

Essential Home Play and Useful Links

Solar Plexus/3rd Chakra Reclaiming

Highly Recommended Activities

- Listen to Video on Solar Plexus/3rd Chakra
- Build or Renew Your Venus Altar adding Solar Plexus Chakra Themes
- Look for the Venus Moon Conjunction check for current date
- Meet With your Evening Star Buddy by Phone, Skype, email!
- Introduce yourself via FB Group if you aren't on Fb email Tami and she will post for you
- Deepen your work with the Solar Plexus Chakra through use of crystals, essential oils, wearing yellow
- 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 (see suggested Questions below)

Spend time with Venus, Jupiter and Saturn in the Evening Sky, Mars in the Morning Sky

Home Play Exercise

Return to Self Empowerment

Practice stopping throughout the day to see where your attention is focused on other people in disempowering ways.

For example, halt when you compare yourself, fear others' opinions of you, or internally judge or "manage" others in your thoughts.

When you catch yourself in these habits of thought, replace it with a NEW habit of asking empowering questions to refocus on your own priorities, your own dreams, actions you can take to empower yourself or others.

For example, if comparing yourself to others, pivot to make a list of all your personal qualities or accomplishments that you are proud of. If judging another, ask - how do these qualities live in me and what's one action I can take to become more empowered in this area?

Questions for Reclaiming the Solar Plexus Chakra

- *What interactions, thoughts, and relationships empower me to express my true essence? How can I claim and live more of this?*
- *What would it take for me to act from the strength of love more and more each day?*
- *Where in my life do I desire to show up and powerfully collaborate with others accomplishing far more together than I could on my own?*
- *How consistent am I at following through with my commitments?
How can I level up to even greater committed action empowering even greater personal and collective fulfillment?*
- *What would it take and how would it feel for me to truly claim my right to be me?*
- *What would it take for me to claim and live from my inner light?*
- *What would it take for me to share my power co-creatively with others?*
- *What would it take for me to claim and live my full capacity to influence the world around me?*

Celestial Events at Third Gate /Solar Plexus Chakra

Nov 25 Venus Enters Capricorn

Nov 26 Sagittarius New Moon	04 Sagittarius 03
Nov 27 Neptune Stations Direct	15 Pisces 56
Nov 28 Jupiter Conjunct Moon	29 Sagittarius 03
Nov 28 Venus Moon conjunction	03 Capricorn 22
Nov 29 Moon Saturn	17 Capricorn 50
Nov 29 Moon Pluto	21 Capricorn 25
Dec 02 Jupiter enters Capricorn	
Dec 11/12 Gemini Full Moon	19 Gemini 52
Dec 11 Venus Saturn	21 Capricorn 45
Dec 13 Venus Pluto	21 Capricorn 48
Dec 19/20 Venus enters Aquarius	
Dec 21 December Solstice	
Dec 22 Venus square Uranus	02 Taurus 49
Dec 25/26 Solar Eclipse	04 Capricorn 07

Relational Goddess Prayer Divine Feminine Power at the Solar Plexus Chakra

Beloved Relational Goddess of Supreme Power, Persuasive Strength and Courage
Enthusiastic Protectress of the Relational Realms
Help Me To Reclaim the Ability to be Self-Determining and Reliable
Help Me to Stand in My Own Sovereign Knowing and Expression
Help Me Act in ways that are Authentic, Genuine, and Real
Guide Me to Truly Trust my Myself and What I know is TRUE
Guide Me in Considerate and Skillful Use of My Will
Remind Me How to Powerfully Align With Divine Will
While Also Standing in the Utmost Strength of Who I AM

O Kind and Caring Goddess, Great One In the Wise Use of Power
Beloved and Blessed is Your Guidance
Guide Me to BE Wise and Powerful in my Knowing
Guide Me to Promote what I know is Just and True
Guide Me to Experience the Full Ecstasy of Powerful Life Force
So that I Truly Honor and Love Myself More Fully
And In So Doing I Too Am Restoring Truth, Honesty, And What is Genuine
For Myself, For Others and For All Life Everywhere
It is Done! It is So! And All Heaven and Earth Rejoice. Blessed be!

Resource Links that might be helpful

[Simple Test to Follow Your Gut](#) By Donan Innes
[How to Develop the Action Habit, 12 Powerful Tips](#) By Henrik Edberg
[Dragons as Elementals](#) by Alphedia Arara
[The Doing Addiction a PDF](#) by Cayelin Castell
[More on the Powerful Use of the Violet Flame](#) by Cayelin Castell
[Overcoming Procrastination](#)
[The Four Hour Work Week PDF](#)
[Joanna Macy's Work](#)
[How to Feel Less Powerless](#) by Deepak Chopra

Books

[Blessed Unrest](#), by Paul Hawken
[The Impossible Will Take a Little](#) While by Paul Loeb