

# Venus Alchemy Morning Star Venus The Power Center of the Goddess Solar Plexus Release Phase with Cayelin K Castell and Tami Brunk



# Entering The Solar Plexus Chakra Gate



# At the 3<sup>rd</sup> Gate

Inanna gives up her Golden Hip Girdle/Belt or the Ring of Power symbolically releasing or letting go of all the ways she has either given her power away or tried to have power over others.



# The Ring of Power

**The Ring of Power** associated with The White Goddess is connected to the power of the goddess protecting and blessing family, children and ancestors.

Used properly the Ring of Power increases our ability to move beyond or release blocked conditions.



**The Solar Plexus Chakra** or **Manipura** a Sanskrit word meaning **‘City of Jewels’** or **‘Shining Gem’** is located just above the naval and below the rib cage radiating vital life force (a.k.a. Prana or Chi) through out our entire body.

This is where Will Power is generated including our ability to accomplish our desires. Also where the “gut feeling” or intuition resides.

Solar Plexus Chakra



## The Solar Plexus Chakra governs:

- Self-confidence, Vitality, Dynamism,
- Healthy Personal Power
- Shining like the Sun(Shining Gem)
- The energy and motivation to start and complete projects

## The Solar Plexus is active and strong when:

- You find the courage to do something that scares you, even if you are not entirely successful with it
- Tactfully Speak what needs to be said for yourself and/or others
- Find you are Energetically Standing Tall in what you know is true taking appropriate action regarding your life
- Actively Expressing Creativity, Curiosity, Coherence

**The Solar Plexus also governs:** Metabolism, Digestion, Elimination, Liver, Gallbladder, Pancreas, Spleen and Stomach.



# Imbalanced Solar Plexus

- Poor Digestion, Stomach Ulcers,
- Belly Fat, Allergies, Fatigue, Diabetes,
- Controlling, Angry
- Addictive Personality
- Judgmental, Superior, Aggressive
- Oversensitive to Criticism, Insecure
- Needs constant reassurance
- Worried about what others think
- Archetype of the drudge - doing for external approval
- Victim, Critical, Pessimist, Inadequate
- Sarcasm, Arrogance, Depression
- Compulsive Behavior
- Feeling Rejected, Ignored, Unappreciated
- Lack of Self-Confidence, Self-Worth, Self-Esteem
- "I am not worthy"
- Lack of Affection
- *Doing Addiction/Workaholic*



# Over Active Solar Plexus

Judgmental, Critical

Demanding, Rigid, Stubborn,  
Aggressive, Angry, Overly Controlling

Procrastinator or Driven Workaholic

Perfectionist, Afraid to Fail

Nothing is Ever Good Enough

Including Ones Self

# Under-active

Dependency

Mistrust/Doubting Self and Others

Worry - including what others think

Avoiding Feelings - Anxiety/Depression

**Physical Symptoms:** Digestion and Weight Issues, Anorexia, Bulimia, Obesity, Ulcers, Diabetes, Arthritis, Pancreas Liver and/or Kidney Issues, Hepatitis, Constipation and Colon disease.

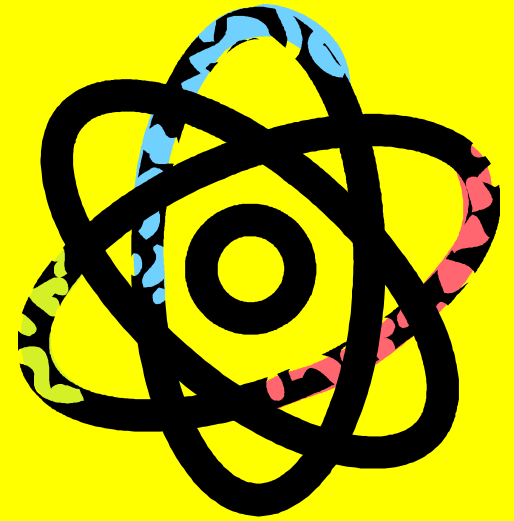




# Balanced Solar Plexus Chakra

## Expresses as:

- Self Confidence and Self Esteem
- Genuine Self Acceptance
- Acceptance of Others
- Self Knowing and Individuality
- Command of Thoughts and Emotions
- Motivation with Healthy Action
- Clear Intuition and Discernment
- Charisma, Generosity
- Experiencing Joy AND sharing it with others



# Ways to Balance this Chakra:

Chant the Mantra Ram

Wear Yellow, Eat Yellow Foods

Be willing to face challenges with courage.

