

**Morning Star**  
**2nd Gate 6th Chakra**  
**Activation and Release**  
with  
**Cayelin K Castell and Tami Brunk**



# Overview

- Exploring the 6<sup>th</sup> Chakra
- 6<sup>th</sup> Chakra Release
  - Vision Vs. Reality*
  - Changing Perception*
  - Blocks to Intuition*
  - Blocks to Manifestation*
  - Dream Drought*
  - Intentional Prayer*
- Homeplay





# Entering the 6<sup>th</sup> Chakra Gate



## At this Gate

Inanna is asked to give up a vestment that symbolizes the release of the Third Eye Chakra.

Different versions of the story have different Symbols for the vestment.

One image is she is giving up her Measuring Rod and Staff.

In right image (blue arrow)  
Inanna holds a rod and ring in her left hand



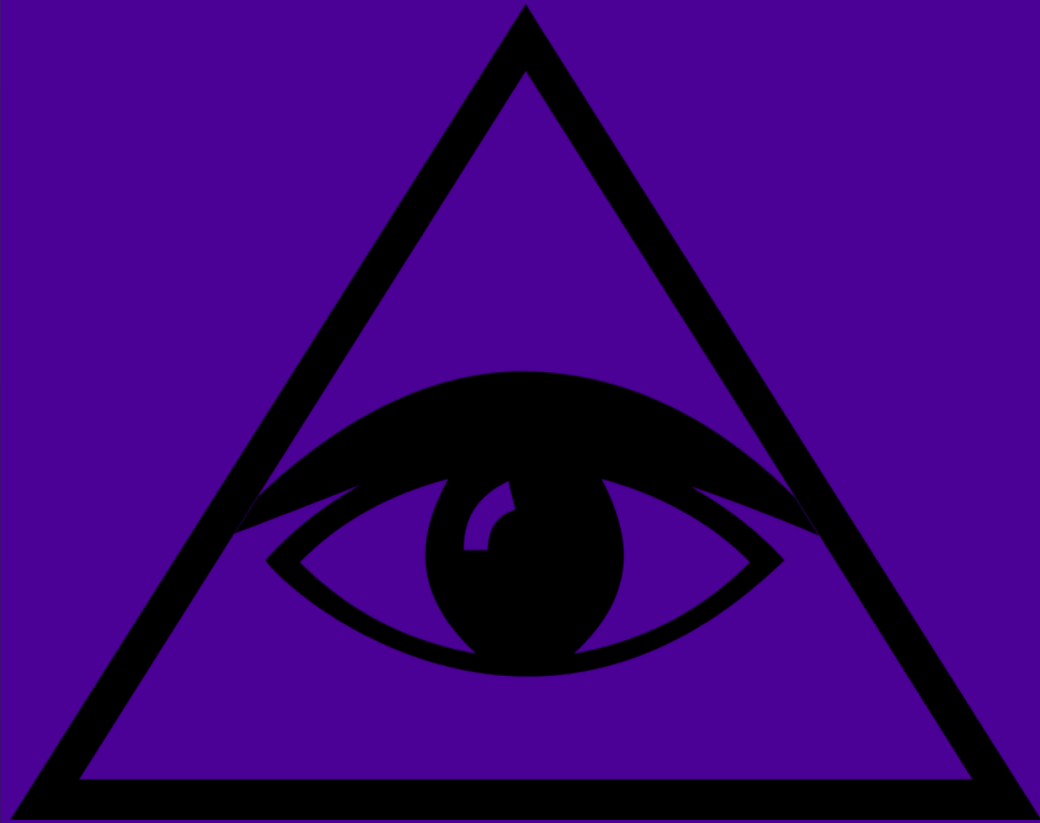


**This vestment might be a  
Scepter OR Magic Wand**

**Or her Lapis Lazuli earrings.**



**The 2<sup>nd</sup> Gate Descent**  
**The Gate of Perception**  
**Brow Chakra, Third Eye Chakra**  
connected to the Pineal Gland  
and the color Indigo.



