Venus Alchemy Morning Star Gemini The Heart of the Goddess **Releasing Wounds of the Heart** with Cayelin K Castell and Tami Brunk

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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!





Overview for 4th Chakra Gate

- **➤ Break Out Group**
- > Heart Chakra Overview
- ► Inanna at the 4th Gate
- ➤ Night Sky Magic
- **➢ Gemini Goddess Questions**
- **≻**Gemini Goddess in Virgo
- **≻Gemini Goddess in Libra**
- **→** Highly Sensitive Hearts
- **≻** Heart Brain Coherence
- **➤** Super Conductor of Love
- **≻**Homeplay
- **➤ Toning Practice**
- **➢ Ballad for these Times**



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Break Out Session Guidelines

- Joining the Session is Optional
- Purpose is to foster community and 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

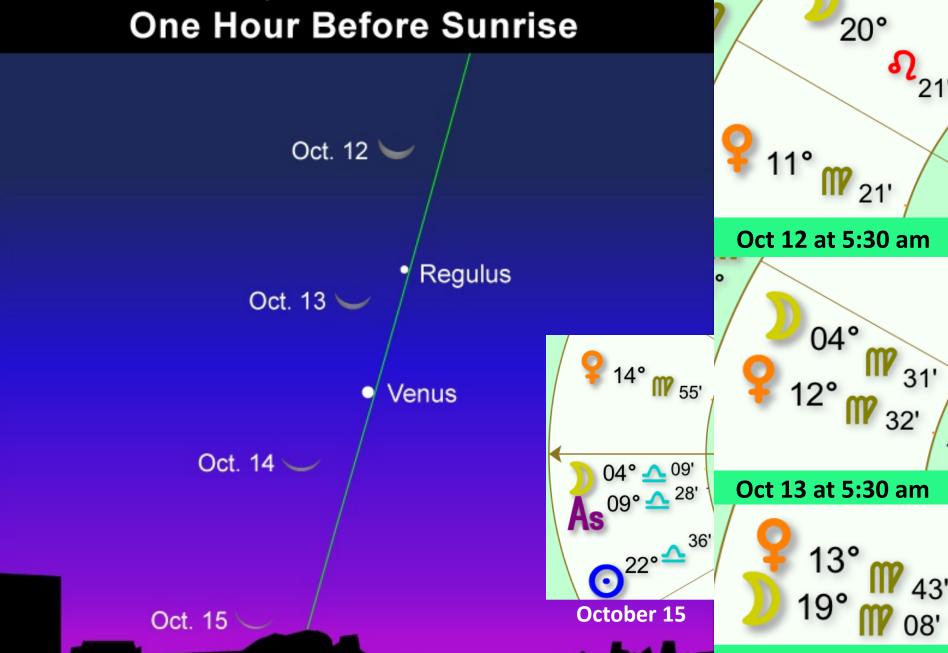
Breakout Conversation

- Start with Your Name and Where You are From
- Greatest Gift/Highlight from your Venus Journey in the Past Month