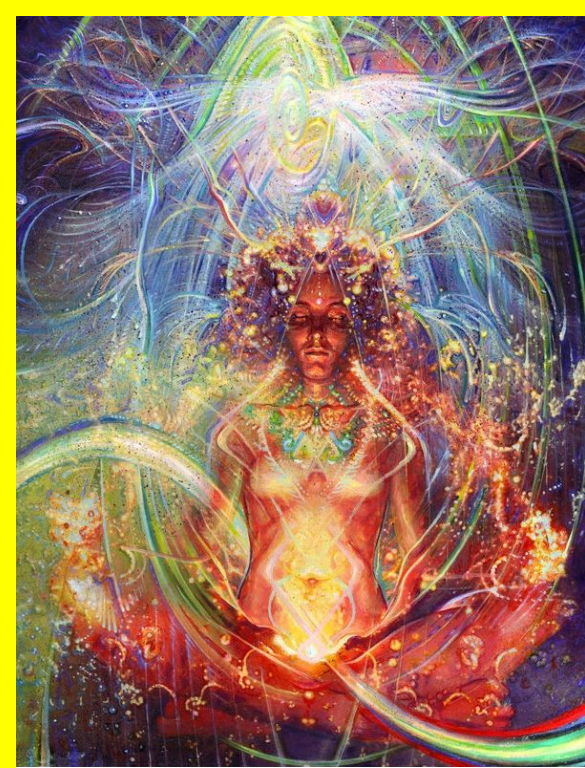
Commit to something you care about – even if you don't have all the answers, and you might make mistakes. Mistakes

**Gems/Minerals:** Yellow Citrine, Topaz, Jasper  
Tigers Eye, Sunstone, Amber, Yellow Tourmaline

**Herbs and Essential Oils:** Vetivert, Rose,  
Bergamot, Ylang ylang, Cinnamon, Carnation,  
Dragon's Blood, Saffron, Musk, Ginger

**Practices:** Any Physical exercise that raises  
your energy like hiking, dance, kundalini or other  
yoga...Sun Salutation. Any ceremony that  
connects you with the inner and outer Sun.

Responsible sunbathing. Pranyama, Belly Breathing



# Release What Is in the Way of Standing in Your True

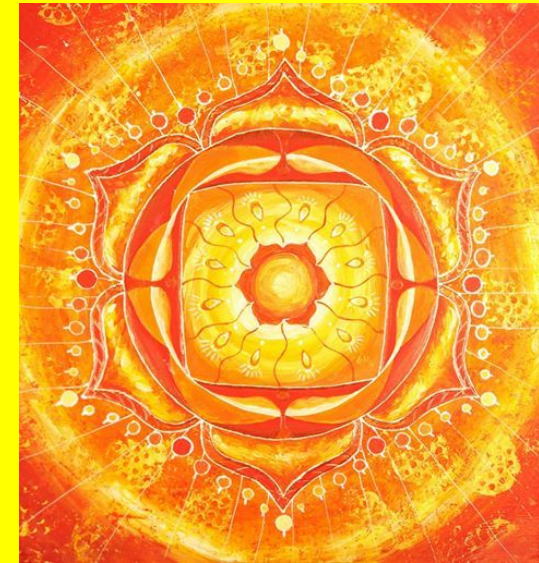
## Power including:

- Shyness, Fear of Speaking Up, Fear of Expressing Yourself
- Whatever Blocks you from Boldly engaging New Challenges, Opportunities, Intentions etc...
- The need to be successful in a BIG way to start Baby Steps are Okay
- All that stands in the way of feeling self confident



## Practice:

- Standing Tall, Walking with Confidence even if you don't feel it
- Smiling More (greeting yourself and others with a warm smile)
- Acting the Part, To Own the Part (Fake it till you make it)
- Taking care of yourself (Nutrition, Sleep, Exercise – yoga, walking, dance, hiking, running, stretching and strengthening)
- Looking People in the Eye when speaking to them
- Meditation (calming the mind and body)
- Choosing an activity that excites and motivates you, then take actions toward fulfilling it
- Making Friends with Failure – It is a gift that strengthens you
- Stepping out of your comfort zone - change your daily routine often
- Let your actions speak for themselves; focus on your strengths by taking small proactive steps



# Solar Plexus Chakra And the Doing Addiction



# The Doing Addiction:

Doing (taking action) is a natural part of life.  
Excessive Doing is an addiction.

