

Essential Home Play And Useful Links 4th/Heart Chakra Reclaiming

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Heart Chakra Themes
- **Look for the Venus Moon Conjunction** check for current date
- **Connect with your Evening Star Buddy** by Phone, Skype, email
- **Introduce yourself via FB Group or email to Tami (she will post)**
- **Deepen your work with the Heart Chakra** through use of crystals, essential oils, wearing green
- **Work with Cayelin's Guided Journey**

In-Depth Home Play

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

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

Questions for Claiming the Heart Chakra

- How Can I Authentically Love Myself More Every Day?
- What would it take for me to know and trust the immense love residing within my Heart?
- *What would it take to love myself in all the ways I want to be loved?*
- *How can I be more loving and kind in all my relationships?*
- *What would it take to BE LOVE and vibrate as Love opening to and receive ALL the love that is my birthright?*
- *How Would it Look and Feel to Have a Vital, Alive, Ecstatic and Super Fun Love Affair with My Self and My Life? What Would it Take to Experience This?*

Are you willing to:

- Reclaim and/or strengthen a loving relationship with yourself and others?
- Claim you deserve to love and be loved?
- Forgive any ways you have given up who you are to be in a relationship that creates inequality or feeling less valued in your relationships
- Forgive yourself for any relational mistakes including: Reacting to what feels like rejection, judgment or abandonment, rather than responding with awareness and willingness to own your part

Heart Chakra Reclaiming Home Play

Dance your Demons into Allies

Choose the Heart Chakra Demon that speaks to you. Name it! Draw it! Call it Out! Play lively music and dance the energy of this demon. Honor it and thank it for what it has given to you! Notice how you feel. When you are fully connected to the demon, shake out the negative energy and claim what serves you! Allow the demon to transform into an ally and then dance and celebrate it! Draw it, give it a new name and embrace it as part of you

Despacho Ceremony

Facilitate a despacho ceremony (or whatever kind of ceremony you feel guided to do) to bless the waters and land where you live. What is essential is to open the floodgates of your personal heart and our collective hearts linking them to the Heartbeat of the Earth. You may choose to dedicate this to all the Earth Guardians.

Write a Love Letter to your Heart

Choose a beautiful piece of paper and ink of a color that makes your heart smile (or a crayon or a marker!) Name and acknowledge courageous heart-centered choices, actions, and healing you have accomplished since the beginning of this Venus Cycle. Put fun stickers on the letter and put it somewhere you can see it!

Gather your Heart Tribe

Gather a regular circle in your community and invite a combination of people you love who you would like to spend more time with as well as new people you'd like to get to know better. It might be a New or Full Moon Circle, a Red Tent, a regular DIY Empowerment Circle where you learn new things together like making sprouts, fermenting, canning, composting, etc.

Libra Heart Chakra Home Play

What New Spells Around Love & Relationship Are You Ready to Cast Now?

Tami New Spell: My Great Work and My Great Love Feed and Nourish One Another

Guiding Prayer: Gaia, My Beloved and Myself Attune To Your/Our Greatest Upliftment. Open us Every day to the Great Work we are Here to Do Together and Apart

Cayelin New Spell: The Growing Power of Love within me Enriches ALL Life around me.

Guiding Prayer: Thank you, thank you, thank you for the Power of Love within and around me transforming any lower vibrational energy into the higher vibrations of Love and Above

Celestial Timings for Venus Heart Chakra Gate

Dec 25/26 Capricorn New Moon Annular Eclipse

Dec 28 Venus Moon occultation 11 Aquarius

Jan 10 Full Moon Partial Eclipse 20 Capricorn

Jan 10 Uranus Stations Direct 02 Taurus 39

Jan 13 Venus Enters Pisces

Jan 20 Next Venus Gate Class Monday 5 pm Pacific
Jan 26 Venus square Mars 16 Pisces/Sagittarius
Jan 27 Venus conjunct Neptune 17 Pisces
Jan 28 Throat Chakra Gate 18 Pisces

Relational Goddess Prayer at the Heart Chakra Gate

Reclaiming Divine Feminine Compassion at the Heart Chakra

Wondrous Relational Goddess of Loving Peace
Powerful Advocate of Our Sacred Heart Space
Joyously Loving, Gently Compassionate
Guide me to Fully Claim My Inner Heart Temple
Where I Experience the Power of Loving Myself,
Loving Others and Loving ALL Life In ALL-ways
Expressing and Radiating Love in Every Moment

O Great One of Magic, Alchemy, and Miracles
Eminent Ally of the Radical, Radiant, Pure Heart

Guide Me to Fully Claim the Healing Power of Love
Guide ME to Be Caring Kind and Compassionate
Just and Forgiving - Toward Myself and Others

Guide Me to Love Myself More Fully Each Day
Guide Me to Experience the Full Ecstasy of Love
Courageously Living the Magical Enchantment of Love
Restoring the Transformative Power of Love for All Life Everywhere.
It is done. It is So! And So It IS! Blessed Be!

4th/Heart Chakra Resources

Heart Math: <http://www.heartmath.org/research/science-of-the-heart/introduction.html> and Mother's Heart Beat <http://www.heartmath.org/free-services/articles-of-the-heart/mother-baby-study-supports-heart-brain-interactions.html>

EMDR: <https://www.youtube.com/watch?v=hKrfH43srg8>

Undefended Love (book) <http://undefendedlove.com/>

Thymus Thump: <https://www.youtube.com/watch?v=839A2-Pgpz8>

Radical Forgiveness developed by Colin Tipping. <http://www.radicalforgiveness.com/>

Stauffer Method of Forgiveness <http://www.crtraining.org/library/forgiveness>

Ho'oponopono: <http://www.hooponoponohelp.com/> And <http://www.ancienthuna.com/ho-oponopono.htm>

YouTube <http://www.youtube.com/watch?v=wSfbkG97H7Q> and

Ho'oponopono meditation <http://www.youtube.com/watch?v=lil63u-xB70&feature=related>

Interview with Dr Ihaleakala Hew Len <http://www.youtube.com/watch?v=3xCmvZZFQI0&feature=related>