

Venus Alchemy

Gemini Morning Star

The Voice of the Goddess

Releasing Distorted Communication

with Cayelin K Castell and Tami Brunk



Rainbow Goddess Prayer

Releasing Divine Feminine Voice Distortions

Beloved Wondrous Magical Rainbow Goddess
Committed to Restoring our Co-creation with Magic and Mystery
You Who Inspire Creative Insights Through the Power of Your Voice
Guide Me to Release All the Ways I am Critical of My Self and Others
Releasing All Rigid Thoughts and Beliefs That Hold Me Back
From Speaking Into What Is True For Me
Including Speaking in Ways that Promote More Authentic Connection

Help Me Release All Blocks Around Knowing When to Talk
and When To Actively and Deeply Listen
Help Me Release Any Fear of Offending and Being Abandoned
Guide Me to Release Any Blame and Shame Preventing Me
From Courageously Taking Responsibility for all that I Say and Do

O Mighty Goddess of Playful Fun Freely Expressing Your True Self
Thank you for Guiding Me to Release all the Ways I Act and Speak Out of Fear
Help me to Have the Courage to Listen to and Act Upon What I know is True for Me
To Be More Discerning and Fortright

Help me to Trust Myself In Making Inspired and Decisive Decisions
And Help me release any Blocks preventing me from Skillfully Using my Words to Invoke and
Activate What Is Mine to Do and Say for the Benefit of All Life Everywhere. Blessed Be!



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Overview of 3rd Gate 5th Chakra

- Break Out Group
- Gemini Rainbow Goddess ?'s
- Visual Sky Magic
- Leo and Virgo at this Gate
- Music/Singing
- Laughter as Medicine
- Home Play
- Toning
- Sekhmet Mantras
- Q & A



Break Out Session Guidelines

- **Joining is Optional**
- **Purpose is to foster community offer mutual support**
- **We are here to listen and be heard (please, no cross talking or interrupting)**
- **We are not here to fix or judge**
- **Give everyone an opportunity to share (be mindful of the time)**
- **Feel free to continue the conversation by mutual agreement via personal messaging after the class**



Breakout Conversation

- **Your Name and Where You are From**
- **Greatest Gift/Highlight from your Venus Journey in the Past Month**
- **Biggest Challenge from the Venus Journey in the Past Month**
- **What have you cleared/released/transformed in your life in the area of PERCEPTION (Third Eye)?**



Gemini Rainbow Goddess Initiatory Experience

Are you feeling the support of the circle and the Playful Rainbow Gemini Goddess? In what ways is this showing up for you?

