

# Venus Alchemy Evening Star

## Sacral or 2<sup>nd</sup> Chakra

Life Force/Sexual Center of the Goddess  
with Cayelin K Castell and Tami Brunk





# Entering The Sacral Chakra Gate



## At the 2<sup>nd</sup> Gate 2<sup>nd</sup> Chakra

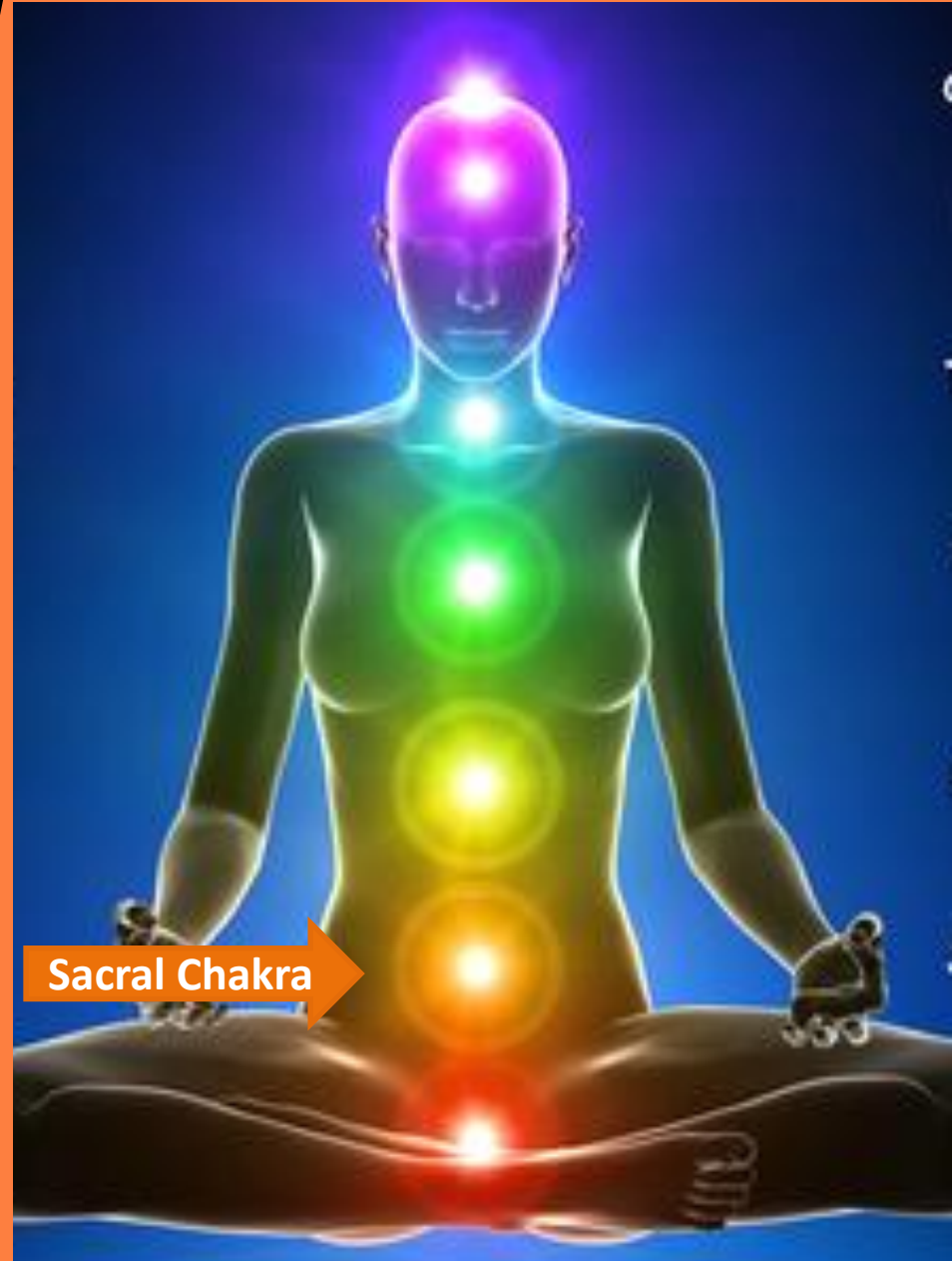
Inanna retrieves her  
ankle bracelets  
symbolically  
reclaiming healthy  
ways of valuing  
herself, her gifts and  
the gift of life itself.