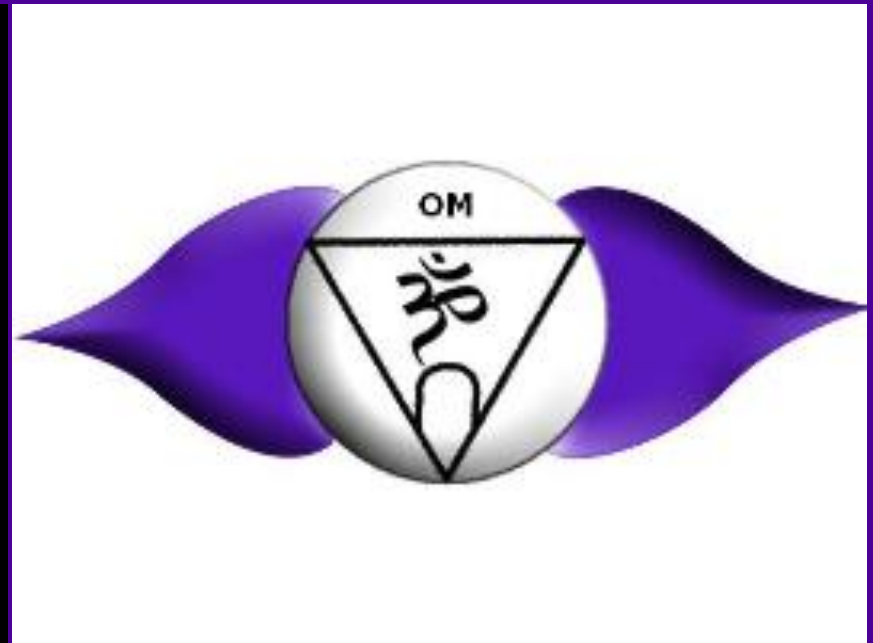
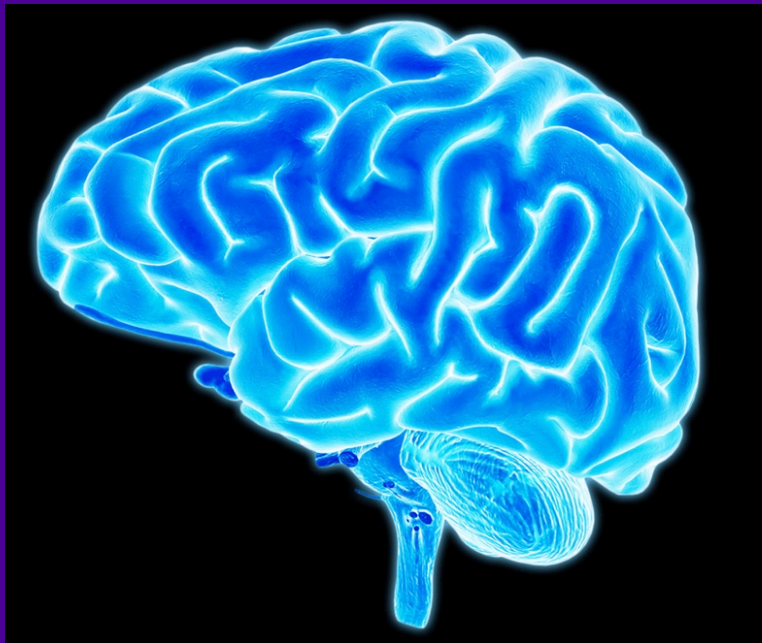


# The 6<sup>th</sup> Chakra influences:

- The Immune System
- The Brain, Pineal Gland, Pituitary Gland, Eyes, Nose, Ears, and Sinuses and all Five Senses: Sight, Sound (Hearing) Smell, Taste, Touch
- The Nervous System

## Signs of Physical Imbalance Include:

- Brain Tumor, Stroke, Blindness, Deafness, Seizure, Learning Disorders



# Challenges of a Blocked 6<sup>th</sup> Chakra

**When Blocked or out of Balance this Chakra can show up as:**

- Forgetful, Scattered, Unfocused
- Difficulty Learning New Things
- Headaches/Migraines, Sinus Issues
- Neurological Disorders, Seizures
- Fixated, Obsessive Worry, Compulsive
- Fearful, Nightmares
- Debilitating Self-doubt, Overly Sensitive
- Envy, Jealousy, Bitterness, Meanness
- Unhealthy Pride
- Undisciplined, Impatient
- Dogmatic, Inflexible, Rigid Point of View
- Passive, Unassertive, Unmotivated
- Holding onto Grief and Personal Pain as a way to feel Sorry for Oneself





# Balancing this Chakra:

- Meditation, Guided Visualization
- Practice Acceptance of Self and Others
- Listen to Inner Guidance
- Spend Time Looking at and being with the Night Sky

## Essential Oils:

Juniper, Basil, Rosemary, Cedarwood, Eucalyptus

## Gems:

Purple Fluorite, Amethyst, Clear Quartz, Labodorite, Lapis Lazuli, Sodalite, Sugulite, Celinite.