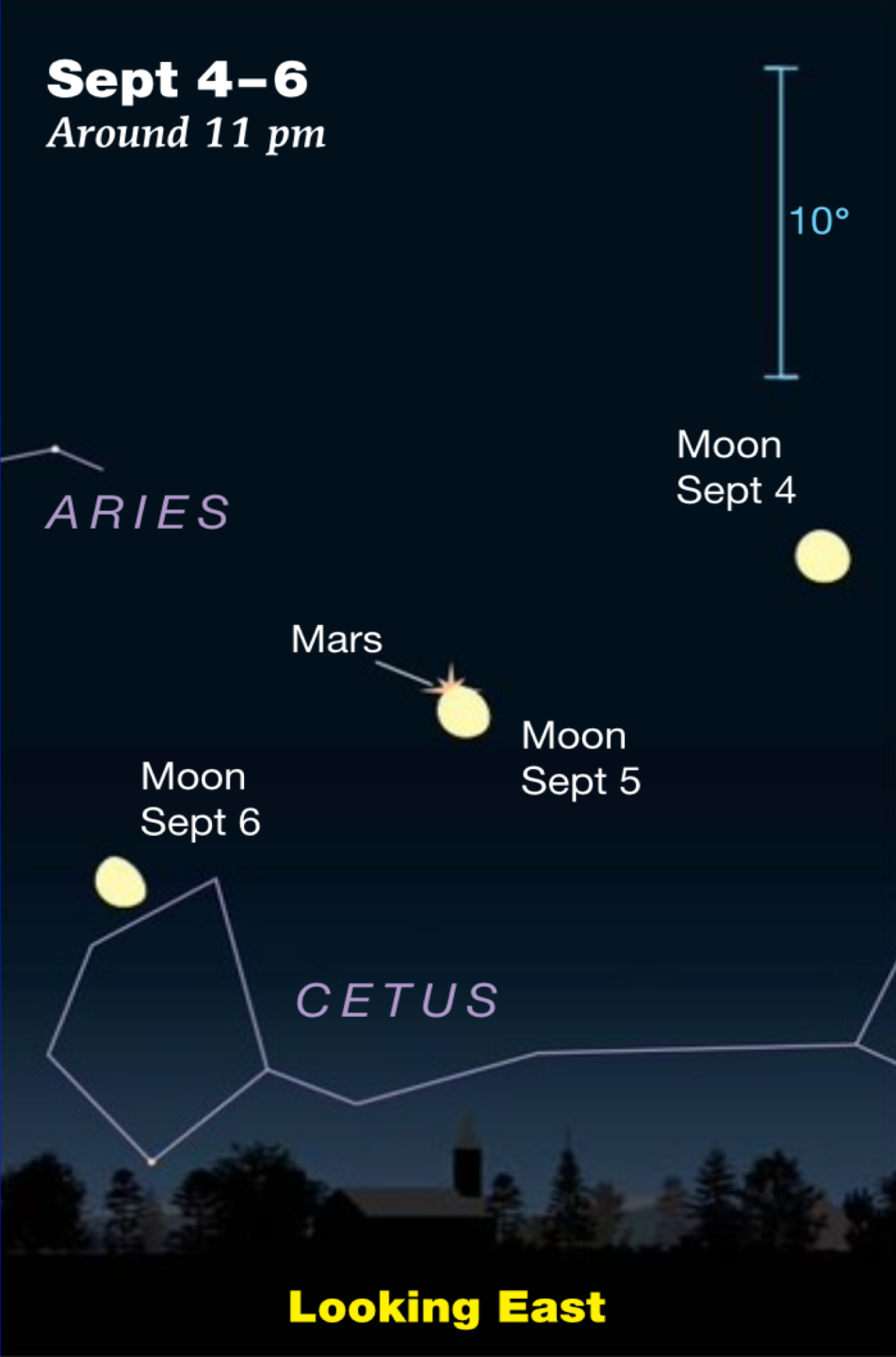
What would it take to let go of any feelings or habits of serious responsibility that are holding you back from having more creative Fun and Play?

The Gemini Goddess reminds us she is not here to follow the old rules that limit her freedom of creative expression especially as they relate to creating a FUN and Fulfilling New Earth Story for us all!



Sept 4–6

Around 11 pm



It will be 2035 before Mars is this bright again lasting well into October.

Mars stations retrograde on September 9 at 28 Aries and makes its closest approach to Earth on October 6.

October 13 Mars (21 Aries) Opposition to the Sun (21 Libra) begins a New Mars Cycle in Aries.

Mars stations direct on November 13 at 15 Aries.



The Moon Occulted Mars (28 Aries) on September 5 or 6 depending on your time zone and location.

The East Coast of the USA got the best view of a very close Moon Mars

Though the occultation has passed the energy is still very much alive as Mars is in the retrograde standstill for about a week before and after the Sep 9 station retrograde – meaning Mars is still located near the occultation

At the Venus in Gemini Throat Chakra Portal with Aries Mars retrograde completing a 26 month Aquarius Cycle we ask:

- How is the Awakened Masculine Warrior in service and guardianship of the Magical Feminine?*
- How do we call him forth - from the highest quality frequency - within ourselves and in the world around us?*



*With strong volatile Mars
Aries Retrograde square
Saturn Energy activated this
month*

*We invoke the medicine of
the Gemini Goddess to
divert aggression, tension or
anger through play,
mischief, and comedic
expression, transmuting it
into beauty, laughter, and
healing.*