**The Second or Sacral Chakra**  
**Swadhisthana** (Sanskrit for *dwelling place of the self*) is located in the lower abdomen about two finger widths below the navel and is the center most linked with pleasure, enjoyment and creativity.

**It is also known as the Sex and Money Chakra**





# Balanced Sacral Chakra

- Expresses as radiant warmth and sincere friendliness without neediness or coming on too strong
- Open to passion, intimacy and healthy sexuality
- Ability to attract and manifest
- Going with the flow
- Accepting what IS
- Passionate Personal Expression
- Easy Going, Joyful
- Creative, Fun
- Sexually Fulfilled



# Maintaining a Balanced 2<sup>nd</sup> Chakra:

- Chant the Sacral Chakra Mantra – Vam
- Activate tactile sensual pleasure through Taste, Smell, Touch, Sound, Beauty
- Wear Orange the color of Creative Expression, Joy, Enthusiasm, Warmth, and FUN.

**Gems/Minerals:** Amber, Orange Calcite, Orange Kyanite, Orange Carnelian, Citrine, Golden Topaz, Rutilated Quartz

**Herbs and Essential Oils:** Burdock, Damiana, Gardenia, Sandalwood, Ylang-Ylang, Bay Laurel, Bergamot, Cardamon, Clary Sage, Jasmine, Orange Patchouli, Rosemary

**Other Practices:** Sensual care of your body, Healthy Organic Food, Exercise etc. Pranyama, Tantric Practices, Hip Opening Yoga or Stretches, Kundalini Yoga, Belly Dance, Spend Time in Nature, Tune in and notice how your body feels.

Ask what your body wants you to do to nourish it.





# Who are the Demons that are showing up for you?

## 2<sup>nd</sup> Chakra Demons

Victim Demon

Loneliness Demon

Inadequate Demon

Dissociative Demon

Stressed Out Demon

Overly Critical Demon

Needy and Clingy Demon

Over or Under Eating Demon

Low or No Self Worth Demon

Frigid or Disconnected Demon

Misuse of Sexual Energy Demon

Ineffective Ability to Manifest and Attract Demon



Name yours \_\_\_\_\_

# Transforming the Madonna/Whore Split between Sexuality and Spirituality



**Blue is the Color for the Madonna who became Mother through an Immaculate Conception – meaning no sex. She IS spiritual.**



**Red is the Color of the Magdalene or Whore who has sex so she is NOT spiritual.**

**Note: Red is worn by Catholic Cardinals.**



# Invocation to Mary Healing the Madonna Whore Split

I am Mary Whose Light of Passion and  
Holy Fire Fuels The Universe  
With My Great Love, Impassioned Feeling,  
and Spiritual Truth.

No Longer Do I Live from the Wound  
Of Separation that splits my awareness  
Between my Spiritual Purity  
and my Sexual Power.

My Body, My Pleasure, My Erotic Truth is  
First and Foremost Mine to Experience  
Then Offer With A Full Hearted YES  
To the Beloved of My Choosing.

As I Claim My Human and Divine Nature  
I Restore the Sacred Balance  
The Truth of my Being  
First Within and then Without





# Invocation to Mary Magdalene

## Healing the Madonna Whore Split

I am Mary Magdalene  
I am High Priestess and Sacred Consort  
Expressing Love by LoveLight of Passion  
and Holy Fire Fuels The Universe  
With My Great Love, Impassioned Feeling,  
and Spiritual Truth.

No Longer Do I Live from the Wound  
Of Separation that splits my awareness  
Between my Spiritual Purity  
and my Sexual Power.

My Body, My Pleasure, My Erotic Truth is  
First and Foremost Mine to Experience  
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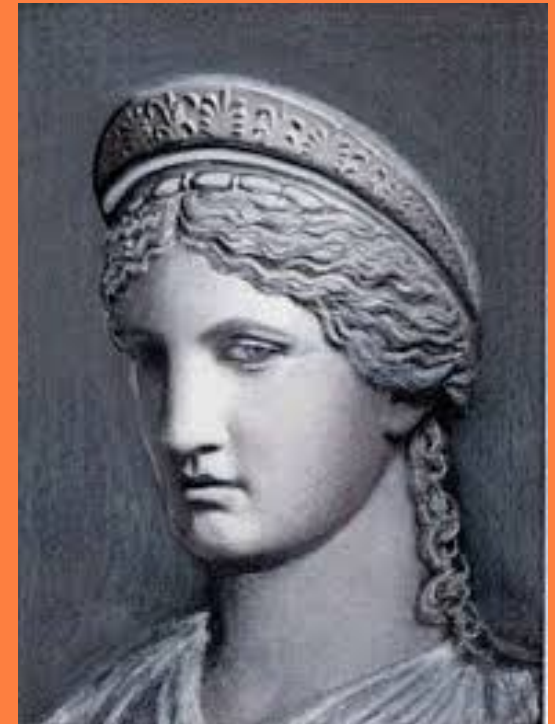




