

# Home Play Gemini Venus Morning Star Throat Chakra Releasing

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## Highly Recommended Activities

- **Watch Venus Synodic Cycle Overview Presentation** IF you're new to the Circle
- **Build Your Venus Altar** (or begin dreaming into it!)
- Buy a **special Venus Journal** and declare and write your **INTENTION** for this Venus Cycle
- **Go out** to see the **Venus Moon Conjunction** BEFORE DAWN **closest on Monday, September 14**. Go out Sunday and Tuesday mornings to see Venus near Moon
- Use crystals, essential oils, colors to **Activate Throat Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Listen to** Tami's Chakra Assessment Meditation
- **Listen to** Venus Temple and Sky Temple Meditation
- **Call/Connect** with **Morning Star Buddy** through phone/email/skype
- Work with ONE (or all) of the **Questions** (below)

## In-Depth Home Play

### ALL OF THE ABOVE AS WELL AS ANY OR ALL OF THE FOLLOWING PRACTICES

- **Journal Regularly in your Venus Journal**, tracking dreams, meditations, sketching, and questions
- **Create Special Ceremony** for Venus at the this Gate
- **Introduce yourself on FB or via comment on Venus Class page including:** *Name, Why I'm Here, My Intention for this Venus Cycle*

## Questions for the Throat Chakra

- *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?*

## Questions for the Gemini Meta Goddess at the Morning Star Crown Chakra

- *To whom have I given the authority to create the story of my life and world and what would it take to free myself from that authority now?*

- *Where have I given others the authority to limit or shut down my most enjoyable and fun creative expression and what would it take to free myself from that outer authority now?*

### **Questions to Honor the Masculine Energies Supporting Us Now**

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

### **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?

### **Home Play for the Morning Star Throat Chakra**

**Clear Fears Around Claiming Your Voice. Consider the following possible fears that might come up for you around using 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

Choose 3-5 questions from those above OR the 10 Questions to Find Your Voice (Above) that resonate for you to explore in Your Venus Journal or with your Morning Star Buddy.

Pay attention to when this fear comes up: How do you respond to it? How does it impact your daily life? Practice Countering Fear through affirmations and remembering and focusing on examples in your life where you have overcome the fear.

### **Home Play for Gemini Morning Star at 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 in places of stagnation or difficulty with full 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!

### **Sky Dates for Throat Chakra Gate Month**

- 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)

## **Rainbow Goddess Prayer Releasing Voice Distortions at the Throat Chakra**

**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 Forthright**

**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!**

### **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 5<sup>th</sup> 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](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>