Dawn, Sept 13–15

1 hour before sunrise



Moon
Sept 13



Venus



Moon
Sept 14



*Sickle
of
LEO*



Moon
Sept 15




Regulus

Looking East

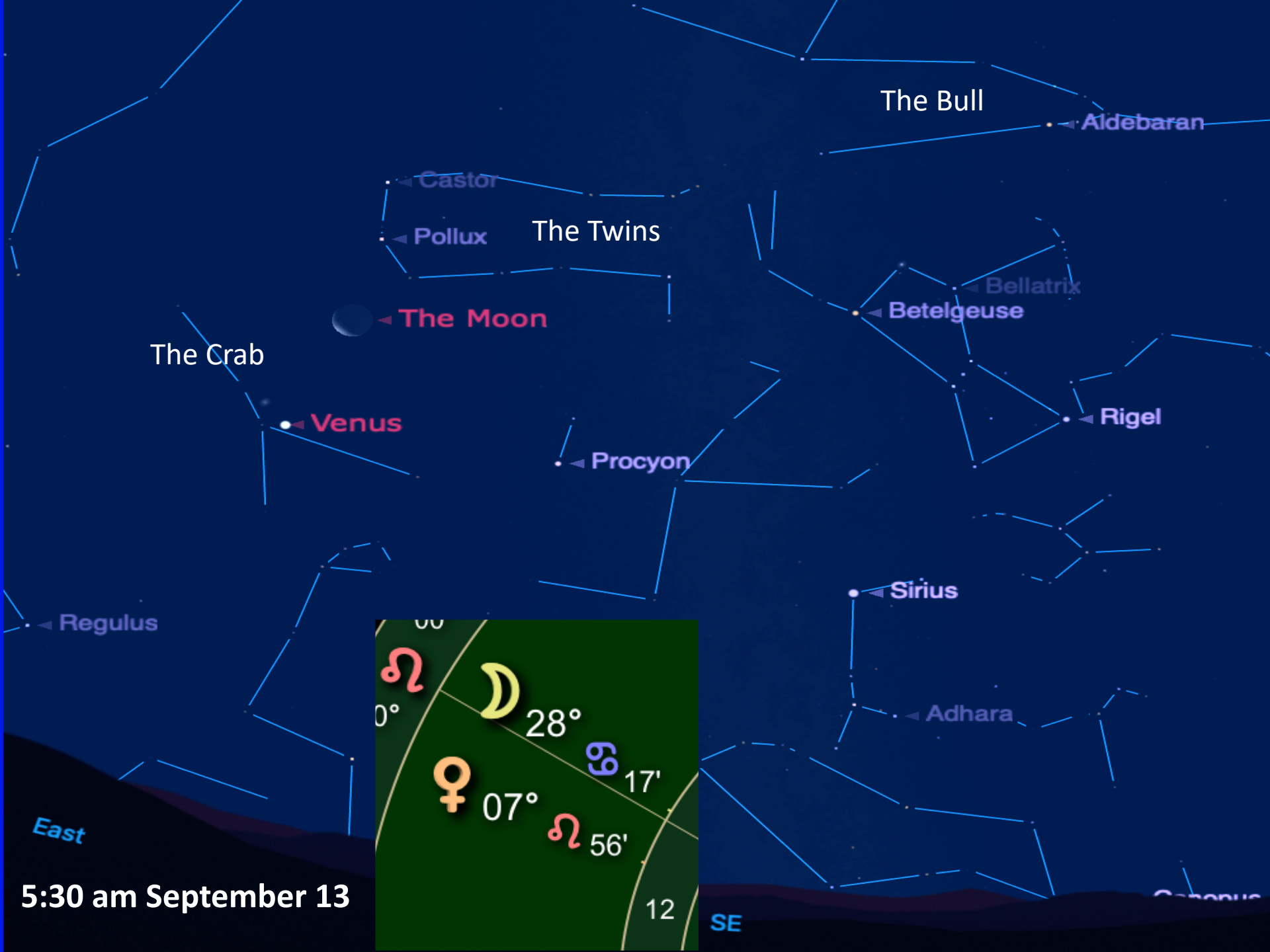
East, September 2020 One Hour Before Sunrise