This includes the work-a-holic and so much more including Philanthropic Work.

## What Drives the Doing Addiction?

- Fear of not having enough
- Fear of not being good enough (having to prove oneself)
- Fear of Facing your Fears and having to really Feel our Feelings...

Do you enjoy what you do?  
Are you doing what you want to do, or what you feel you have to do?

Do you feel driven or compulsive about your doing ... eating right, exercising right, working long hours, doing spiritual practices in the right way?



Do you do out of fear, i.e. that the world will fall apart, or it won't get done if you don't do it?

Or do you Do from the enjoyment it brings in the process, as well as really enjoying the results of your Doing?

**Remember You never get it ALL done  
and there is ALWAYS more to DO**

**AND The Goddess within wants to have FUN**

**What is FUN for you?**

**Hanging out with Friends and/or Family**

**Dancing, Yoga, Exercise**

**Creative Activities, Ceremony, Travel**

**Adventure, Reading Books**

**Add Yours \_\_\_\_\_**



## The Importance of Doing Nothing



## Some Ways to Heal a Doing Addiction

- **First Step** is Awareness of the Addiction and what is driving it.
- Why am I doing what I am doing? AM I having Fun? If not why I am doing it? Review Doing Addiction Handout for clues about what drives your Doing...
- When aware you are **DOING** out of the addiction and it is diminishing your joy and fulfillment - either stop or find a way to change the core motivation for how and why you are **DOING**
- Choose times when you are **DOING Nothing** - that is about getting results...see homeplay

# Healthy Solar Plexus Questions

Are you confident in how you respond to most of the situations you encounter?

Do you speak up for yourself?

Are you able to take risks when needed?

Do you have a healthy digestive system?

Do you laugh easily and with delight?

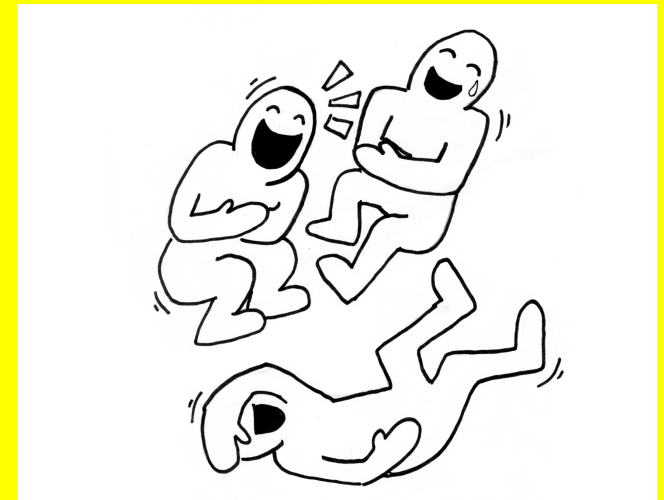
Are you able to listen to other points of view without feeling threatened or defensive?

Are you able to create and stick to healthy boundaries for yourself?

Do you take responsibility for your commitments and see things through to completion?