Juniper



Basil



Lapis Luzuli



Amethyst

# Gifts from a Balanced 6<sup>th</sup> Chakra

**Skillfully using imagination and thoughts to co-create everyday reality through healthy Intuition.**

**Includes:**

- **Positive Visualization**
- **Skillful self-evaluation and ability to learn from life experiences**
- **Open-minded**
- **Accurate Intuition**
- **Psychic Abilities**
- **Open access to inner vision**
- **Ability to astral travel**





# Vision Vs Reality

**What are your Fears around realizing your Vision?**

Fear of Failure

Fear of Success

Fear of Focus and Commitment Needed to Manifest Your Vision

Fear of What it Really Takes to Bring your Vision into Reality

Fear of The Responsibility that Comes with Manifesting your Vision

Fear of Being Inconsistent and Not Following Through

Fear of Not Being Truly Worthy of your Vision

Fear of Ending up like your Parents or others in your family

Fear of Not Really Wanting that Vision After All

Fear of ...



# Changing Perception

## Byron Katie's Four Questions in "The Work"

1. Is It True?
2. Can you absolutely know that it's true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without that thought?





# Releasing Intuitive Blocks to Your 6<sup>th</sup> Sense

## Care for Your Body Temple

- Go to Bed Earlier (every hour of sleep before midnight is worth 2 hours after midnight)
- Eat Healthy Foods
- Move your body

## Slow Down and Listen

- Take time to “do nothing”
- Practice your form of meditation
- Use breathing to calm and restore

## Keep Your Channels Open

- Pray in Your Preferred Way
- Daily grounding practice, centering, connecting to Divine, Gratitude

## Healthy Detachment

- Practice remaining calm – do your best to not get swept up in the drama of others



*It's a myth that caring requires commiserating. Caring means allowing someone space to sort things out without throwing your emotions into the already overloaded mix.*

*~Sonia Choquette,  
Trust Your Vibes*

# Blocks to Manifestation and How to Clear Them

*Manifestation and Healing are the Same Thing ~Cyndi Dale*

**Cluttered Mind and Intention:** Praying for Guidance to Heal Blocks Holding You Back from Stepping into Your Greater Self. See everything that comes up as “getting you there” - even those events that may be challenging you. Always ask: **how is this experience helping me get to where I want to be?**

**Limiting Convictions:** Spend 5-10 minutes Imaging and feeling experiencing your desires as already manifest, to heal limiting beliefs. What would it be like? What would you do? How would it feel? Spending time with your desire makes it stronger than your disbelief.

**Depleted Energy:** Manifestation requires life force energy and focus. Practice self care, grounding and centering daily provide sufficient “chi” to attract your desires to you. Slow down in Trust so that what you desire can catch up with you!



# Blocks to Manifestation and How to Clear Them

## Focus on Having What You Want

Similar to the way neediness repels partnership, an energetic focus on what is lacking blocks manifestation of desire. Shift your focus instead on all of the “proof” that what you desire is on its way, gratitude for the many areas of your life where you experience abundance, and you will magnetize it.



**Let go of Grasping and Over-Managing:** Once you have gained clarity on what you desire, actively imagine you already have it every day. Open to healing what stands in the way of what you desire to manifest. Let go of any attachment to what your desire.

Trust it is already on its way to you.



# Breaking Through Dream Drought

*The 6<sup>th</sup> Gate is about releasing blocks that prevent access to our dreams, retrieving a vital source of soul guidance*

## Tips for Breaking Dream Drought

- Take Vitamin B6
- Go to bed earlier
- Do a “Mind Dump” and write “To Do List” before bed
- Set clear intention to recall your dreams
- Upon waking immediately write dreams, fragments, feeling, first thoughts
- Regularly share your dreams with partner, friend, or group



## Lightning Dream Work Game

- What was your feeling when you woke up?
- What is your dream title?
- Reality Check—how does it relate to the rest of your life and could it happen in the future?
- What is your action plan?
- What is your dream slogan?