# The Goddess Juno Moneta

She was the Roman fertility goddess and Protectress of Rome, Marriage, Childbirth and Money

***What are the origins of the word money? If we search in this direction, we meet a goddess. She lives in the world of archetypes, the larger patterns that shape us and await our discovery.... The word "money" derives from the Roman goddess named (Juno) Moneta. ~Crawford, T. (1996). The Secret Life of Money: How money can be food for the soul. New York: Allworth Press.***



# Abundance Consciousness

## **Abundance Consciousness**

forges a new energy economy based on renewable, unlimited resources to serve ALL Beings and the Earth

Abundance Consciousness says  
**there is PLENTY for all**

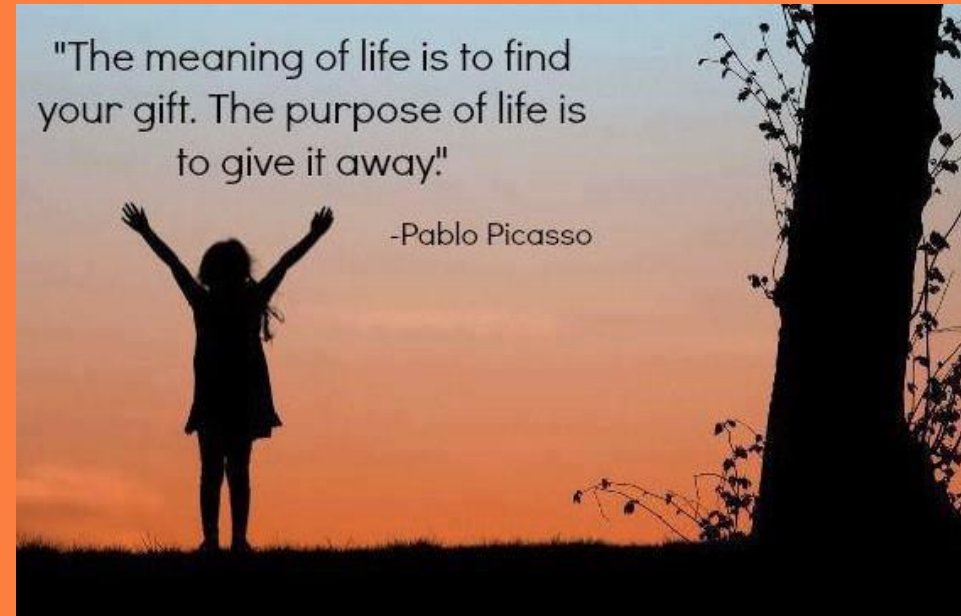
## **Abundance Consciousness asks:**

How can I develop my gifts so I can share them and bless the world?

What form of generous giving will bring me the greatest joy and fulfilment?

How can my life, my actions, my feelings, and my thoughts contribute to the wellbeing of ALL life on this planet?

**Abundance Consciousness accurately assesses the challenges and limitations many of us face and asks:** how can this challenge or limitation be approached as a gift in disguise?



"The meaning of life is to find  
your gift. The purpose of life is  
to give it away."

