

**Venus Alchemy Morning Star
Journey Through
Inanna's Seven Gates
The Voice of the Goddess
Throat Chakra Release Phase
with Cayelin K Castell and Tami Brunk**



Entering The Throat Chakra Gate



Inanna gives the gatekeeper the lapis lazuli necklace she is wearing around her neck symbolizing the throat chakra representing communication...

Releasing all the ways she is NOT communicating the deepest truth of her being, and her inspired, authentic, creative self-expression.



Throat Chakra connects to:

Neck, thyroid, parathyroid, throat, trachea, mouth, teeth

When imbalanced:

Prone to sore throats and laryngitis

Mouth Ulcers

Swollen Glands

Gum or Tooth problems, TMJ

Thyroid and Immune System Issues

Neck and Shoulder Pain

Detox Diet strengthens Immune System



Support your Thyroid by Eating Foods Rich in:

Iodine: Kelp, Prunes, Lima Beans

B-Vitamins Especially B-12:
Avocado, Citrus, Almonds

Magnesium: Spinach, Chard, Figs

Selenium Brazil nuts, macadamia nuts, and hazelnuts

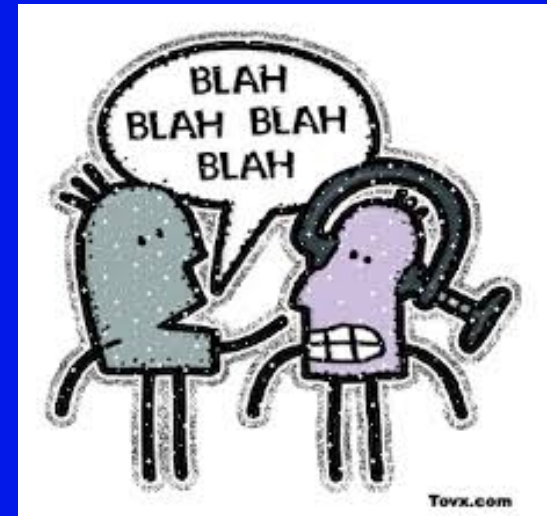
Zinc: Avocados, blackberries, pomegranates, raspberries, guavas, cantaloupes, apricots, peaches, kiwifruit, and blueberries



Imbalanced Throat Chakra

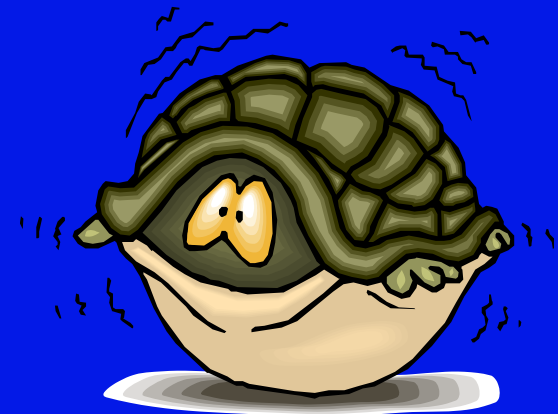
Excessive

- Overly Talkative – Doesn't Listen
- Dogmatic points of view
- Self-Righteous and/or Arrogant
- Critical of self and others



Deficient

- Fearful, Timid, Quiet, Afraid to Speak Up
- Difficulty Expressing Thoughts and Feelings
- Unreliable, Inconsistent
- Devious, and Manipulative
- Lacks Personal Will
- Difficulty making Decisions or Choices
- Lacks Discernment



Balancing this Chakra:

Sing, chant, hum

Listen to music

Gaze at the Beautiful Blue Sky

Wear Blue

Breathe Consciously (Pranayama)

Gems/Minerals:

Blue Sapphire, Aquamarine, Blue Turquoise, Chrysocolla, Blue Topaz

Essential Oils:

Frankincense, Myrrh, Sandalwood, Cypress, Lavender, Cedarwood, Basil, Spearmint, Jasmine, Lemon, Sage, Fennel, Peppermint, Tea Tree



Balanced Throat Chakra

- Heightened Intuition and Telepathy
- Personal Will Aligned with Divine Will
- Content to Live in the Present Moment
- Takes Responsibility for personal needs
- Seeks and Expresses Truth
- Considerate, Respectful, Honest Communication
- Excellent Sense of Timing - Knowing When to Communicate and When to Listen
- Great Speakers, Orators, Writers
- Healthy Creative Self-Expression
- Healthy Sense of Humor



