

# Essential Home Play And Useful Links 4th/Heart Chakra Releasing

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## Highly Recommended Activities

- **Build or Renew Your Venus Altar** to Reflect Heart Chakra Themes
- **Look for the Venus Moon Conjunction** on October 12, 13, 14. Exact conjunction is Tuesday, March 13 at 7:55 pm PST
- **Connect with your Morning Star Buddy** by Phone, Skype, email
- **Introduce yourself via FB Group or email to Tami (she will post)**
- **Deepen your work with the Heart Chakra** through use of crystals, essential oils, wearing green or pink
- **Work with Cayelin's Guided Heart Chakra Journey**

## In-Depth Home Play

**All of the Above Along with Any or All of the Practices Below**

- **Journal Regularly in your Venus Journal**, tracking dreams, meditations, sketching (see suggested Questions below)
- **Spend time** with Venus and the Moon in the Morning Sky

## Questions for Clearing the Heart Chakra

- *What emotional memories or repressed feelings am I ready to release now?*
- *Where does my fear of losing love from others limit my expression and actions?*
- *What are my habitual thoughts or actions that keep me numb, to avoid feeling discomfort or pain?*
- *What emotional wounds do I have that cause me to want to control people or situations around me?*
- *Where am I ready to forgive myself? Others?*

## Gemini Heart Chakra Releasing Questions

- *What old scars, bitterness and resentment am I carrying and am ready to heal, clear, and release now?*
- *Where do I abandon my own needs to meet those of others AND what would it take to shift that pattern now?*
- *Where am I blocking the love and intimacy my heart desires now AND what would it take to open and receive the love that is my birthright?*
- *How Would it Look and Feel to Have a Wholehearted, Ecstatic Love Affair with My Self and My Life? What Would it Take to Have This?*

## Other In-Depth Home Play Heart Chakra Practices

**Feeling Your Feelings Exercise:** This month in your Venus Journal, pay special attention to moments when you get emotionally triggered. Pay attention to your body, your breath, and your instinctive response. Observe your pattern. **Practice breathing deeper and pausing to respond rather than react.**

Find creative ways to shift and “move the energy” that push your comfort zone: scream into a pillow or alone in your car, paint hideous paintings, take up kick boxing, long hikes, dancing, etc.

**Assess your “Heart Circle” Exercise Journal** on the following topics: Do you take time for regular (in-person as well as distant) connection with beloved friends, family? Have you taken the time to enlarge your circle with new friendships? Is that something that you want to do?

**Have you drifted into the direction of isolation and disconnection?** If so, can you remember a time you felt more joyfully connected with others and the happiness that brought you?

**Write the names of 3-5 people you’d love to spend more time with.** Now make an action plan for how you will connect with 1 or more of them. Consider a regular “date” with individuals or circles: monthly brunch, music circle, or women’s circle, weekly walk or hike or coffee, game night, volunteering date, etc.

### Home Play for Gemini at the Heart Chakra: Breaking Love Spells

#### *What Belief Spells Around Love & Relationship Are You Ready to Break Now?*

Begin by connecting with a limiting belief, habit or pattern (or spell) you know is holding you back from living your true self. Name it, call it out, write it down. You may choose to journal around this spell or belief and how it has limited you. Once you feel you understand the depth of how this has and IS affecting your life - come up with a guiding question that when answered will support you in having a more expansive experience. Remember when we ask questions the universe will bring us answers. How you ask the questions will determine the quality and helpfulness of the answers you receive. Your success in shifting this depends on your willingness to take the inspired action necessary to shift the pattern based on the answers you receive. Additional Insights on framing helpful questions...

<https://cayelincastell.com/the-power-of-questions/>

**Tami:** There is Not Enough of Me for my Great Work and Great Love

**Guiding Question:** How Would it Look and Feel for Great Love to Nourish and Feed My Great Work?

**Cayelin:** I must continually prove myself worthy of love by how much I accomplish

**Guiding Question:** What would it take for me to know and feel I am worthy of love for who I am and not how much I do or accomplish?