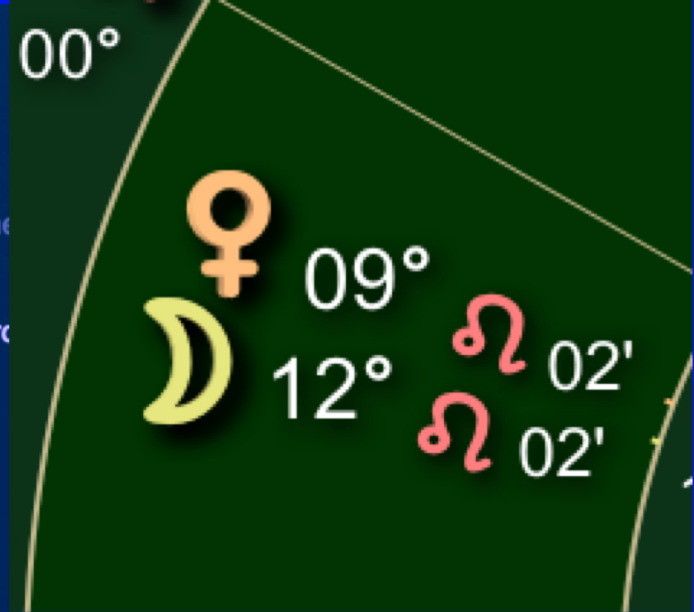
Sept. 13 

Sept. 14 

Sept. 15 

 Venus





**September 14
at 5:30 am**

**Venus is still near the
Beehive Cluster**

The Greeks & Romans called it Praesepe (pronounced *pri-see-pee*). a.k.a. Meisner 44 or M44. China thought this was an area of captured spirits or demons, known as Yugui.

The Beehive is about 600 light years from Earth and one of the closest clusters to Earth with about 1000 stars. 50 or so of the brightest stars are what we can observe in a telescope otherwise it appears as more of a faint smudge to the naked eye. At least 9 distant galaxies are located in this cluster.

The Crab

Praesepe
Beehive Cluster

Bees remind us
Nature operates through
Cooperation

Venus and the Moon near the Beehive Cluster (almost 8 Leo) are illuminating the light codes connecting us with Bee Medicine and the importance of **BEing** in the present moment, **BEing** willing to embrace what life has to offer. Bees work in community creating honey, representing the sweetness of life. Bees seemingly accomplish the impossible suggesting we can accomplish anything we put our energy and passion towards. The teaching of the beehive is working in cooperation for the good of the whole for the purpose of co-creating a golden age of peace and plenty for everyone.



Gemini Morning Star Throat Chakra Gate

Sep 06 2020 Venus enters Leo

Sep 13/14 2020 Venus Moon Gate (9 Leo) Throat Chakra
11:30 pm PDT Sep 13, Sep 14 at 2:30 am EDT

Sep 15 2020 Venus (10 Leo) square Uranus (10 Taurus)

Sep 17 2020 Virgo New Moon (25 Virgo)

Sep 29 2020 Venus (25 Leo) trine Mars (25 Aries)

Oct 01 2020 Aries Full Moon (8 Aries) near Chiron

Oct 02, 2020 Venus enters Virgo

Oct 10 2020 Venus (09 Virgo) trine Uranus 09 Taurus)

Oct 13 2020 Mars (21 Aries) near Eris Opposite Sun (21 Libra) near Spica

Oct 13 2020 Next Venus Moon Gate Heart Chakra (13 Virgo)



Gemini Meta Goddess in Leo At the Throat Chakra

She is letting go, with a hearty roar, any and all chains, constrictions, limitations on her voice, her creative expression, her brilliance, her shine.



She is ready to let go, to lay down all that is burdensome, restricting her from fully embodying and using her Divine Voice.

She is full of fire, she is free, and she is creating a New World Story with every color in the rainbow, every crayon in the box, leaping and dancing and singing and painting, visioning, and bringing into full color, clarity and joyful intensity the NEW SONG, NEW STORY, NEW VISION for the people and for the Earth

Gemini Meta Goddess in Virgo at the Throat Chakra Enters October 2

She is surrendering all her attachments to outer authority while reclaiming the sovereignty of her voice.

Having long forgotten who she is - she is beginning to remember. No longer will she hide in the shadows, behind the scenes.

She is claiming her voice though it may be shaking. She is speaking for the Feminine, for the Earth, for Gaia.

She is finding her songs, she is making her prayers. She is creating her ceremonies of praise for the Sacred Pattern of Creation and each Sacred Being's place within it.



Magic through Music and Speaking A Gemini Favorite

Invocation through Music and Songs

The Latin word for poem (poeta) originally meant *Magical Formula* and the word for sing was Cantre meaning *"to work magic, to produce by magic."*

"The knower of the mystery of Sound knows the mystery of the whole universe." *The World is Sound, Nada Brahma: Music and the Landscape of Consciousness* ~Joachim-Ernst Berendt, 1991

Remembering Magic and Magical ways through story, myth and song helps us to remember our own soul and come home to the truth and inspiration of who we really are.



