

Essential Home Play and Useful Links

Root Chakra Releasing

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect 1st/ Root 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 Root Chakra** through use of crystals, essential oils, wearing red
- **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, using questions below)
- **Spend time** with Venus and the Moon in the Morning Sky

Questions for Clearing the Root Chakra

- *In what areas of your life do you NOT feel safe?
Do you trust that life supports you, that you are supported al-ways?*
- *In what areas do you feel there is not enough?
Do you trust yourself to make supportive, healthy decisions?
In what areas do you feel you have no control or choice?*
- *Where are you missing experiencing healthy boundaries?*
- *Do you make decisions easily?*

Libra Root Chakra Releasing Questions

What would it take for me to release all imbalances in my relational life including:

- *Giving my all to any relationship without an equitable return*
- *Being co-dependent*
- *Giving up who I am to be in relationship*
- *Settling for relationships where we do not meet each other in the ways we need to met, loved or valued*

Where am I addicted to relationship or so shut down I am not allowing relationship into my life?

Home Play for Libra Root Chakra

Daily Energetic Boundary Setting

Begin and end each day with a practice of establishing energetic protection, through use of a protective blue light, calling in guardian spiritual allies, etc. Make sure there is openness for the new, good, supportive to flow in and out.

Craft your Declaration to the Universe

Write and post in a place where you will see it often your declaration to the Universe - this is what I am requesting. Best to state what you DO want rather than declaring what you don't want. Know this declaration can be revised in the future.

Boundaries Assessment

Day 1: Over the course of your day, pay attention to your instinctual, energetic response to other people - strangers as well as loved ones. Now pay attention to your outer physical or verbal response to them. Is there a match?

How often do you practice "lying" with your words or actions, behaving as if you WANT another's energy in your field when you are not in fact available?

Day 2: Same game only this time make one of two choices: either you match your actions with your energetic (with love) OR you CHOOSE to connect, by first acknowledging your honest inner reaction and deciding to make a shift into conscious connection. What would it take to set boundaries from a place of emotional honesty and love for self as well as the other?

Celestial Summary of this Venus Gate

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

June 07, 08, 09 Venus is with the Pleiades

June 16, 17, 18 Venus is with Aldebaran

June 21 Summer Solstice at 8:54 pm PDT and 11:54 pm EDT

June 23 Venus opposite Jupiter

June 24 Venus Square Neptune

July 01 Next Venus Moon Gate

Relational Goddess Prayer

Invoking Divine Feminine Life Force at the Root Chakra

Beloved Goddess of the Scarlet Garment

Great One of Healing, Lady Of Personal Transformation

Goddess Of Great Vitality, Strength and Life Force Energy

Guide me to Release Everything that Prevents me from

Trusting I am Safe and Secure, I am Loved, I am Supported

I am Accepted, I am Significant, and I am Valued for who I am

And not just what I DO...

Ancient Wise One, Remover of ALL Obstacles and Self-Created Barriers

Guide Me to Release whatever is in the Way of Experiencing

Radiant, Vibrant, Alive, Life Force Energy

Guide me in Releasing Everything that Prevents Me

From Creating and Maintaining Healthy Relational Boundaries

Guide Me in discovering all the false beliefs and misconceptions

that block me from knowing my Great Value and Evolving Life Purpose.

Help Me Release ALL Root Chakra imbalances and distortions

including whatever prevents me from Living

the Immense Power, Magic and Wonder Of My Personal Life Force

So I restore the Cosmic Balance within Myself and the rest of the World.

It is done it is so and I give thanks! Blessed Be.

Additional Resources for Morning Star Root Chakra

Additional Resources

[*The Cultural Creatives: How 50 Million People are Changing the World.*](#)

By Paul H. Ray and Sherrie Ruth Anderson

[Cultural Creatives Update Article](#)

[The Secret Pleasures of Menopause](#) by Dr. Christian Northrup

The Earthing Institute: <http://earthinginstitute.net/>

[The Intuition Handbook: How to Safely and Wisely Use your 6th Sense](#)

by Cyndi Dale

[Positive Energy Practices: How to Attract Uplifting People and Combat Energy Vampires](#) by Judith Orloff Audio.

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