-Pablo Picasso



# Abundance Consciousness

## Abundance Consciousness:

- Express Gratitude Everyday
- Be Complimentary
- Forgiving of Self and Others
- Has a Healthy Relationship with Failure as a step to experience success
- Willing to learn from failure
- Read Everyday
- Talk About Ideas
- Share Information
- Joyously Celebrates Accomplishment
- Embraces Change
- Delighted when others Succeed
- Crediting Others for their Work, Ideas, Successes
- Have a 'to BE' and 'to DO' list
- Have a Vision for your life
- Values the abundance of Love, Joy, Fun, Play and Fulfillment



# Dreaming into a New Sacred Economy

- Based in Knowing the Earth is abundant with plentiful resources when used wisely, supporting a healthy environment and Earth eco-system
- A vision for a holistic socio-economic system where everyone is supported with a high standard of living (including food, clothing, housing, medical care, education) without the use of money, credits, barter or any other system of debt or servitude
- All resources are shared and are not reserved for just a select few
- Recognizing that each person has a valuable contribution when given a chance, creating a unifying effect based in the understanding we are stronger when we collaborate

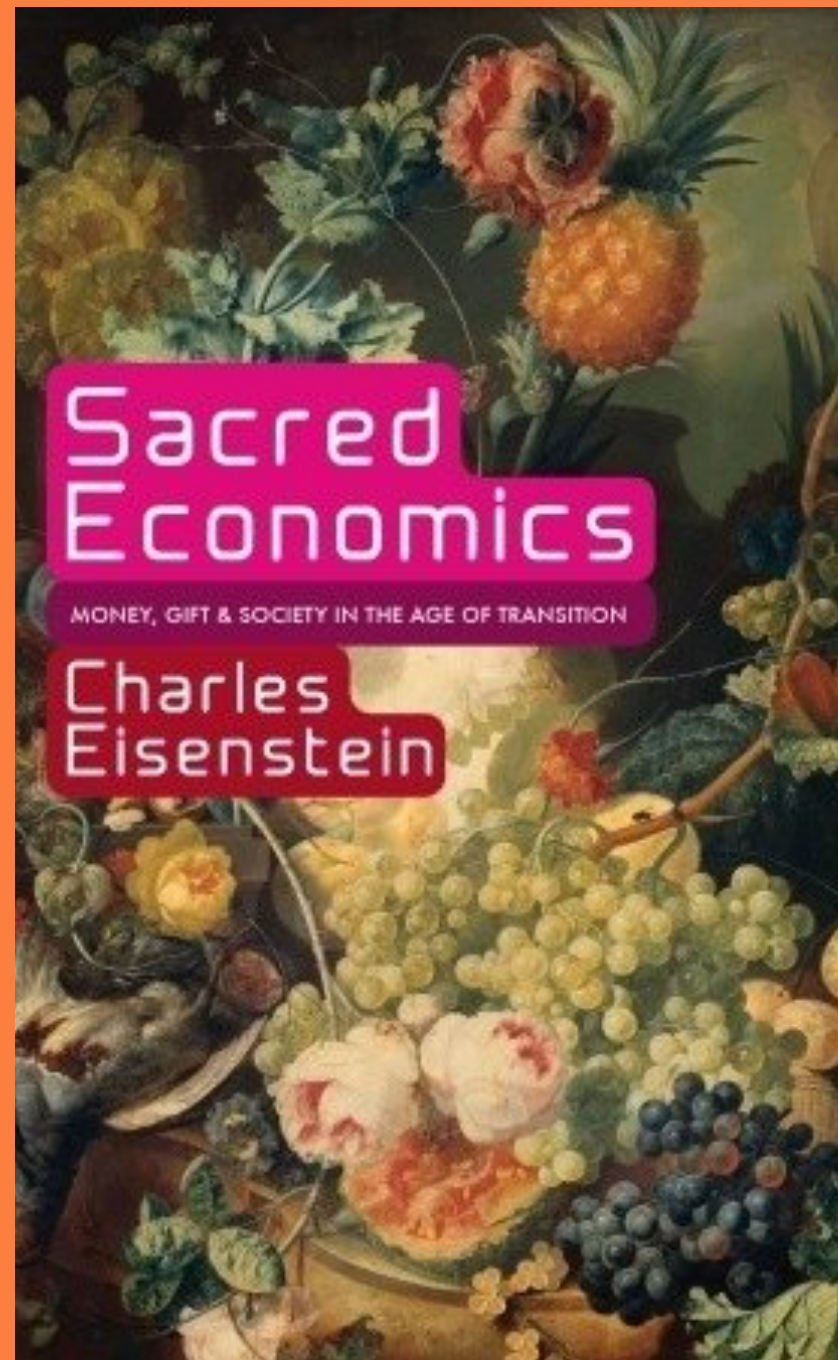
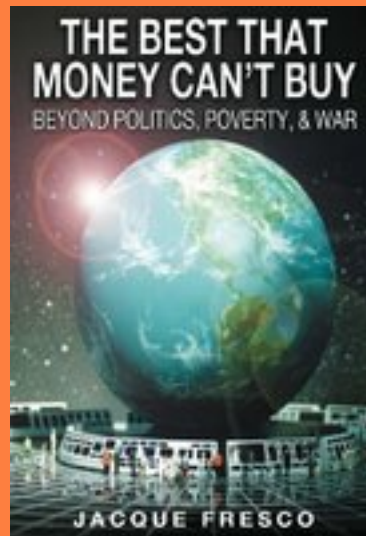




