

# Essential Home Play And Useful Links

## Libra Underworld Journey

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### Highly Recommended Activities

- **Build or Renew Your Venus Altar to reflect Underworld Themes**
- **Practice Sun Gazing**
- **Connect with your Morning Star Buddy** by Phone, Skype, email
- **Use the FB group as a place to reach out for support and connect with Venus Community**
- **Deepen your work in the Underworld** through use of crystals, essential oils, wearing black
- **Work with Cayelin's Underworld 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 the Sun tuning into the insights and messages gained from Venus who is with the Sun.
- **It's not too late! Review Classes and Meditations in the Underworld**
  - **Revisit Cayelin's Guided Meditations**
  - **Revisit Class Recordings/PDF's**
  - **Do Missed Home Play**
  - **Listen to Grandmother Guide Meditation**
  - **Make regular check-in dates with Buddy**
  - **Introduce yourself in FB Group if you haven't yet and/or ask for Support!**
  - **Listen to Tami's "Tuning into Your Chakras" Guided Meditation** to connect more deeply with your Chakras and Create Chakra Totem Pole
- **Underworld Altar.** Create or update existing altar to reflect this underworld time and your intent. You may choose to honor your own grandmothers, the Dark Goddess, Sekhmet. Fill vials with "food and water of life. You might create a symbolic Cauldron where you symbolically place feelings, patterns, etc. for release throughout the underworld initiation
- **Practice Dream Incubation** (asking for guidance and support in your dreams)
- **Underworld Venus/Dream Journal:** Restore or Deepen your practice of the Venus Journal integrating images and dreams (See Cayelin and Tami's examples included on the Class page for more ideas).
- **Greet Venus and the Sun** at Sunrise and or Sunset with Sun Gazing or Sun Salutations or other practices

### Questions for Underworld

- *What is my deepest fear and what will it take for me to face and embrace it?*
- *What blocks remain from my descent that I am ready to fully release to the Dark Goddess?*
- *What would it take for me to trust the Underworld initiation is taking me where I need to go and empowering me in the process?*
- *How has the underworld phase influenced my life and brought me to where I am today?*

### **Possible Blocks in the Libra Underworld**

*Afraid to be vulnerable*

*Terrified of being alone even if relationship is miserable*

*Surrendering to others needs or desires - perhaps not even be aware of personal needs that aren't being met.*

*Sacrificing authentic self to be in relationship to others*

*So busy showing up for what you believe others want from you - NOT showing up for yourself*

## Libra Underworld Questions

- *How have I given up being myself to be in relationship surrendering to what I perceive others want from me?*
- *What relationship dynamics have I outgrown & am ready to die to? What would that look and feel like?*
- *What would it take for me to die to everything that holds me back from the true intimacy and relational depth I desire?*
- *What will it take for me to face any fears of being alone, unwanted, unloved, being less than or not good enough, betrayed?*
- *What would it take for me to die to any and all inherited patterns of belief, self sabotage, or limitation around love and intimacy?*
- *Where is my relationship to the Earth out of balance? Am I willing to surrender into a new, restorative and mutually supportive relationship now?*

## In the Belly of the Goddess Prayer to the Underworld Goddess

O Mighty Goddess Of Disruption, Death, Dying, and Total Transformation

In your Belly, Within Your Sacred Body

I Know I am Safely Held as I am digested and assimilated

Even when it doesn't feel that way.

Here Within the secure protection of your Body

I continue to have the courage to

Face My Fears And Shadow Side.

In your belly I know I am safe to fully feel all that

I have been afraid to feel until now...

Including any hatred I may still have for myself or others

The Immense Pain of Hurt, Betrayal, Guilt and Shame

Including All the ways I have rejected myself and others

All the ways I have judged myself as not enough

All the feelings I have around being abandoned by

The Divine, Great Spirit, Great Mystery, All That IS

All the ways I have been wounded, punished, and judged by others

and the Immense Unfairness of it All

How I have strived to be perfect and feel I have fallen short - judging myself for that too!

How I have felt that if I am not perfect I may not be loved, I may not be accepted,

I may be cast into the wilderness to die

Thank You O Great Dark One for this precious Gift of safety to feel these difficult feelings

And for the digestive process nourishing my transformation and renewing my strength

Thank You For your fierce commitment to restoring

the cosmic balance for all life.