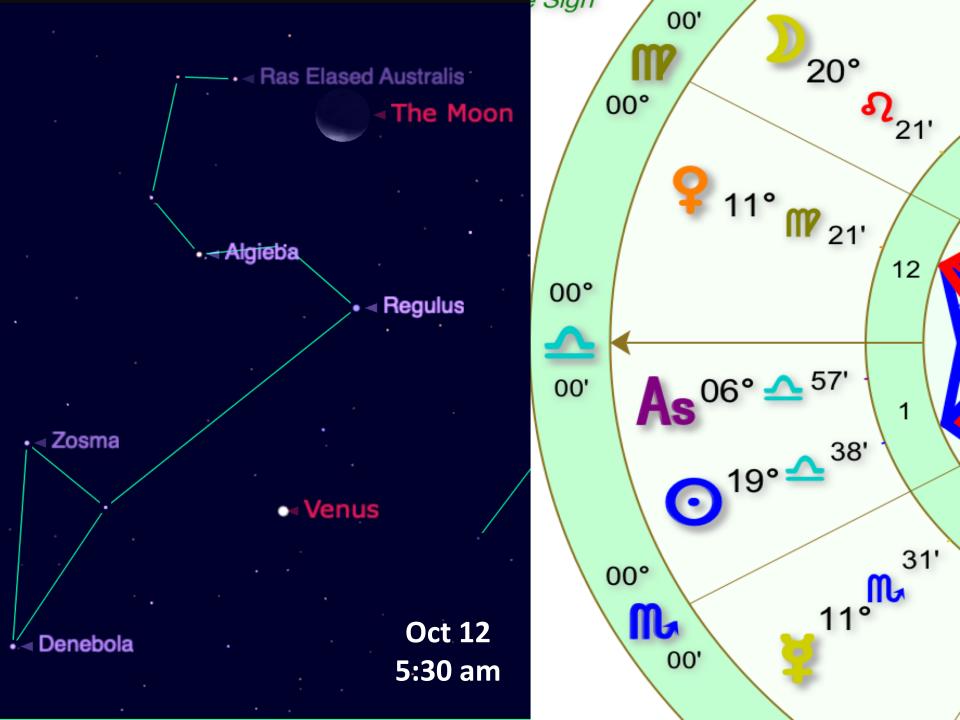
- Biggest Challenge from the Venus Journey in the Past Month
- What have you cleared/released/transformed in your life in the area of communication?