# Dreaming into a Sacred Economy

Money is a social convention, an agreement. It is neither a natural resource nor does it represent one. It is not necessary for survival unless we have been conditioned to accept it as such.

**Elimination of debt eliminates fear of not having enough** reducing and even eliminating both mental and physical stress, leaving us free to explore and develop our natural creative abilities.



# **I Claim My Full Value and Worth!**

**My TRUE Value and Worth IS Based on my existence!**

How much joy I experience every day,  
How much love I feel and express,  
AND how much light I naturally shine.





# Gratitude Ceremony

Gratitude Raises our vibration and increases our self worth

Ideal to practice Gratitude Daily

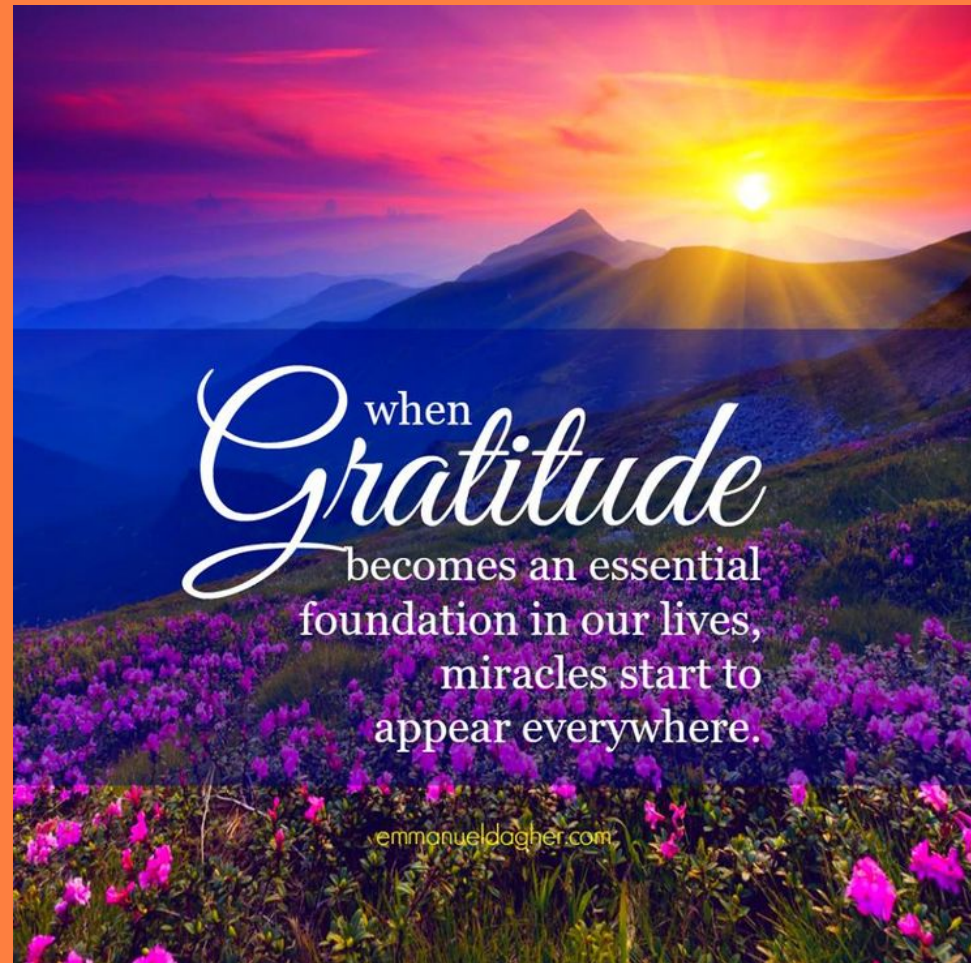
Write a Gratitude List – take your time in creating it

Read it every day for a month or longer to strengthen your personal field of gratitude

Give Advanced Gratitude as if you already have what you are expressing Gratitude for within the Field of Plenty

Be sure you create your statements of gratitude in positive ways. State what you want not what you don't want. I am grateful for radiant health is better than I am grateful for being disease free.