Humor as Medicine And Activating the Throat Chakra Gemini Style

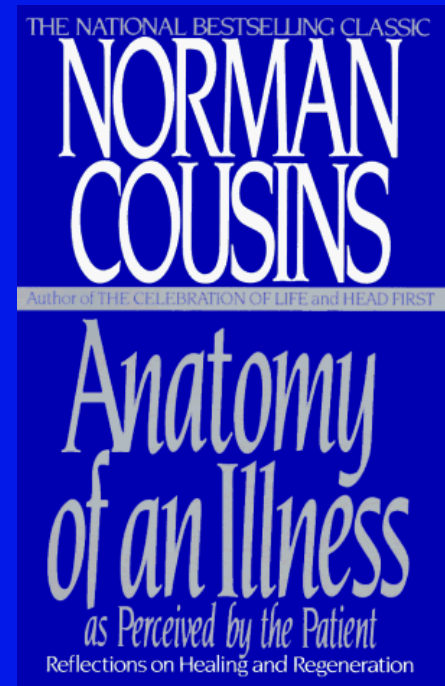
Norman Cousins wrote about his profound healing journey in his 1979 book “Anatomy of an Illness,” describing how he cured himself of a seriously debilitating disease through the use of humor.

In his book and in a 1984 movie based on the book, Norman insisted on a health protocol that included massive doses of Vitamin C and watching old Marx Brothers movies helping him to belly laugh as a significant part of curing his disease.

The cure worked and he went on to live a long, healthy life to age 75!

In 1984 Ed Asner portrayed Norman Cousins in a TV movie based on the book. See it here

<https://youtu.be/0LwKd68S15I>



Ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.



Norman Cousins
American Journalist

Humor Powerful Gemini Medicine Activating the Throat Chakra

Sustained real laughter has been proven to affect the emotions and human body. It is FREE and FUN to use Laughter as powerful medicine as it:

- Strengthens immune function increasing T-cells, interferon and immune protein proteins strengthening the immune system
- Relaxes the Whole Body for up to 45 minutes by releasing feel good hormones
- Decreases Stress by lowering cortisol and activating oxytocin
- Reduces (can even eliminate) fear, anxiety, and tension
- Reduces Pain by activating endorphins promoting a sense of well-being
- Protects the heart against heart attack - increases blood flow
- Lightens our mood and connects us to others
- Helps us release anger and forgive more quickly
- Keeps us grounded and Triggers Creativity



Are you finding ways to lighten up? See the humor even in challenging situations? Are you willing to laugh at yourself?. How can you take whatever is happening in your life and turn it into a funny story?



Cultivating Laughter

Laughter is natural, innate, and inborn.
It is your birthright.



Infants begin smiling during the first weeks of life, and laughing out loud within the first few months.

Seek out ways to experience humor and laughter

Watch a Funny (fun) movie or TV show or read a funny story

Listen to a comedienne

Read Funny Memes

Smile Often – Its Contagious. Smile at yourself in the mirror, smile at those you know and those you encounter and don't know. Smile for no reason. Smiling is contagious and often leads to laughter

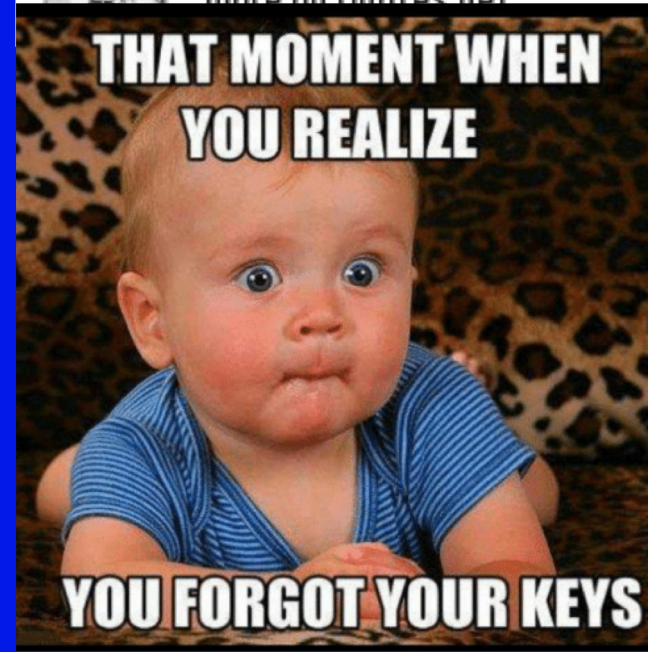


What was significant about the laughter . . . was not just the fact that it provides internal exercise for a person . . . a form of jogging for the innards, but that it creates a mood in which the other positive emotions can be put to work, too.