## Heart Chakra Gate Main Sky Events

Oct 13 Mars (21 Aries 23) Opposite the Sun (21 Libra 23)

Mars is near Baten Katos and Sun is near Spica

Oct 13 Mercury stations Retrograde (11 Scorpio)

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

Oct 15 Sun (22 Libra 30) square Pluto (22 Capricorn 30)

Oct 16 Libra New Moon (23 Libra 54) nearly exact with Spica (24 Libra) 12:31 pm PDT & closest New Moon of 2020

Oct 18 Venus (18 Virgo 37) Opposite Neptune (18 Pisces 37)

Oct 18 Sun (25 Libra 38) square Saturn (25 Capricorn 38)

Oct 18 Mars (19 Aries 22) square Jupiter (19 Capricorn 22)

Oct 19 Venus (19 Virgo 28) trine Jupiter (19 Capricorn 28)

Oct 22 Moon Passes Jupiter, Saturn and Pluto

Oct 25 Venus (26 Virgo) trine Saturn (26 Capricorn)

Oct 27 Venus enters Libra 6:41 pm PDT, 9:41 pm EDT

Nov 01 Venus (6 Libra) opposite Chiron (6 Aries)

Nov 03 Mercury Direct (26 Libra) near Spica

Nov 12 Venus Moon (19 Libra) at the Solar Plexus Gate with the 3rd and last exact Jupiter Pluto Conjunction of 2020 exact slightly less than 2 hours before.

## Gemini Goddess Prayer

### Invoking Divine Feminine Compassion at the Heart Chakra

Beloved Rainbow Goddess,  
Filled with Compassion, Kindness, and Caring  
Nurturing Playful, Fun, Heart Directed, Creative Expression  
Guide me to Face And Release Any Fear that I am not Loved  
Guide me to Find Strength Within my Own Heart  
AND the Courage to Live My Life From Love

O Powerful and Triumphant Goddess of Magic and Miracles,  
Filled with the Mystery Inspired by Love  
Beloved, Courageous and Mighty in Your Great Love For All  
By Means of Your Loving Wisdom - Restore Me to Wholeness  
Guide Me to Release all that stands in my way  
Of Loving Myself More Authentically, More Confidently

Guide Me to Experience the Full Ecstasy of Love  
Finding My Personal Strength in the Power of Love  
Guide Me to Be Kind, Caring, Just, and Forgiving  
Toward Myself and Others

So that I Miraculously Live the Magic of Love Now!

## **Additional Heart Chakra Resources**

Heart Math: <http://www.heartmath.org/research/science-of-the-heart/introduction.html> and

**Mother's Heart Beat**

<http://www.heartmath.org/free-services/articles-of-the-heart/mother-baby-study-supports-heart-brain-interactions.html>

**EMDR:** <http://www.emdr.com/general-information/what-is-emdr.html>

**Undefended Love (book)** <http://undefendedlove.com/>

**Thymus Thump:** <http://rawforbeauty.com/blog/the-thymus-thump-also-known-as-the-happiness-point.htm>

**Radical Forgiveness** developed by Colin Tipping. [The Radical Forgiveness Worksheet](#) and other tools

**Stauffer Method of Forgiveness** <http://www.crtraining.org/library/forgiveness>

**Ho'oponopono Exercise:** <http://www.hooponoponohelp.com/>

And <http://www.ancienthuna.com/ho-oponopono.htm>

**Ho'oponopono YouTube Explanation** <http://www.youtube.com/watch?v=wSfbkG97H7Q>

**Ho'oponopono meditation** <http://www.youtube.com/watch?v=lil63u-xB70&feature=related>

**Interview with Dr Ihaleakala Hew Len**

<http://www.youtube.com/watch?v=3xCmvZZFQI0&feature=related>