Include beloved others if they are willing to do this with you.



I, state your name, am deeply and profoundly grateful for:

- All the abundance I experience including love, joy, fun, financial ease with more joyous fulfilling experiences everyday.
- For my healthy, happy body that supports me in all I AM and all I am here to do
- For my endless ability to restore, regenerate, and renew each and every day
- Perfect Clarity, Focus and Communal Cohesiveness with our Venus Alchemy Community fulfilling our collective vision with love and grace
- Angelic protection
- Money flowing freely and continuously into my life, my bank accounts, my investments.
- I am grateful to joyously share my abundant wealth in ways that are inspiring for me.
- My ever-renewing financial flow, prosperously growing with ease and joy

**I am deeply grateful to know I am a divine expression in the vast sea of wisdom that lives within and around me. I am grateful I now experience complete ease and peace as I attract love into every aspect of my life.**





# Questions

What would it take for me to claim my value so deeply I experience growing prosperity and financial abundance daily?

What would it take for me to claim and experience profound pleasure and deep intimacy in my everyday life and in my relationships?

What would it take for me to claim and express joyful, playful, pleasure-filled, expansive creativity?



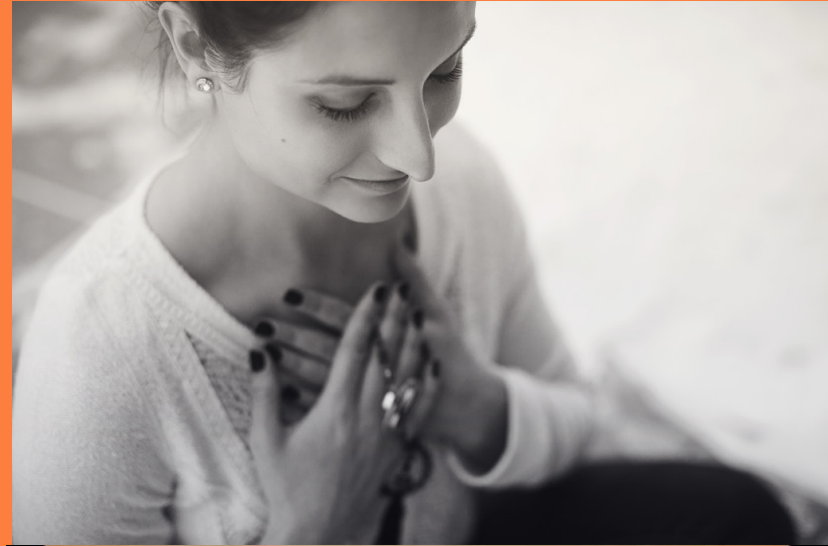
# Home Play for the Sacral Chakra

## Body Love and Gratitude Practice

**Morning Body Blessing:** Every morning before getting out of bed, spend 2-5 minutes showering your body with blessings of love and gratitude beginning with your feet and moving up to the top of your head.

Envision all the good things each body part does for you every day and be specific as possible in your thanks and praise.

See each part filled with the blessings of love, light, healing, and joy.





# Sacral Chakra Home Play

## **Amplify Abundance Practice**

Look at your life through the lens of the Four Elements:

Fire (Spiritual/Creative)

Water (Feelings/Relational)

Earth (Body/Material)

Air (Mental/Informational)

In your Venus Journal explore where you feel abundant in these areas.

**Take time to feel in your body the sensation of abundance and the joy and expansiveness it brings.**

**Dance it, Sing It, Offer a Prayer of Thank You!**

**Do Gratitude Ceremony** and/or do a Combination of the above practice with the Gratitude Ceremony



# Additional Resources

[Sacred Economics](#) by Charles Eisenstein [Read the book](#)

[Soul of Money](#) by Lynne Twist

[The Energy of Money](#) by Maria Nemeth and [DVD](#)

[Womb Wisdom: Awakening the Creative and Forgotten Powers of the Feminine](#) by Padma Aon Prakasha

[Unplugging the Patriarchy - A Mystical Journey into the Heart of a New Age](#) by Lucia René