Thank you so much for

Digesting All That Holds Me Back From Knowing

And Expressing Who I REALLY AM

Mighty and Wondrous Goddess of the Deep, Dark, Depths,  
Thank You For Helping Me experience  
The Precious Secrets Of Surrender  
AND What It Takes to Die A Good And Peaceful Death

Thank you for Guiding Me In Surrendering to  
All That Is In The Way Of Living My Fully Empowered Self  
Thank You for helping Me Feel All My Uncomfortable Feelings  
Including Anger, Fury, Uncertainty, Anguish, Sorrow, Grief, Anxiety And Self-Doubt  
Thank You for helping me Transmute All of this Into Compassion, Confidence And Courage  
So that I restore the Cosmic Balance, Cosmic Justice, Cosmic Awareness Within Myself  
And in relationship to the ALL of life - Benefiting All Beings Everywhere  
While Inspiring Others to their own Greatness by embracing and transforming their dark side  
Creating a High Vibration Revolutionary Wave of Change for our Beloved Earth!  
I am Deeply Grateful that this done and this is so...And So it IS! Blessed Be!

### **Libra Underworld Home Play**

Here we release all habits of forgetfulness and disconnection from our true sources of power. We surrender the false belief that we are alone in the Universe and claim our true lineage.

Take time in your Venus Journal to explore your relationship with the following including: creating an invocation to honor them, a vision board that depicts them, find objects for your altar to represent key sources of power, OR make a video naming them. Claim these sources of True Strength to Support You during your Underworld Initiation.

- Strengthening Spiritual ancestors
- Strengthening Blood ancestors
- Sacred Landscapes Shaping You (and their original people)
- Plants and animals that are lineage holders for you
- Stones/Crystals that strengthen you

Sky Lineage: Moon Sign, South Node, IC, and Stars connected to these beings

### **Significant Ceremonial Dates in the Underworld**

**Jul/Aug/Sep 2019**

**Jul 02 Total Solar Eclipse 10 Cancer**

**Jul 03 Venus enters Cancer on the Galactic Cross at the Galactic Edge**

**Jul 09 Sun Opposite Saturn (17 Cap)**

**Jul 14 Sun Opposite Pluto (21 Cap) near Venus (13 Can)**

**Jul 16 Lunar Eclipse (25 Cap) and Saturn opposite Venus (17 Can)**

**Jul 21 Venus Opposite Pluto (22 Cap)**

**Jul 27 Venus into Leo**

**Jul 31 Venus Moon (5 Leo) New Moon (9 Leo)**

**Aug 14 Venus conjunct Sun (22 Leo)**

**Aug 21 Venus into Virgo**

**Aug 23 Sun into Virgo**

**Aug 24 Venus and Mars conjunct (4 Virgo)**

**Aug 30 Moon Venus (12 Virgo with Sun)**

**Sep 04 Venus opposite Neptune (17 Virgo 28)**

**Sep 14 Venus returns to Libra with Mercury**

**Sep 19 Venus Rises as Evening Star**

### **She let go.**

Without a thought or a word, she let go.

She let go of the fear. She let go of the judgments. She let go of the confluence of opinions swarming around her head. She let go of the committee of indecision within her. She let go of all the 'right' reasons. Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice. She didn't read a book on how to let go. She didn't search the scriptures. She just let go. She let go of all of the memories that held her back. She let go of all of the anxiety that kept her from moving forward. She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go. She didn't journal about it. She didn't write the projected date in her Day-Timer. She made no public announcement and put no ad in the paper. She didn't check the weather report or read her daily horoscope. She just let go.

She didn't analyze whether she should let go. She didn't call her friends to discuss the matter. She didn't do a five-step Spiritual Mind Treatment. She didn't call the prayer line. She didn't utter one word. She just let go.

No one was around when it happened. There was no applause or congratulations. No one thanked her or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go.

There was no effort. There was no struggle. It wasn't good and it wasn't bad. It was what it was, and it is just that.

In the space of letting go, she let it all be. A small smile came over her face. A light breeze blew through her. And the sun and the moon shone forevermore. ~ Rev Safire Rose

### **Charge of the Dark Goddess**

Hear me child, and know Me for who I am. I have been with you since you were born, and I will stay with you until you return to Me at the final dusk.

I am the passionate and seductive lover who inspires the poet to dream.

I am the One who calls to you at the end of your journey. After the day is done, My children find their blessed rest in my embrace. I am the womb from which all things are born.