Gila Monster

A Throat Chakra Power Animal



- Left over from the Dinosaurs - one of the oldest animals on Earth
- **Uses Tongue** to Hunt and **Receive Information About Environment**
- Bite is Poisonous - Venom used as medicine
- Can live for a year with out food or water - resourceful
- Spends **95 to 98%** of time **underground** - connected to dreaming
- They are nocturnal so to see them is rare
- Up to 22.5 inches long, 3 to 5 lbs when grown
- Have lived over 35 years in captivity

It is rare to see a Gila Monster. Many people live their whole lives in the desert and never see one. Since 1978 Cayelin has seen at least 10 Gila Monsters while out hiking. 6 or 7 of them since 2014 after beginning Venus Alchemy work. When they walk they put their tongue on the ground to sense and receive information about their surroundings.



To the Navajo Gila Monster is an ancient one with mystical powers

Who put all the pieces of the Sun back together a Healer/Protector/Regenerator

Venom used in drug Byetta to treat Type Two Diabetes

Navajo Name of Gila Monster (Tinilei`) is spoken only as a Prayer and

Spirit of Gila Monster is thought to be in the Navajo Hand Trembler for diagnosis and divination

Gila Monster Medicine is about finding and Speaking Your Own Truth, Divination, Intuition, Patience, Dismembering/Remembering similar to Releasing/Reclaiming, Resourceful Healing and Balance, Moving Between the Worlds Above and Below (Above Ground/Below Ground)



Gila Monster Hiding Under a Log

The **songline**, also called **dreaming track**, creates a path across the land marking the route followed by localized 'creator-beings' during the [Dreaming](#). The paths of the songlines are recorded in traditional songs, stories, dance, and painting.



For the Australian Aborigine it is possible to navigate across the land by repeating the words of the song that describe the location of landmarks, waterholes, and other natural phenomena.



Barnumbirr is a creator-spirit identified as the planet Venus. She guided the first humans to Australia.

The rising of Barnumbirr (Venus) in the sky before sunrise marks an important ceremony. As she approaches, in the early hours before dawn, the Yolngu say that she draws behind her a rope of light attached to the island of Baralku on Earth, and along this rope, with the aid of a richly decorated "Morning Star Pole", the people are able to communicate with their ancestors.

Barnumbirr flew across the land from East to West, creating songlines naming and creating the animals, plants, and natural features of the land.



Take Responsibility For What You Have To Say



If a person is standing up to speak their truth and it is coming from a need to be right, or to be superior over others in some way, or with an intent to prove you are justified. This ultimately creates greater separation and may not be as true as you think?

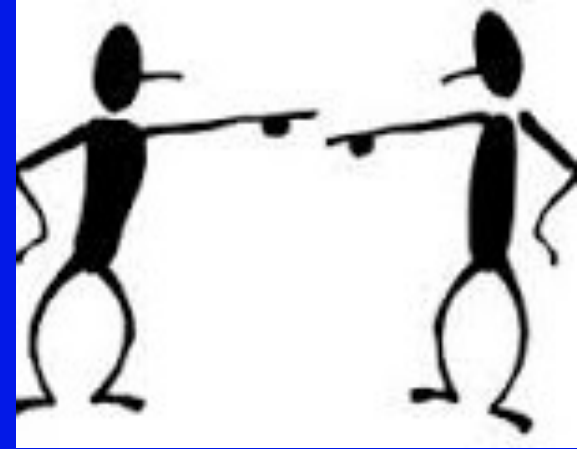
It is important to be sure you are communicating with someone for the purpose of creating honest communication that does not blame, shame, or complain. If communicating from a need to be right that ultimately deepens the wounds and/or create further separation.

A quote by Maya Angelou, "Choose being kind over being right and you'll be right every time", displayed in a white, serif font. The background of the quote is a photograph of a snowy mountain range under a dark sky with a green aurora borealis.