# Steps for Intentional Prayer

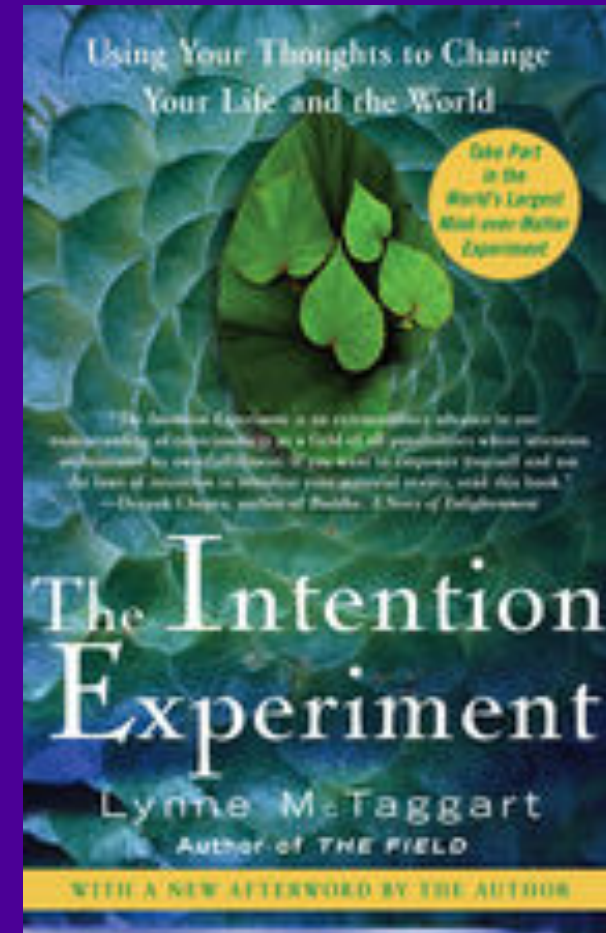
Inspired by Lynne McTaggart's Book

*The Intention Experiment*

*Using Your Thoughts to Change Your Life and the World*

## Focus Your Attention to Ignite Your Intentions By Powering Up your Personal Energy via:

- Find a Sacred, Safe, Quiet Space
- Feel Gratitude for your Life and Loved Ones
- Send Blessings of Pure Love and Light to those you Love, to those who challenge you and to the Planet
- Practice some Form of Meditation
- Dance, Move, Shake, Hum, Sing  
Chant Mantras (Om, Ahhh, Sah Sekhem Sahu)  
Drum, Ring Bells, Shake Rattles
- Focus through Breathing Practices
- Use Brain Enhancing Music
- Conjure Vivid Mental Images
- Create Verbal Affirmations



**A single collective directed  
thought is all it takes  
to change the world.**

# Steps for Intentional Prayer

Inspired by Lynne McTaggart's Book

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## Pray for The Intention You Want to Manifest

Once you have Powered Up

Imagine What You Want

Where Do You Want to Be?

Why Do You Want It?

How Would You Feel If You Had It?

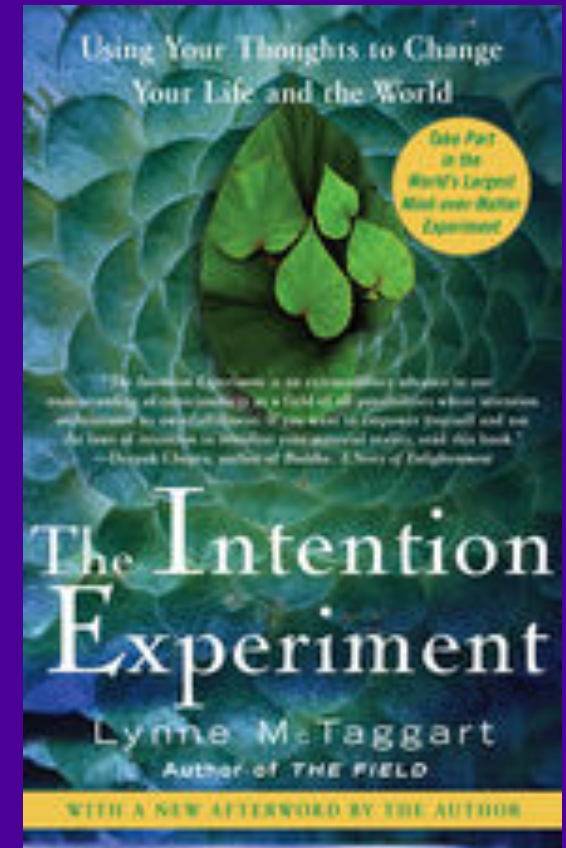
Be Specific as Possible

Be Detailed With Your Vision/Intention

Request It, Expect It, Accept It when IT shows up

Ask For It, Then Let Go and Trust

There is Exponential Power in Group Prayer or  
Group Intentions – Proven in many Experiments