**Laughter**  
**Fireworks of the Soul**





# The Creative Process includes:

6th Chakra Our Thoughts,  
What we Think

5th Chakra Our Words,  
What we Say

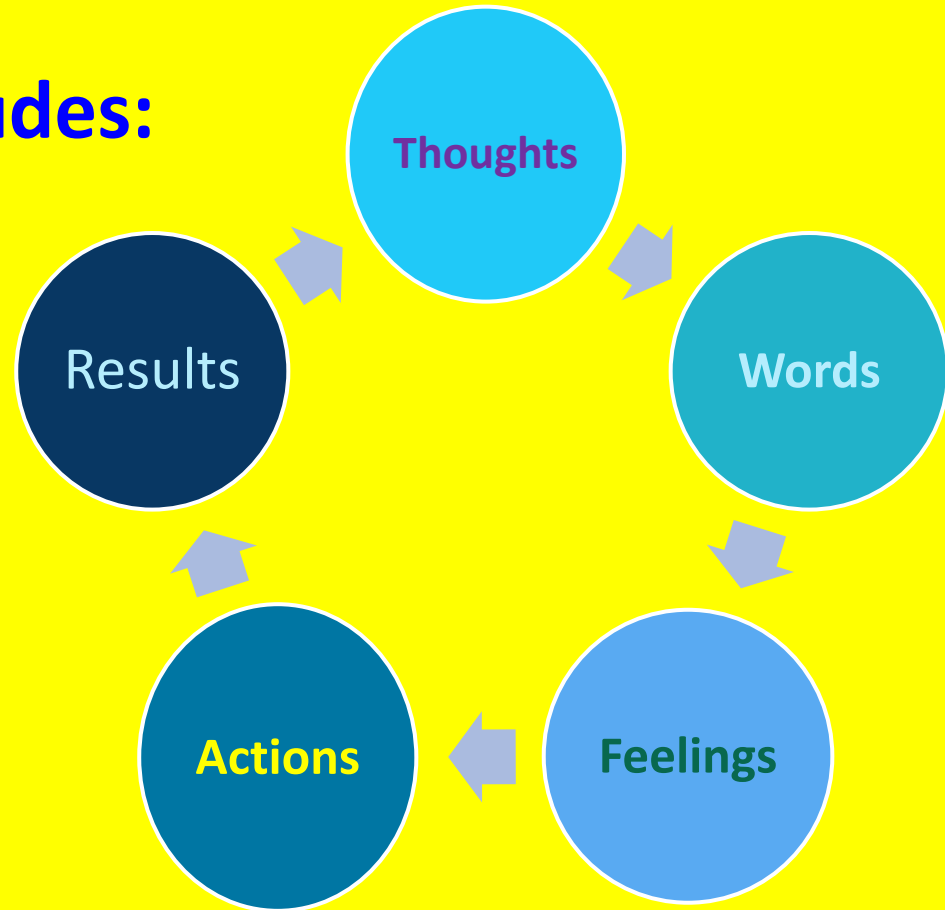
4th Chakra Our Feelings,  
What we Feel

3rd Chakra Our Actions,  
What we Do

Actions, what we Do

Create the Results

We experience



Stunning Results

# **The Starting Point of All Creation is Desire!**

**~Napolean Hill**

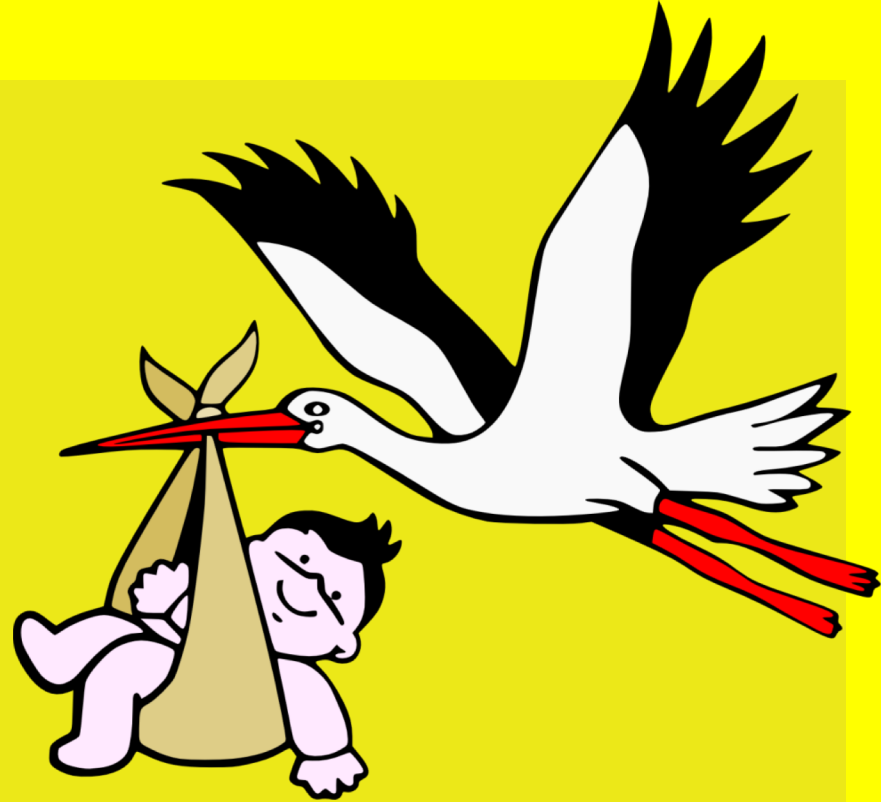
**I can teach anybody how to  
get what they want out of life.  
The problem is that I can't find anybody  
who can tell me what they want.**

**~Mark Twain**

It is NOT about having the skill or expertise to create something.

