, Ecstatic Love Affair with My Self and My Life? What Would it Take to Have This?*

Other In-Depth Home Play Heart Chakra Practices

Feeling Your Feelings Exercise: This month in your Venus Journal, pay special attention to moments when you get emotionally triggered. Pay attention to your body, your breath, and your instinctive response. Observe your pattern. **Practice breathing deeper, and pausing to respond rather than react.**

Find creative ways to shift and “move the energy” that push your comfort zone: scream into a pillow or alone in your car, paint hideous paintings, take up kick boxing, long hikes, dancing, etc.

Assess your “Heart Circle” Exercise Journal on the following topics: Do you take time for regular (in-person as well as distant) connection with beloved friends, family? Have you taken the time to enlarge your circle with new friendships? Is that something that you want to do?

Have you drifted into the direction of isolation and disconnection? If so, can you remember a time you felt more joyfully connected with others and the happiness that brought you?

Write the names of 3-5 people you’d love to spend more time with. Now make an action plan for how you will connect with 1 or more of them. Consider a regular “date” with individuals or circles: monthly brunch, music circle, or women’s circle, weekly walk or hike or coffee, game night, volunteering date, etc.

Home Play for Libra at the Heart Chakra: Breaking Love Spells

What Belief Spells Around Love & Relationship Are You Ready to Break Now?

Tami: There is Not Enough of Me for my Great Work and Great Love

Guiding Question: How Would it Look and Feel for Great Love to Nourish and Feed My Great Work?

Cayelin: I must continually prove myself worthy of love by how much I accomplish

Guiding Question: What would it take for me to know and feel I am worthy of love for who I am and not how much I do or accomplish?

Heart Chakra Gate Main Sky Events

March 01 Venus moves into Aquarius

March 20 Equinox and the Libra Full Moon

March 21 Venus Square Mars (Mars at Feb First Quarter Moon Degree)

March 26 Venus into Pisces

April 01 next Venus Moon conjunction at Solar Plexus Gate

Relational Goddess Prayer

Invoking Divine Feminine Compassion at the Heart Chakra

Beloved Relational Goddess,

Filled with Compassion, Kindness, and Caring

Nurturing Co-creative, Collaborative, Cooperative Relationships

Guide me to Face And Release Any Fear that I am not Loved

Guide me to Find Strength Within my Own Heart

AND the Courage to Live My Life From Love

O Powerful and Triumphant Goddess of Magic and Miracles,

Filled with the Mystery Inspired by Love

Beloved, Courageous and Mighty in Your Great Love For All

By Means of Your Loving Wisdom - Restore Me to Wholeness

Guide Me to Release all that stands in my way

Of Loving Myself More Authentically, More Confidently

Guide Me to Experience the Full Ecstasy of Love

So that I Find My Personal Strength in the Power of Love

Guide Me to Be Kind, Caring, Just and Forgiving

Toward Myself and Others

So that I Miraculously Live the Magic of Love Now!

Heart Chakra Resources

Heart Math: <http://www.heartmath.org/research/science-of-the-heart/introduction.html> and

Mother's Heart Beat

<http://www.heartmath.org/free-services/articles-of-the-heart/mother-baby-study-supports-heart-brain-interactions.html>

EMDR: <http://www.emdr.com/general-information/what-is-emdr.html>

Undefended Love (book) <http://undefendedlove.com/>

Thymus Thump: <http://rawforbeauty.com/blog/the-thymus-thump-also-known-as-the-happiness-point.htm>

Radical Forgiveness developed by Colin Tipping. [The Radical Forgiveness Worksheet](#) and other tools

Stauffer Method of Forgiveness <http://www.crtraining.org/library/forgiveness>

Ho'oponopono Exercise: <http://www.hooponoponohelp.com/>

And <http://www.ancienthuna.com/ho-oponopono.htm>

YouTube <http://www.youtube.com/watch?v=wSfbkG97H7Q>

Ho'oponopono meditation <http://www.youtube.com/watch?v=lil63u-xB70&feature=related>

Interview with Dr Ihaleakala Hew Len

<http://www.youtube.com/watch?v=3xCmvZZFQI0&feature=related>