

# Essential Home Play

## Libra Goddess

### Solar Plexus Chakra Releasing

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#### Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Solar Plexus Chakra Themes
- **Look for the Venus Moon Conjunction** check for current date
- **Connect with your Morning Star Buddy** by Phone, Skype, email
- **Introduce yourself or connect with FB Group or email Tami (she will post)**
- **Deepen your work with the Solar Plexus Chakra** using crystals, essential oils, wearing yellow
- **Engage Cayelin's Guided Journey**

**Apr 01** Venus Gate Moon (07 Pisces 46)

**Apr 02** Moon with Mercury (17 Pisces)

**Apr 05** Aries New Moon (15 Aries)

**Apr 19** Libra Full Moon (29 Libra 07)

**Apr 20** Sun Moves into Taurus, Venus moves into Aries

**Apr 23** Moon passes Ras Alhague The Crown Chakra of Ophiuchus

**Apr 24** Pluto stations Retrograde (23Cap09)

**Apr 29** Saturn stations Retrograde (20Cap31)

**May 02** Sacral Chakra Venus Gate (14Aries28)

#### 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 Solar Plexus Chakra

- *What would it take to truly know and live the power of who I am?*
- *What would it take for me to clear and release all the ways I have given my power away?*
- *What would it take for me to clear and release all the ways I have asserted power over others?*
- *What would it take for me to clear and release blocks around my power to influence society?*

## ***Violet Flame Decree to Connect with Personal Power***

*I AM a Being of Violet Fire!*

*I AM the Purity I Desire!*

*Or another version*

*I AM a Being of Violet Fire!*

*I AM the Love the Light Inspires!*

*Go to a quiet place where you will not be disturbed*

*Ground and Center, Call in Spiritual Protection (Sekhmet, Durga, Archangel Michael are good!) Repeat the decree with love, devotion and feeling, start with 3 to 9 repetitions, build up to 36, 72, or even 144 repetitions. Close eyes while stating decree, concentrate on visualizing the violet flame filling and surrounding you. OR see yourself in front of a large violet bonfire, around 9 feet high and 6 feet wide.*

*Imagine the flames pulsing and undulating with shades of violet, purple and pink. Imagine stepping into the flames where you are cleansed and transformed. You can also place any situation or person within the Violet Fire for transmutation. Call on the angels of the Violet flame to cleanse and purify your home creating an energy field of protection.*

## **Libra Solar Plexus Chakra Releasing Questions**

- *What interactions, relationships, ways of communicating with others drain my power? What would it take to release them?*
- *What interactions, thoughts, relationships empower me? How can I increase their frequency and presence in my life?*
- *What would it take for me to let go of any habits or patterns where I am rejecting myself or parts of myself especially to be in relationship with another person?*
- *How can I choose to celebrate daily my magnificently imperfect Self?*
- *What situations trigger a fear-based reaction rather than a love-rooted response? What would it take to source my actions from love more and more each day?*

## **Home Play for the Solar Plexus Chakra**

The Libra MetaGoddess with a Balanced Solar Plexus Chakra models relational sovereignty or being *whole unto herself*. She has a strong sense of inner mastery or authority that is not dependent on what others think.

In a dominator culture there is constant pressure to give our sovereignty over to others starting with our parents, teachers, bosses, partners and spiritual gurus.

**Where have you relinquished or given away your sovereignty and knowing to others?**

**What would it take for you to claim your sovereignty along with your inner divine authority to live your life from the wholeness and power that is within you?**

This is a powerful time to practice standing in our sovereignty and seeing how it feels to take radical responsibility for our lives. Our happiness, aliveness, and satisfaction are dependent on no one but ourselves as we choose bold and decisive action in pursuit of our dreams, our visions, and our higher purpose.

**Super Hero Status:** Create an alter ego Super Hero for yourself! Begin by listing or journaling the personal qualities that you love and admire about yourself. Also list the qualities that you see as weaknesses and imagine these qualities transformed into your greatest strengths.

Give yourself a Super Hero Name, draw a fun sketch of yourself wearing your favorite superhero clothes and magical talismans, robes, capes, disguises, etc.