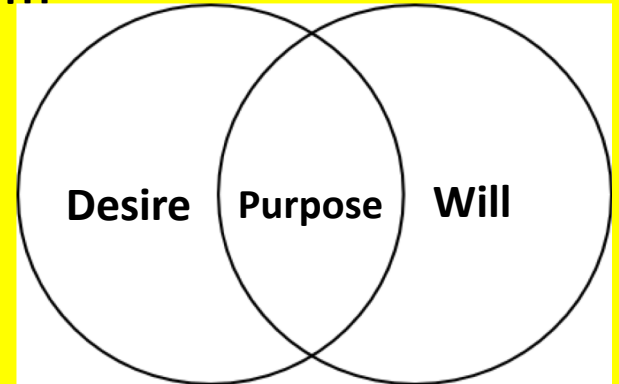
It IS about having a **Passionate Purpose Driven Desire** fueling your Will

and motivating your actions that supports and allows what your desire to manifest.



# Aligning Will with Desire

- Desire Fuels Creation and Directs Will
- Our Will Brings Desire into Form
- Will operates through Action
- Desire operates through Feeling
- Belief operates through Thinking
- Belief either fuels desire or adds uncertainty and doubt
- Aligning Will with Desire guided by Passionate Purpose inspires what we Manifest
- Will drives Action (thinking action, feeling action and physical action)
- Passionate Purpose Driven Desire Fuels our Will to take Action and Bring Our Desire into Manifestation



**What Do You Desire?**

## Healthy Will Power

The most effective way to Apply Personal Will Power is from deep within and not from an external Desire dictated by an external culture.

Healthy Will Power is NOT about controlling results or a specific outcome.

Healthy Will Power comes from your commitment to express from your Inner Knowing, Your Inner Well-Being, Your Inner Awareness

Thank you Will Power for being there, and showing up for me every time I call upon you...

Thank you for Supporting me in creating an inner state that inspires my life's purpose to find its natural course as it expresses through me...

Thank you for Encouraging me to Stand in the Strength and Power of Who I truly am.



# ENCOURAGEMENT

One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. There are times of great uncertainty in every life. Left alone at such a time, you feel dishevelment and confusion like gravity.

When a friend comes with words of encouragement, a light and lightness visit you and you begin to find the stairs and the door out of the dark. The sense of encouragement you feel from the friend is not simply her words or gestures; it is rather her whole presence enfolding you and helping you find the concealed door.

The encouraging presence manages to understand you and put herself in your shoes. There is no judgment but words of relief and release. ~John O'Donohue Quote from *ETERNAL ECHOES*

# Where Do I Give Away My Power?

- If there is a conflict I assume it is my fault
- Assuming I am *'less than or not good enough'* when I compare myself to others
  - ✓ If someone seems more talented or skilled
  - ✓ Thinking my own skills are not a big deal
  - ✓ Appearance (like Getting Older)
- Expecting or Fearing the Worst
- Worrying Obsessively
- Chronic Self Criticism
- Not Staying Current with Feelings and Boundaries – Then Getting Triggered and Being Inappropriate
- **Giving Priority to Either Work or Relationships that are Imbalanced**
- Sharing Deeply Personal Feelings and Experiences too soon or in an unsafe context
- Asking for advice and external validation too often
- Setting Super High External Standards That are Impossible to Meet
- Looking to the Past instead of Being in the Now and creating the Future
- Procrastination