Choose being kind over being right
and you'll be right every time

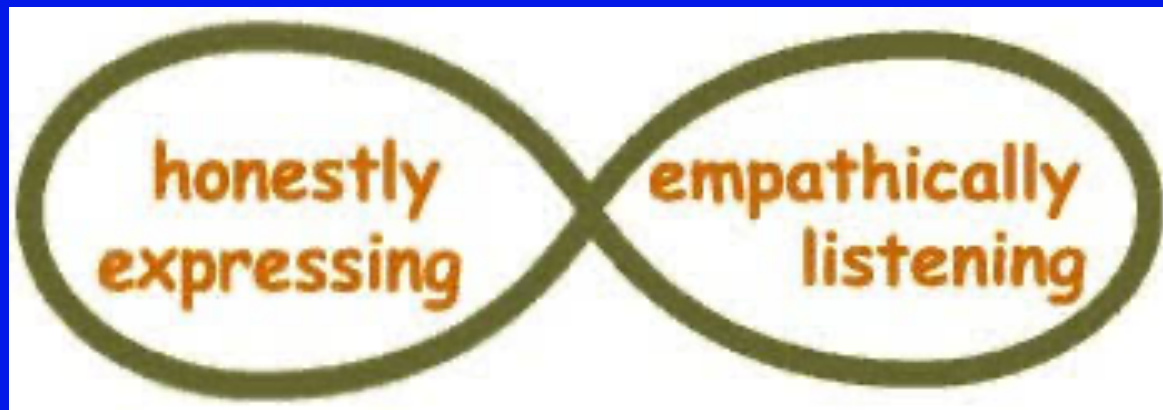
How You Say It Makes a Difference

First take note: is your perspective really true?
What is your opportunity to see something about yourself?



If it still feels important to share with the other person: Take a deep breath and speak clearly, avoid using a Loud or High Pitched Voice

It might help to practice your message, including your pace, tone, and pitch so it feels more natural. Practice what it is you want to say until it feels comfortable. As you practice be open to insight that may help you understand the situation more deeply.



Press Pause: Reactivity vs. Mindful Speaking

The need for round-the-clock connection not only makes people more impatient, it also robs them of time for quiet reflection or deeper, more critical thinking.

~Ronald Alsop, *Instant Gratification and its Dark Side (Technology and Communication)*

Learning to press pause means listening and assimilating before opening my mouth. I often hear a voice in my head saying what I would have normally voiced out loud, but in the few seconds I allow myself to pause, I realize it doesn't need to be said at all.

~Kelly Pietrangeli, *Think Before Reacting, How to Use Your Mental Pause Button*

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

What is your Inner Voice Saying to You?

Is your inner self-talk loving and kind or judgmental and critical?

- Take note of the Inner Critic or “Voices of Judgment”
- Choose to think more loving, caring, kind and compassionate thoughts about yourself and others
- Create a dialogue with the Inner Critic who really has your best interest in mind...even when it doesn't seem like it
- Ideally this is a Daily Practice



Take Time to Express What You Are Feeling?

If feel defeated, worthless, like a failure, not good enough, always falling short of your dreams, like you never catch a break, like a loser, etc...yell and scream out your frustration (into a pillow or where you won't be heard).

Bruce Willis in the Movie **The Kid** is a judgmental but successful man who has forgotten to nurture his childhood dreams.

Just before his 40th birthday (Venus Return) his 8 year old self shows up orchestrated by his Future Self.

They discover their BIG fear is being a loser. In the end they declare (yell loudly) they are not losers to the satisfaction of their future self.



The Cost Of Keeping Secrets

When I started sharing the truth about who I really am, I could no longer present the mask to the world called “hey, I’m fine!” and the numbness had nowhere to live anymore.

*Every one of us has something we’re hiding about who we are, what we’ve done, or **how we feel**. A secret that perhaps we’re too afraid to tell.*

The secrets we hide have a devastating impact on our life. When we hide secrets, we ‘re forced to lie about who we are and we present ourselves to the world as something we’re not.

*When we do that long enough, we lose track of who we actually authentically are. **And the aliveness that we once felt as children gets replaced by numbness.***



~Bruce Muzic TedXSinCity

Ten Questions to Find Your Voice

- What angers you?
- What makes you cry?
- What have you mastered?
- What gives you hope?
- As a child what did you want to be when you grew up?
- If you had all the time and money in the world, what would you do?
- What would blow your mind in a good way?
- What platform have you created or are creating?
- What change would you like to see in the world in your lifetime?
- If you had a day left, how would you spend it?