I am the shadowy, still tomb; all things must come to Me and bare their breasts to die and be reborn to the Whole. I am the Sorceress that will not be ruled, the Weaver of Time, the Teacher of Mysteries. I snip the threads that bring my children home to me. I slit the throats of the cruel and drink the blood of the heartless. Swallow your fear and come to me, and you will discover true beauty, strength, and courage.

I am the fury which rips the flesh from injustice. I am the glowing forge that transforms your inner demons into tools of power. Open yourself to my embrace and overcome. I am the glinting sword that protects you from harm. I am the crucible in which all the aspects of yourself merge together in a rainbow of union.

I am the velvet depths of the night sky, the swirling mists of midnight, shrouded in mystery. I am the chrysalis in which you will face that which terrifies you and from which you will blossom forth, vibrant and renewed.

Seek me at the crossroads, and you shall be transformed, for once you look upon my face, there is no return.

I am the fire that kisses the shackles away. I am the cauldron in which all opposites grow to know each other in Truth. I am the web which connects all things. I am the Healer of all wounds, the Warrior who rights all wrongs in their Time. I make the weak strong. I make the arrogant humble. I raise up the oppressed and empower the disenfranchised. I am Justice tempered with Mercy.

Most importantly, child, I am you. I am part of you, and I am within you. Seek me within and without, and you will be strong. Know me. Venture into the dark so that you may awaken to Balance, Illumination, and Wholeness.

Take my Love with you everywhere and find the Power within to be who you wish. ~Author Unknown

## Additional Resources

Dark Goddess Tarot by Ellen Lorenzi-Prince <http://darkgoddessstarot.com/home.htm>

*Journey to the Dark Goddess: How to Return to Your Soul* by Jane Meredith <http://www.amazon.com/Journey-Dark-Goddess-Return-Your/dp/1846946778>

Shakti Woman: Feeling Our Fire Healing Our World – The New Female Shamanism by Vicki Noble <http://www.amazon.com/Shakti-Woman-Feeling-Healing-Shamanism/dp/0062506676>

Women Who Run with the Wolves: Skeleton Woman Story by Clarissa Pinkola Estes <http://www.amazon.com/Women-Wolves-Clarissa-Pinkola-Est%C3%A9s/dp/0345409876>

The Liver and Gallbladder Miracle Cleanse by Andreas Moritz <http://www.amazon.com/The-Liver-Gallbladder-Miracle-Cleanse/dp/1569756066>

Heal Yourself with Sunlight by Andreas Moritz <http://www.amazon.com/Heal-Yourself-Sunlight-Andreas-Moritz/dp/0979275733>

Shaking: The Original Path to Ecstasy and Healing by Bradford Keeney: <http://www.amazon.com/Shaking-Original-Path-Ecstasy-Healing/dp/1591798957>

Healing Trauma, by Peter Levine: <http://www.amazon.com/Healing-Trauma-Pioneering-Program-Restoring/dp/159179658X>

“Fuck You Spiritual People” rest of article here: <http://hrostoski.com/2014/10/fuck-you-spiritual-people/>

It Ain't Bad to Get Mad! Song <http://tinyurl.com/k4a9yyy>

My Victorian Super Ego and My Ugly Feelings by Queendom.com <http://tinyurl.com/za2hsbn>

The Power of Shaking: [http://cayelincastell.com/healing\\_power\\_of\\_shaking/](http://cayelincastell.com/healing_power_of_shaking/)

Rochelle Schiek Shaking Video: <http://www.goya.love/chapter-4-resources>  
<http://tinyurl.com/jda2h1r>

The Ecstasy of Shaking Video by Tesa Ratu Bagus Balinese Instructor: <http://tinyurl.com/z7fx62t>

Articles on Nitrous Oxide: [https://www.ted.com/talks/richard\\_weller\\_could\\_the\\_sun\\_be\\_good\\_for\\_your\\_heart](https://www.ted.com/talks/richard_weller_could_the_sun_be_good_for_your_heart)

The Horns of the Bull Gateway to the Elysian Fields  
<https://cayelincastell.com/the-horns-of-the-bull-gateway-to-the-elysian-fields/>

Alhena in the Twins <https://cayelincastell.com/alhena-in-the-twins/>

The Twins <https://cayelincastell.com/the-twins-castor-pollux/>