# Stop Leaking/Giving Away Your Power

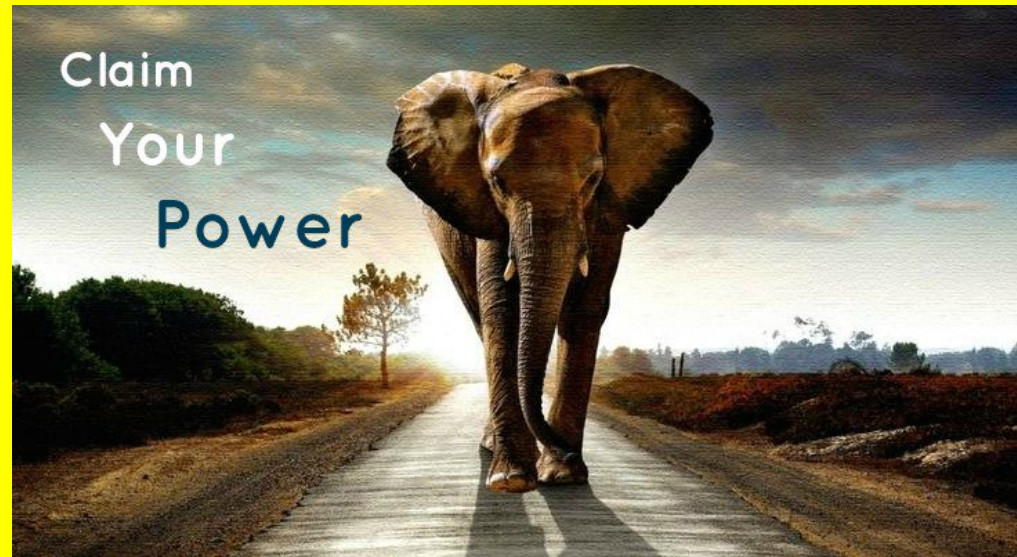
**Take responsibility for your needs and shadow**

**Base decisions on what energizes you - not what others think**

**Take care of your needs first so giving comes from abundance**

**Take charge of your response/view of difficult situations**

**When others attack, dump on you, or otherwise act poorly, know it's likely "not about you," and stay neutral**



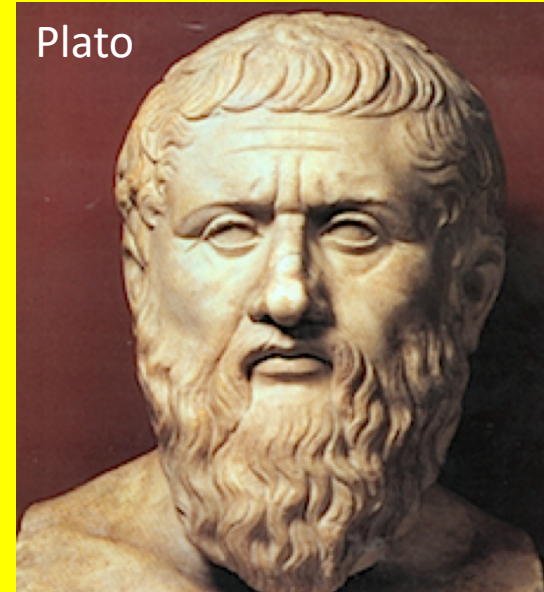
*Here is the big one that usually provides our first Whiskey Tango Foxtrot moment on the road to truth... continuing to live in a way that is not authentic to who we are, simply to please others and fool ourselves.*

**Six Steps to Stop Giving Away Your Power** ~Dana O'Dell



# The Old Rules of Power (from the 48 Laws of Power)

- S/he who has the most toys wins
- Ability to control and manage others behavior
- Never reveal your weaknesses
- Make sure you look good—better than the other person
- Let others do the work for you but always take the credit
- Manipulate others to get what you want
- Avoid the unhappy and the unlucky
- Create dependence in others so you will always be needed
- Always appeal to people's self interest, not their higher values



This and no other is the root from where a tyrant springs; when he first appears he is a protector.

- Be unpredictable so people can't control you
- Know when to withdraw so others want you more
- Never commit to anyone
- Scapegoat others to look good
- Find and use others' weaknesses against them
- Only value what comes with a pricetag

# The New Guidelines of Feminine Power

- S/he who **shares** the most toys or energy wins
- Ability to uplift and empower others
- Reveal authentic vulnerability to connect
- Radiate your personal beauty and light up others in the process
- Create joyfully and inspire others to do the same, acknowledging everyone's contribution
- Get clear on what you want and ask directly for it, letting go of attachment
- Know your power to uplift others through kindness and compassion
- Freely share your gifts and knowledge to bless the world
- Appeal to people's higher values and self interest
- Be true to your inner compass
- Be generous and present more often than not
- Be courageous enough to commit
- Have compassion for others' weaknesses while encouraging growth
- Celebrate the abundance of the Universe and cherish gifts freely given?