If you are feeling bold, take time to act “as if” you ARE this Super Hero. How would you spend your day? What do you see in the world around you that you want to meet with your ferocious loving heart, your creative solutions, your perfect-for-the-occasion super powers?

## **Additional Libra Morning Star Home Play**

### **Snake Dreaming Medicine**

This month invite snake medicine to infuse your dreaming, to guide and open you to the full use of your personal power. You might wish to put images of snake on your Venus Altar, including Goddesses carrying snake medicine such as the Cretan Snake Goddess, Ixchel, Sekhmet, and Wadjet.

You might visit snakes in a zoo or pet store and spend time with them. You might sketch snakes and move your body as a snake does. You might also lie on your belly on the earth to ground, heal and give away what you have absorbed into your body back into Mother Earth. How do you feel moved to engage snake energy in your life this month?

## **Resources Links**

The Doing Addiction <http://cayelincastell.com/wp-content/uploads/2014/03/The-Doing-Addiction-3rd-Chakra.pdf>

Joanna Macy: <http://www.activehope.info/>

### **Books:**

**Blessed Unrest**, by Paul Hawken  
<http://www.blessedunrest.com/>

**The Impossible Will Take a Little While** by Paul Loeb <http://www.paulloeb.org/impossible.html>

## **Libra Goddess Doing Addiction**

Addicted to doing whatever it takes to make a relationship work – being codependent |

People Pleasing on Overdrive

Addicted to Only Doing things with others even if having to be subservient

Similarly unable to go places or engage activities if they don't have someone to go with them

Addicted to someone else's idea (could be family, parents, partner, culture, religion) of how to make relationships work

Libra benefits from remembering that healthy, conscious, co-creative collaboration with others is a powerful way to accomplish so much more than they ever could by themselves as long as they do NOT give up who they are to do so!

## **Relational Libra Goddess at the Solar Plexus Challenges and Opportunities**

Wounding for the feminine occurs when told the feminine (woman) is less than the masculine (man) so your feminine side must sacrifice for love and professional status.

- Do you abandon yourself to be loved by another? This can happen to both men and women.
- Mythically Sleeping Beauty is asleep to herself and can only be awakened by the kiss of a prince.
- Time to take back our feminine power and stop giving it away to a mythic Prince (or someone outside of us who might save us or help us feel complete).

### **Starting with empowered Self Love!**

- The transformation must come from the inside out and not the outside in!
- Love yourself No Matter What
- Release judgment whenever possible

**Releasing Limiting Beliefs and Misconceptions** at the root of negative behaviors, longings, desires, excuses, and coping mechanisms that hold you back.

### **Finding out who you are and what you like is an act of Self Love. Ask Yourself:**

- Who I am I beyond what I have been conditioned to believe I should be?
- What do I like?
- What is My preference?
- What do I want?
- What Brings ME JOY?

## **Taking Care of Yourself is an Act of Self Love** including:

- Healthy Living, Diet, Exercise Plenty of Rest
- Having Fun
- Spending time in Nature
- Spending time with those who love and accept you as you are and not who they want you to be

## **Relational Goddess Prayer at the Solar Plexus**

### **Beloved Relational Goddess Courageously Committed to Fostering Co-creative, Collaborative, Cooperative Relationships**

Enthusiastic Maintainer of the Cosmic Balance – Helping us to:

Restore Relational Balance with Ourselves, Each Other and the Earth

Standing in Your Powerful Divine Feminine Sovereignty

Thank you for helping Me Release All The Ways

I have been Inauthentic and Apologetic rather than

Genuinely and Realistically Expressing from

My True Essence and Authentic Personal Power

Help Me to Release whatever is in the way of me

Truly Trusting Myself And Clearly Knowing

I do NOT need to Have Power Over Others

AND I do NOT need to Give My Power Away

To Have Significant Value and Worth in this World

Guide me in taking ALL the necessary Risks

Designed to help me Experience the Will to Stand

In the Strength and Magnificence of who I AM

O Mighty Wise One In the Sensible Use of Great and Exquisite Power

Guide Me to Release all that is Unwise or Unsupportive - From this and all other Lifetimes

So that I am living from a place of Confidence, Courage and Strength

Where I am Freely Sharing my Gifts with the World – It is Done, It is So and I give Thanks!