

Essential Home Play And Useful Links

Crown/7th Chakra Reclaiming

Highly Recommended Activities

- Listen to Video on Crown/7th Chakra
- Build or Renew Your Venus Altar adding Crown Chakra Themes
- Look for the Venus Moon Conjunction check for current date
- Meet With your Evening Star Buddy by Phone, Skype, email!
- Deepen your work with the Crown Chakra with crystals, essential oils, wearing white or violet
- Listen to 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
- Spend time with Venus, Mercury, Saturn, Jupiter and soon Mars in the Evening Sky
- Home Play for Libra at the Crown Chakra

Libra Venus Cycle Deeper Reflection

Set your timer for 30 minutes and journal stream of consciousness about your journey through the entire Venus in Libra Cycle from November 1, 2018 to now. When complete, answer the following questions, again using stream of consciousness, whatever first comes to mind (you might choose to write with your nondominant hand).

- Where was there Imbalance in my life and how is it different now?
- What Are My Current Priorities?
- How Have I Demonstrated Collaboration and Co-Creation in this Venus Cycle?
- Capture in a Single Phrase the Most Essential Learning for you in This Venus Cycle.

Tami's Example: Imbalance: My Life Has Been Overly Influenced By Others' Expectation (Perceived and Real).
Current Mantra: I Am The Whole Hearted Captain of My Life Ship

Libra Crown Chakra Home Play

Remembering True Source take a long walk in a wild place - as wild as you can find - a city park is fine. Meander. Take time to touch the trees, the plants, smell the soil, speak with the visible and invisible family members you find there. Put your body on the Earth - go barefoot, lie on your belly, or sit back against a tree. Now tune into the invisible beings all around you including the insects, the mychorrizal fungi, the intelligence of Gaia in all the ways she comes alive.

Now feel the top of your head stirring and the soles of your feet as well as the root near your perineum also coming alive, vibrating and opening.

Open your Crown, your Root and the Foot Chakras to the Life beneath and above you - drink in the essences of life and make an offering of all you have been holding that is needing to be fed to the Heart of the Earth or the Heart of the Galaxy. Reconnect to Source through All Your Relations. Know you are Whole. Know you have access to unlimited sources of strength.

Mar 19 Aries Equinox	08:50 pm PDT
Mar 20 Mars Jupiter	22 Capricorn 45
Mar 21 Saturn enters Aquarius	08:58 pm PDT
Mar 22 Mars conjunct Pluto	24 Capricorn 42
Mar 23 Aries New Moon	04 Aries 12
Mar 28 Venus Moon Gate	24 Taurus 18
Mar 28 Venus trine Jupiter and Pluto	25 Taurus/25 Capricorn
Mar 30 Mars conjunct Saturn	00 Aquarius 33
Apr 03 Venus closest to Pleiades	00 Gemini
Apr 22 Taurus New Moon	02 Taurus
Apr 25 Pluto Stations Retrograde	25 Capricorn
Apr 26 Sun conjunct Uranus	06 Taurus
Apr 26 8th Venus Gate	17 Gemini

Relational Goddess Prayer

Invoking Divine Feminine Guidance at the Crown Chakra

Beloved Relational Goddess, Knower of Your True Divine Essence
Inspiring Lady Of Divine Guidance
Thank you for Guiding Me To Know, Perceive and Reclaim my Divinity
Guide me to Courageously Trust and Valiantly Live
the Divine Design and Plan for My Life
Embracing My Birthright, My Privilege and My Legacy
Wondrous Divine Relational Goddess
Filled with the Power of Heaven and Earth
Mighty In Your Wisdom and Trust
Mighty in Your Expression of Divine Love
Guide Me to Courageously Reclaim and Live the Truth of Who I AM
Guide Me in Inspiring Others to Do the Same
Great Wise and Powerful Goddess
Guide Me in Further Reclaiming The Divinity Within ME
Expanding Conscious Connection to My Divine Knowing
While Supporting the Emerging New Earth and our Collective Journey
Joining Together as we all Ascend to Our Rightful Place
Within the Greater Divine Design For Us All.
It is Done, It is So and And so it IS...Blessed Be!

Relational Demons at the Crown Chakra

Skeptical Demon
 Antisocial Demon
 Overly Cautious Demon
 Suspicious of Others Demon
 Wary and Mistrustful Demon
 Standoffish and Aloof Demon
 Noncommittal and Evasive Demon

Libra Coronation Oath

These are meant to inspire your own Coronation Oath and Reclaiming of YOUR Crown Chakra. Create a personal coronation oath claiming your divine authority. Placing a crown (or something that represents a crown) on your head say out loud these words or something you come up with yourself:

I claim my authority as a sovereign being in charge of my own destiny.

I am committed to furthering all my relationships first with myself and then from that place of sovereign wholeness I consciously choose to enter into healthy, fun relationships with others.

I am committed to serving my greater good in ways that serve the greater good of all life.

Bless your World

Cultivate a daily blessing practice, actively praying for or blessing your self, your living space, your community, the land - whatever you feel, as above, is your domain and in your sphere of influence. **Example:** I love and bless myself with pure love and light and pure source energy.

Add whatever works for you: I love and bless *_ myself, my home, my family (can use specific names), my community, the Earth, all people, all plants, all animals, all life_* with pure love and light and pure source energy.

Self Love List

Make a written list of things you love about yourself. Consider all layers - body, spirit, emotions, relationships, work, etc. Be specific and detailed as possible. Read your list out loud daily.

Example:

I love my willingness to learn how to love myself more deeply. I love my courage and commitment to practice loving myself even when I am feeling self-judgment. I love my youthful playful nature. I love loving others. I love how I am kind to others and practicing kindness toward myself. I love my healthy daily practices so I feel better every day increasing my capacity to love myself even more.

Helpful Resource Links

We are Entitled to Miracles <https://cayelincastell.com/we-are-entitled-to-miracles/>

A Course in Miracles Website <http://www.acim.org>

7 traits of Highly Magical People <http://www.greatgenius.com/seven-traits-of-highly-magical-people>

Why Magic Matters <https://www.elephantjournal.com/2014/01/20-quotes-to-remind-us-why-magic-matters/>

Science and the Benefits of Prayer https://www.huffingtonpost.com/entry/why-people-who-pray-are-healthier_b_1197313

Considering a Pranic Diet <https://health.usnews.com/health-news/health-wellness/articles/2014/08/27/why-you-should-consider-a-high-prana-diet>

Song You Can Do Magic <http://www.youtube.com/watch?v=O7ONp-GC7vM>