**A single collective directed thought is all it takes to change the world.**



# Your Homing Thought or Vision For Your Life

**Dr. John Diamond** is a pioneer in the field of holistic healing. <https://drjohndiamond.com>

Your **Homing Thought** or Deeper Life's Purpose strengthens your energetic field so stressful events and negative thoughts from others do NOT derail you.

**To find yours List What You Love to Do. For example:**  
Being in Nature, Playing or Listening to Music, Helping Others, Being Creative: through art, performing, design, business, writing, speaking, teaching etc.

What are the themes you are finding?

What is your life's purpose?

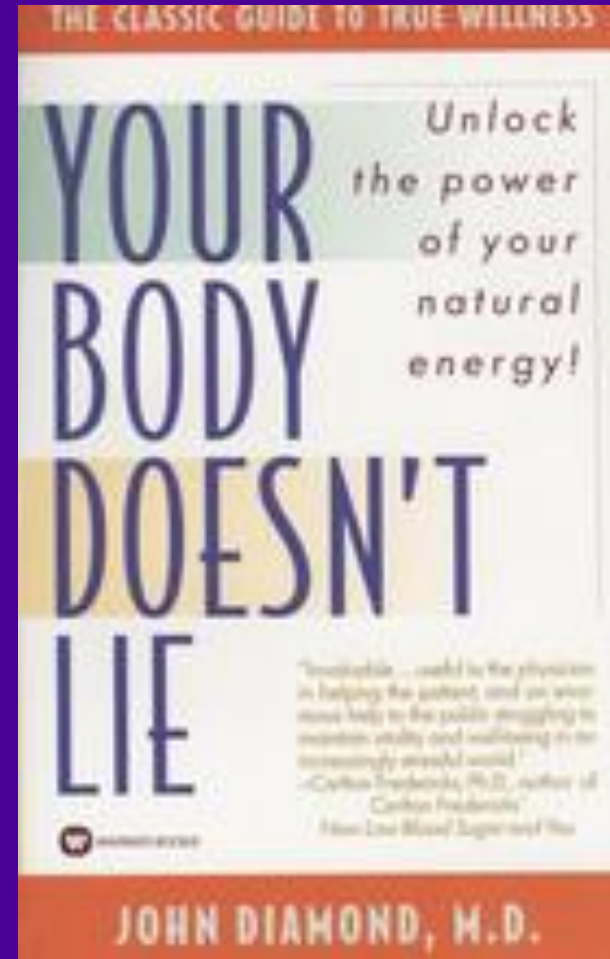
What gives your life meaning?

What gifts are yours to express?

What turns you on?

A Homing Thought could be imaging yourself truly loving yourself or being a successful writer or being an inspiring teacher...

Then whenever you feel off center or ungrounded focus on your Homing Thought to strengthen your energy field.



# Four Questions

**What would it take for me to release** all the ways I am not in touch with my Intuition and Inner Vision?

**What would it take for me to release** all the ways I have limited my imagination due to doubt and not believing in myself?

**What would it take for me to release** all the limiting perceptions that have kept me from experiencing the magic of who I am and the gifts I have to bring to this life?

**What would it take for me to release** all blocks that stand in the way of joyful and easy manifestation of my full potential and most cherished dreams?



# Home Play Assignments



Venus Altar

Venus Journal

Morning Star Buddy Check-In

(See Morning Star Buddy Tips Handout)

Ceremony With Venus & Moon in Morning Sky

4 Questions

Cayelin Guided Meditation - Releasing the Third Eye Chakra

Tami Sky Temple Guided Meditation

Tami Tuning into Your Chakras Meditation

**Change Your Perception Exercise**

Focus on an issue that is absorbing your attention and causing stress or worry. Take 10-20 minutes to tell this “story” as it is currently narrated in your head.

Now take your story through the Byron Katie questions: *Is it true? Can I absolutely know it's true? How do I react, what happens when I believe that thought? Who would I be without that thought?*

See how the story changes, and transforms.