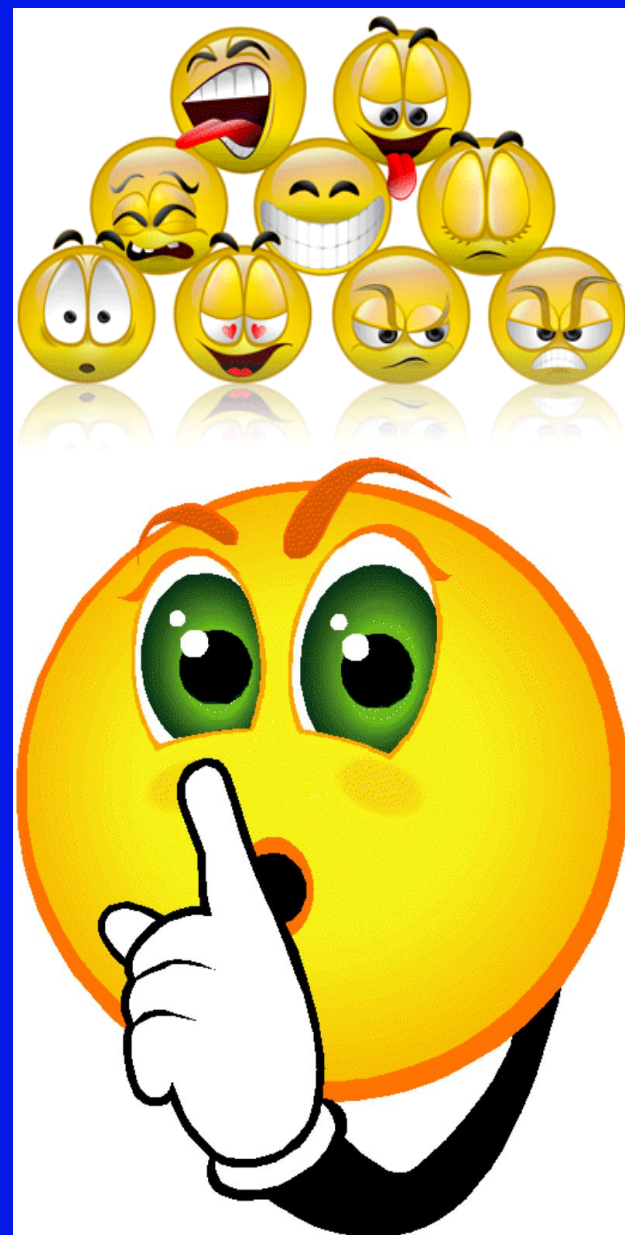
Clearing Throat Chakra Trauma

- In this, or previous lifetime, what throat chakra injuries or traumas have I experienced?
- What beliefs have these experiences produced in me?
- What would it take for me to transform these beliefs?
- Draw it, dance it, scream it, act it out and resolve it - whatever it takes for transformation!



Fears Around Claiming Your Voice

- My voice (opinion, truth, experience) doesn't matter, isn't good enough
- It's already been said
- I don't know enough for my opinion to matter
- What if I'm wrong?
- It's just words - what difference will it make?
- If I say it - I might be: punished, exiled, abandoned, killed
- I might offend someone or hurt their feelings
- They won't hear me or care what I think anyway
- I might start a conflict and I HATE conflict because it might be used against me later



Home Play for the Throat Chakra

Clear Fears Around Claiming Your Voice

Identify Fear: Choose 1-3 fears from previous slide

Observe Fear: Pay attention to when this fear comes up, how do you respond to it, how does this impact your daily life?

Practice Countering Fear through affirmations, remembering and focusing on examples in your life where you've overcome the fear.

Journaling Exercises

With Morning Star Buddy or in your Venus Journal explore

- Any of the 10 Questions that resonate for you
- Questions to Clear Throat Chakra Trauma

You are planting the seeds now for finding and claiming your voice over the course of your Venus Journey



Thoughts (6th chakra) Words (5th Chakra) Deeds or Actions (3rd Chakra)

**“WATCH YOUR THOUGHTS; THEY BECOME
WORDS. WATCH YOUR WORDS; THEY BECOME
ACTIONS. WATCH YOUR ACTIONS; THEY BECOME
HABIT. WATCH YOUR HABITS; THEY BECOME
CHARACTER. WATCH YOUR CHARACTER; IT
BECOMES YOUR DESTINY.” — LAO TZU**



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