Norman Cousins

[more on Quotes.net](#)



Gemini & Laughter as Medicine

When we laugh with one another, a positive bond is created. **Helping you:**

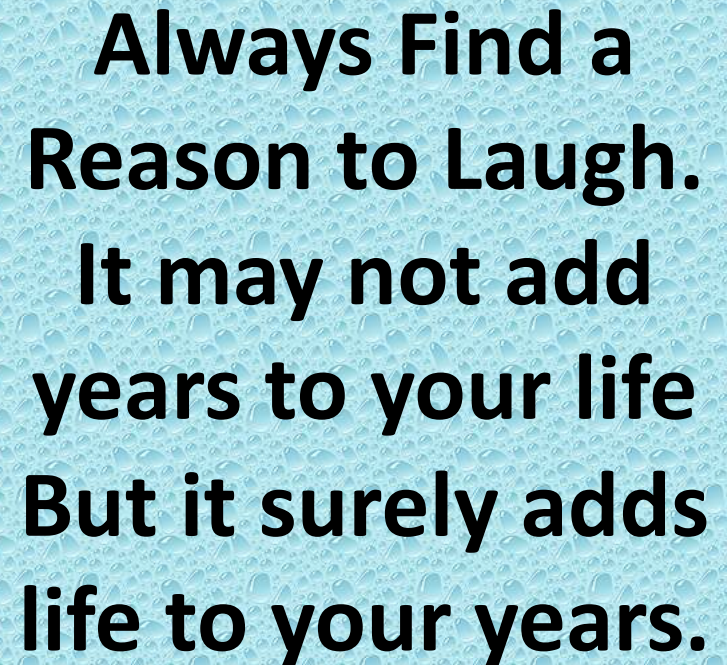
Be more spontaneous, getting you out of your head

Let go of defensiveness. Helping you forget resentments, judgments, criticisms, and doubts.

Release inhibitions. Relax and Enjoy

Express your true feelings. Deeply felt emotions can more easily rise to the surface.

Using humor helps resolve disagreements and manage conflict with others. It lowers stress levels and tension especially when in highly emotional situations.



**Always Find a
Reason to Laugh.
It may not add
years to your life
But it surely adds
life to your years.**

Home Play for Gemini at the Throat Chakra

We are reclaiming our personal story and speaking it at this Throat Chakra Gate.
Create a Simple Song to Let Go of the Old Story and Claim the New. Consider where you have felt stuck, stuck or have had difficulty with authentic expression. Where you have been a rose bud afraid to bloom. Now fill in the blanks of your song as follows:

I Was _____

I Was _____

I Was _____

I Am _____

I Am _____

I Am _____

Tami's Example:

I Was Dimmed

I Was Diminished

I Was Full of Self Doubt

I AM Radiance!

I AM Strength!

I AM Clear and Purposeful!





Claudette Thomas

Toning With Claudette at the Throat Chakra

Find out More HERE

<https://kriyashakti.com/chakra-toning/>

Chanting The Sekhmet Mantra

SA SEKHEM SAHU

SA - Breath of life

SEKHEM - Sacred Power, Life Force

SAHU - Realized Human Being

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.



Speaking The Many Names of Sekhmet

The Goddess Sekhmet, The Way Of The Five Bodies

also tells us speaking the names of the Goddess are a powerful way to experience “the Reality that is Sekhmet” or said another way the reality that is the Goddess within.

The Book Recommends:

- Slowly Reading the Names of Sekhmet Out Loud
- Allow Each Name Time to Pass from your Conscious Mind into your Unconscious
- Rest your Eyes on Images or Statues of Sekhmet
- As the Goddess becomes active within you, you will experience trance states that lead you into the Mystery
- You may find you go deeper as you contemplate these names and images



Speaking Names of Sekhmet

Lady of Enchantments - Opener Of The Ways

Lady Of Transformations

Enrapturing One - Giver Of Ecstasies

Self-Contained – Awakener

Satisfier Of Desires -Victorious One

Queen Of The Desert, Queen Of Serpents, Dragons and Lions

Complete One - Sublime One - Enlightener

Beloved Teacher - Beloved Sekhmet

Guide In The Underworld

Great One Of Silence - Pure One - Sparkling One

Destroyer- Mistress of Death - Mother Of The Dead

Pre-Eminent One In The Boat Of The Millions Of Years

Roamer Of Deserts – Empowerer

Lady Of All Powers – Eternal

Most Beautiful Among The Gods

Bountiful One - Unwavering Loyal One

Sekhmet, Who Gives Joy



Additional Resources

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

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>