# Why and When Do We Procrastinate?

- We have an internal image of what we must accomplish that is impossible to achieve
- We are stubborn and unwilling to bring our expectation down to reality
- We get caught in a vicious cycle of low self-worth because of inaction, creating paralysis
- We haven't broken the task down into manageable parts
- We don't really want to do it
- We have already experienced the "positive outcome" in our minds and don't feel the need to make it real.



# How to Overcome Procrastination

- Ask what the root cause of the procrastination is & address that cause
- Revise your expectations so they are in the realm of possibility
- Break task into measurable parts and reward yourself for small parts accomplished
- Honor the fact that your area of procrastination is a teacher for you
- Address insecurities - remind yourself that you can do the job adequately and that is good enough



# Inflammation

Inflammation happens when your body detects what it perceives as foreign invaders, causing the white blood cells and cytokines (chemicals in your body) to defend and protect you.

This is a healthy response, a good thing as a normal way to handle viral, bacterial and toxic invasion protecting and healing your body, except when it is out of control

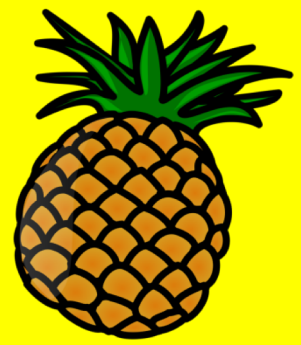
When the immune system is out of balance, inflammation can become chronic leading to dis-ease and/or weight gain.

Inflammation is triggered by things like eating sugar, processed foods, stress, not enough exercise or rest, etc...

Inflammation is at the root of disease and is the main factor in obesity, heart disease, cancer, diabetes, dementia, liver/gallbladder disease, premature death and more.

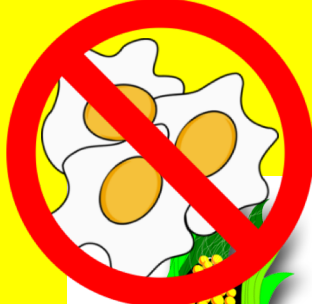


# Inflammation



## 7 Foods that Cause Inflammation

Soy  
Corn  
Eggs  
Dairy  
Sugar  
Gluten  
Peanuts



**NO SUGAR**

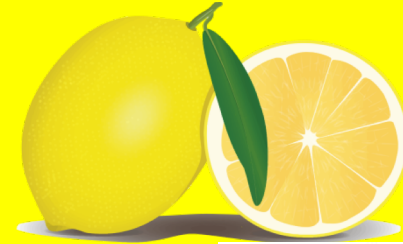


**GLUTEN**

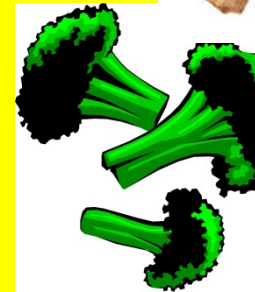
**SOY**

## 10 foods that Reduce Inflammation Best if Organic

Fresh Lemon  
Beets  
Fermented Foods and Liquids  
Raw Turmeric & Ginger  
Wild Salmon  
Hemp Oil  
Soaked Walnuts  
Pineapple  
Broccoli  
Spinach



Healing Foods - Beetroot



# Questions To Journal With For a Healthy Solar Plexus

Are you confident in how you respond to most of the situations you encounter?

Do you speak up for yourself?

Are you able to take risks when needed?

Do you have a healthy digestive system?

Do you laugh easily and with delight?

Are you able to listen to other points of view without feeling threatened or defensive?

Are you able to create and stick to healthy boundaries for yourself?

Do you take responsibility for your commitments and see things through to completion?



Laugh your way to Radiant Health



# Four Questions

**What would it take** to truly know and live the power of who I am?

**What would it take** for me to clear and release all the ways I have given my power away?

**What would it take** for me to clear and release all the ways I have asserted power over others?

**What would it take** for me to clear and release blocks around my power to influence society?

