

Essential Home Play And Useful Links 5th/Throat Chakra Reclaiming

Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Throat 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 Throat Chakra** through use of crystals, essential oils, wearing blue
- **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 and the Moon in the Evening Sky
- **Speak Up Even if Your Voice Shakes:** This month challenge yourself to move beyond your fears and speak out on a topic you care about—whether for yourself or injustice in the world around you. See if that opens the door to other areas where you feel the desire to speak up. If you are more comfortable speaking up for yourself, consider where you might speak up for others, and vice versa.
- **Initiate a Digital Detox of 24** hours or more to center yourself in silence and hear your own voice more clearly. You might take this time to express yourself creatively through painting, writing, movement, etc.
- **Giving Your Gifts:** Consider what your personal gifts are to share through your voice: *What is in the way of me expressing my gift? What beliefs, habits, patterns and ways of speaking are blocking me from expressing what I am here to express.*
- **Spend time** working with the visions received when visiting the Venus Temple/Etheric Altar/Sky Temple during the Throat Chakra Ceremonies
- **Make a daily practice** of using the Sekhmet Mantra or Durga Mantra or any other mantra that works for you and/or saying the names of Sekhmet

Questions for Reclaiming the Throat Chakra

- How can I commit more deeply to practices that attune me to my inner truth?
- What would it take for me to authentically speak and live my divine truth more each day?
- What would it take for me to listen more deeply to humans and the speaking Universe?

Libra Venus Questions for Reclaiming the Throat Chakra

- What truth could I tell today that makes my voice shake? What would it take for me to tell this truth?

- Where in my life am I stifling my wholehearted creative expression and how can I shift that pattern?
- Are there vulnerable parts of me that need me to speak up for them with fierce love and protection?
- Are there people or communities in my world who are being harmed who would benefit from me using my voice and platform to speak up for them?

Sekhmet Mantra

- In Robert Masters' book *The Goddess Sekhmet, The Way of the Five Bodies* he suggests that chanting these words of power while gazing on, or imaging images of Sekhmet evoke and call forth the possibility of experiencing an altered state in your physical body, while also expanding and altering your mind, your emotional body and your spiritual body.
- **SA SEKHEM SAHU**
- SA - Breath of life
- SEKHEM - Sacred Power, Life Force
- SAHU - Realized Human Being

Relational Goddess Prayer

Reclaiming Our Healthy Divine Feminine Voice

Beloved Wondrous Relational Goddess

Committed to Restoring our Relationship with Earth and her Magic

You Who Know the Power of Voice as a potent creative tool

Guide Me to Reclaim a Confident Voice Speaking Compassionate

Heart-Felt, Kind, and Insightful Truth to Myself and the World

Including Speaking in Ways that Promote More Authentic Connection

Help Me know how best to Express the Power of my Voice...

Skillfully Using My Words to promote Peace, Harmony and Collaboration

Expressing Gratitude and Appreciation when appropriate

Knowing When To Deeply Listen ... even when I don't agree

Honoring Points of View that Differ from Mine.

Help Me to know the best ways to Be More Discerning and Fortright

Courageously Taking Responsibility for all that I Say and Do

Help me to Trust Myself to Speak and Act co-creatively

Using my voice to bring MY special gifts into manifest Form.

Help me KNOW What Is Truly Mine to Say or NOT Say in all situations

So my words are Beneficial to All Life.

It is Done, It is SO and All Heaven and Earth Rejoice. Blessed Be!

Celestial Events During the Throat Chakra Gate

Until Feb 16 All Planets Are Moving Forward <https://cayelincastell.com/all-planets-moving-forward/>

Jan 24 Aquarius New Moon	04 Aquarius 22
Jan 28 Venus Moon conjunction	18 Pisces
Feb 03 Mercury Enters Pisces	
Feb 07 Venus Enters Aries	
Feb 08 Juno Retrograde	21 Libra 39 near Spica https://cayelincastell.com/juno-in-libra/
Feb 09 Leo Full Moon	20 Leo (10 degrees from Regulus)
Feb 10 Venus Chiron Conjunct	02 Aries 55
Feb 16 Mars enters Capricorn	
Feb 16 Mercury Retrograde	13 Pisces until March 09 https://cayelincastell.com/mercury-retrograde/
Feb 23 Pisces New Moon	4 Pisces 29 near Fomalhaut
Feb 27 Next Venus Gate	22 Aries

Resource Links that might be helpful

10 Questions that Will Help You Find Your Voice

<https://www.accidentalcreative.com/creating/10-questions-that-will-help-you-find-your-voice/>

The Big Secret Nobody Wants to Tell TEDX Bruce Muzik

<https://www.youtube.com/watch?v=lkbWlfp3mLw>

The Shamanic Astrology Handbook

<http://shamanicastrology.com/current-products>

Think Before Reacting: How to Use Your Mental Pause Button

<http://tinybuddha.com/blog/think-before-reacting-use-mental-pause-button/>

Instant Gratification and Its Dark Side (Technology & Communication)

<http://www.bucknell.edu/communications/bucknell-magazine/instant-gratification-and-its-dark-side.html>

Healthy Self Love and Not Giving Your Power Away

<http://whatislovedrcookerly.com/999/healthy-self-love-and-not-giving-your-power-away/>

Robert Masters The Goddess Sekhmet Psycho Spiritual Exercises of the 5th Way PDF

<http://mail.dir.bg/~spodeleno/Robert-Masters-The-Goddess-Sekhmet-Psycho-Spiritual-Exercises-of-the-5th-Way.pdf>

Sa Sekhem Sahu: https://www.youtube.com/watch?v=0bclzuf9_Mw