

Essential Home Play And Useful Links

2nd/Sacral Chakra Releasing

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Sacral 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 Sacral Chakra** through use of crystals, essential oils, wearing orange
- **Work with Cayelin's Guided Journey**

In-Depth Home Play

All of the Above Along with Any or All of the Practices Below

- **Regularly Journal** tracking dreams, meditations, sketching (see suggested Questions below)
- **Spend time** with Venus and the Moon in the Morning Sky

Questions for Clearing the Sacral Chakra

- *What would it take to clear and release all the ways I do not value myself?*
- *What would it take for me to clear and release all distortions and limiting beliefs I have around money and financial abundance?*
- *What would it take for me to heal, clear and release all my blocks to experiencing pleasure and intimacy in my life and in my relationships?*
- *What would it take for me to clear and release any blocks around joyful, pleasure-filled, expansive creativity?*

Libra Sacral Chakra Releasing Questions

- *What would it take to stop trying to manage and process everything about my relationship and instead drop into my sensual nature connecting beyond words?*
- *Where has my painful relational history left me feeling hopeless about ever being fully met and how can I heal this belief for a new outcome?*
- *Where are my fixed ideas about how relationships SHOULD look blocking me from opening to new experiences in love and intimacy?*
- *Do I believe it is possible for me to be in joyful partnership while also contributing my gifts? If not, what would it take to embrace this possibility?*

Libra Intimacy Questions

- *What does the Libra Feminine experience of healthy pleasure and intimacy look and feel like?*
- *How might wounded Libra block pleasure, intimacy, sexual aliveness? Consider the wounds coming from the conditioning around being viewed as property rather than an equal partner. What other reasons might there be around this?*
- *How might you engage healthy feminine Libra to heal these blocks?*
- *How does this serve Libra values of equal, conscious, collaborative relationship?*

Libra Questions Around Creativity

- *What if I never create new healthier patterns in relationships?*
- *What if I am never able to cultivate my innate gifts, skills and talents because I focus all of my attention and energy on other people and relationship tending?*
- *What if when I develop my creative talents and skills it threatens others' egos or causes them to be envious of me or not like me?*

Home Play for Libra Sacral Chakra

Self-Pleasure Practice

Write 20-100 Things that Bring You Deep Pleasure in your Venus Journal. For a week (or longer), commit to doing one of these things each day.

Identify and track any resistance holding you back from engaging these practices or totally immersing yourself in them. Allow your growing awareness to support you in releasing blocks and receiving more pleasure in your life!

AND/OR At The End of Each Day Track in Your Venus Journal where you experienced pleasure and intimacy. Pay attention to how you responded to these moments...did you allow yourself to completely drop into the experience? Or did you block or cut it off because it made you uncomfortable? If you blocked the experience then what will it take to move past the discomfort?

Summary of Significant Timings for this Venus Gate

April 23 Class Date Venus and Chiron together in Aries <https://cayelincastell.com/venus-with-chiron/>

May 01 Moon moves into Aries

May 02 Moon Venus Gate (14 Aries) near same degree as April New Moon

May 15 Venus moves into Taurus

May 16 Webinar on Venus Mars gathering in the Underworld

May 18 Scorpio Full Moon (27 Scorpio 39) Venus Conjunct Uranus (4 Taurus)

May 20 3 Days of No Shadows in Mayan Land <https://cayelincastell.com/sun-pleiades-zenith/>

May 21 Sun Moves into Gemini with the Pleiades

May 22 Sun still with 1 degree of Pleiades

June 01 Next Venus Moon Gate Root Chakra (21 Taurus)

Sacral Chakra Relational Goddess Prayer Invoking Divine Feminine Pleasure & Intimacy

Beloved Lady Of Pleasurable Enchantments
Goddess Of Sensual Beauty And Orgasmic Pleasure
Mistress Of Intimacy And Satisfier Of Desires
Guide Me In Releasing all that prevents me from
Fully and Joyously Receiving More Beauty
More Love, More Pleasure, More Health And Greater Wealth
Than I Have Ever Imagined
Guide Me To Face and Release
Any Fear I may still have Of Deep Ecstatic Intimacy
So That I Experience Its Deepest Gifts And Transformation
Mighty One In The Wise Use Of Life Force
Including Healthy Expressions Of Personal Value And Self Worth
Beloved And Adored Goddess - Guide Me To Let Go
Of all the ways I have ever believed I am NOT Worthy,
NOT Valued and NOT Treasured Just the Way I AM
Help Me Release ALL distortions within me
Including whatever prevents me from Experiencing the Total Ecstasy Of My Life Force
So I Live from the Cosmic Balance already within me and all I encounter.
It is Done and It is So and I give Thanks - Blessed Be!

Additional Resources for Morning Star Sacral Chakra

Juno Moneta PDFs on Class Resource Page

The Venus Project <https://www.thevenusproject.com/en/technology/energy#>

Story of Stuff a 20 minute video that gets to the heart of the Stuff Addiction.

<https://www.youtube.com/watch?v=9GorqroigqM>

Womb Wisdom: Awakening the Creative and Forgotten Powers of the Feminine by Padma Aon Prakasha (Comes highly recommended on Amazon)

Unplugging the Patriarchy - A Mystical Journey into the Heart of a New Age by Lucia René

Describes via a fiction format (though based on a true story) about the creation of our money system and what three women did ceremony to change it further activating the Solar Feminine.

Cayelin read this book in 2012 and LOVED it.

Overcoming Scarcity Consciousness

<http://nobelsteve.blogspot.com/2007/02/what-is-scarcity-consciousness.html>

We are Wealthy: <http://www.becomingminimalist.com/wealth/>