

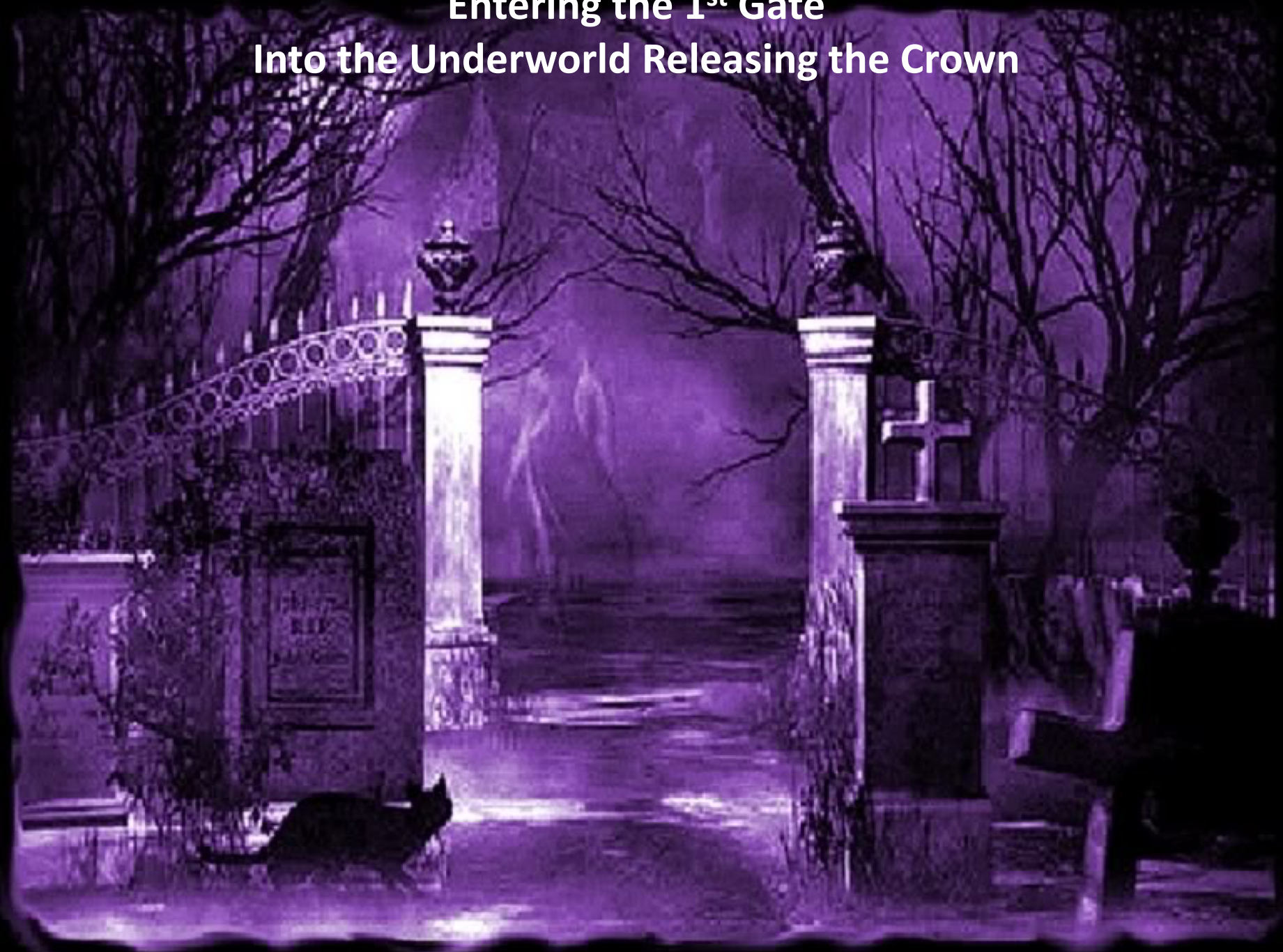
# Morning Star Descent Journey Releasing the Crown Chakra at the 1<sup>st</sup> Gate

with Cayelin K Castell and Tami Brunk





**Entering the 1<sup>st</sup> Gate  
Into the Underworld Releasing the Crown**



# Inanna's Crown is Removed at the First Gate

Releasing any distortions  
blocks and wounding  
that has limited or  
disconnected her from  
authentic connection to  
the Goddess and  
realization of her own  
Divine Nature





# Crown Chakra

a.k.a. Sahasrara meaning Thousand Petaled as in the Lotus

The **Crown Chakra** is our connection to the Universe

**Located** at the top center of the head,  
midline between the ears

**Color** Violet

**Physical Body** Head, brain, ears, eyes,  
pineal gland, skin, skeletal and muscular systems

**Overactive** obsessive thoughts, living in the  
past or constantly thinking about the future,  
obsessive spirituality

**Underactive** rigid, selfish, spiritually unaware,  
selfish thoughts, inability to see the bigger picture,  
lack of values and ethics

## Balanced 7<sup>th</sup> Chakra

- All the Energy Systems are Energized and Balanced
- Can Easily Connect with Your Divine Nature
- Total Access to the Unconscious and Subconscious
- Faith, Trust and the Ability to Work Miracles





## To Balance This Chakra:

Meditation, Guided Visualization,  
Creating Peaceful and Quiet  
Surroundings, Spending Time in Nature  
Exercise,

**Color** Wear Violet, Eat Purple Foods

## Work with Gems/Minerals:

Amethyst, Diamond, Sugilite,  
Purple Fluorite, Quartz Crystal

**Essential Oils:** Frankincense,  
Myrrh, Lotus, Lavender, Lotus, Angelica  
and White Tulip



# Releasing the Crown Chakra

- **Notice where you are not fully trusting your connection with Spirit.**
- **Ask Spirit...**What would it take for me to clear all the distortions, misconceptions and limiting beliefs within me that prevent me from having a healthy connection with Spirit?
- **Journal on one or more of the Four Questions (see Next Slide)**
- **Take Action** Meditate, chakra breathing, take a intentional ceremonial **walk or dance** and open to receive a message from your Crown Chakra
- **Take time to journal** the stream of consciousness that helps you tune into what
- **Watch and notice what messages show up for you**





# Four Questions?

**What would it take** for me to completely release and let go all the ways I do not 100% trust myself and my connection to spirit?

**What would it take** for me to completely release and let go all the ways I keep myself from experiencing divine revelation and knowing as it relates to my life?

**What would it take** for me to completely release and let go all the ways I do not fully allow myself to feel completely supported and guided by spirit?

**What would it take** for me to completely release and let go all the ways I do not fully allow myself to experience absolute BLISS?



# Additional Information And Resources

Be sure to add [infovenusalchemy@gmail.com](mailto:infovenusalchemy@gmail.com) to your friends list so class emails don't land in your spam box.

Astrolabe - Cast a Natal Chart <http://alabe.com/freechart/>

Remember to listen to the Venus and Sky Temple Intro Journeys on the Class page if you haven't already.

Remember Cayelin's [Venus Package](#) is full of helpful information and is available from the Class Page

Password to Access It is **VenusMagic8x8**

**Please do not share this with anyone outside of the Class**

Remember **Tami's Meet Your Grandmother Guides Meditation** is **also** found on the Venus Package page and the Class page.