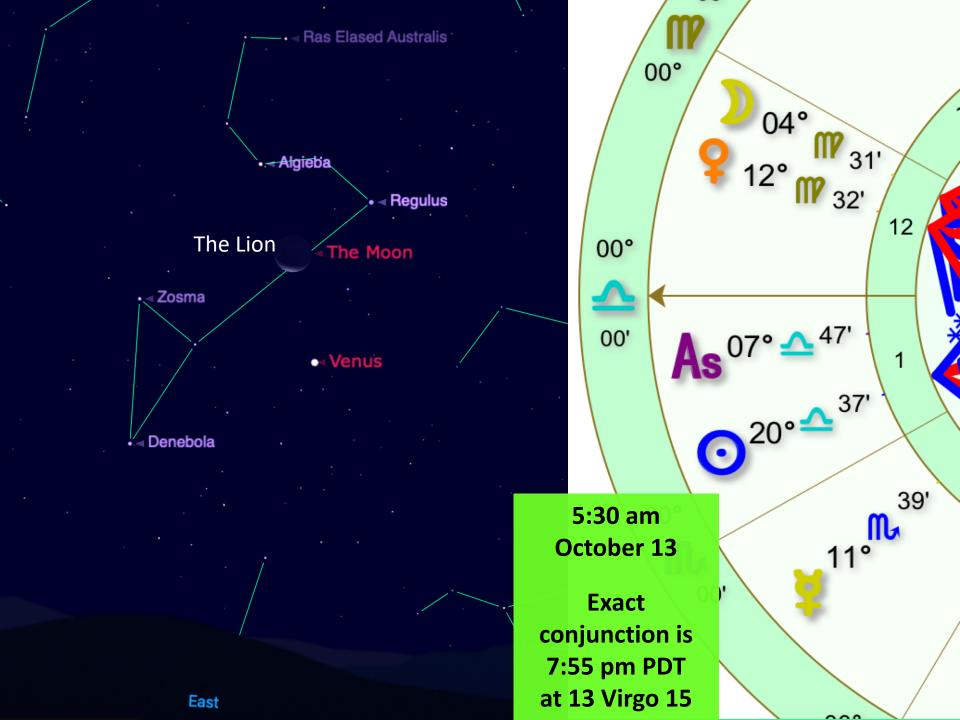
East, October 2020

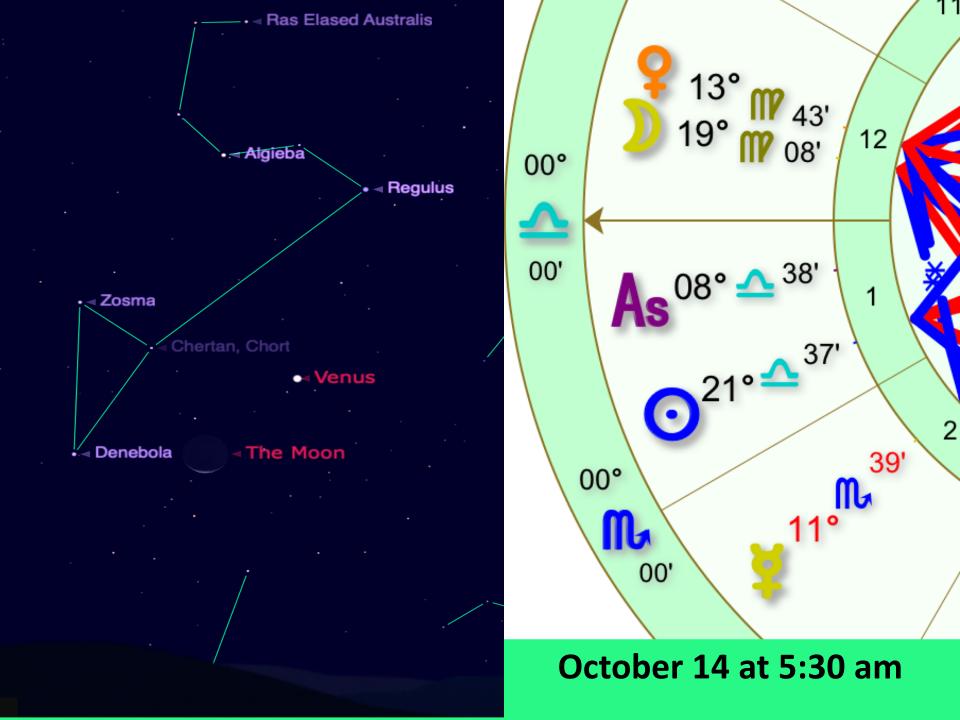


Oct 14 at 5:30 am

00'









Gemini Morning Star Heart Chakra Gate

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 Meta Goddess Moving through Virgo at the Heart Chakra

October 13 to October 27

The Gemini Meta Goddess lays down her armoring of cold detachment and self-imposed isolation, surrendering false beliefs that one must choose either sacred work or relational bonds.

This is also about releasing any distorted patterns of servitude in love that disempowers creativity and limits our soul freedom and truest expression.

We open our hearts now to our sacred work as new Starry Tellers enlisted in the great narrating and living of the New World Story where Gaia and her entire Family of Life thrives in the full Rainbow Colors of Creation.

Gemini Meta Goddess Moving Through Libra at the Heart Chakra: Oct 27 to Nov 12

The Gemini Goddess surrenders her fear of limitation, constriction, and overwhelm in the realm of committed partnerships and relationships of substance.

We open our hearts to the reality that true freedom and creative self-expression is empowered in the context of a loving pair bond.

We acknowledge it is far more fun to play with a beloved trail mate than to endlessly search the horizon for newer, better, more exciting.



We open our hearts and our arms to true love fueled by innocence, magic and cocreative delight in the grand adventure of life.

Gemini Meta Goddess at Heart Chakra Descent Gate

Are You Willing To:

- Explore & Release any remaining Heart Chakra Armoring including: fear of expressing your unique creative self, holding your self back hoping to gain approval from others?
- Engage, acknowledge, feel and surrender to the Divine any resentment or bitterness that affects your ability to love yourself and express you creativity?
- Release and Forgive any ways you have limited heart inspired creativity within yourself or someone else?



Highly Sensitive People

An Often Unrecognized Super Power

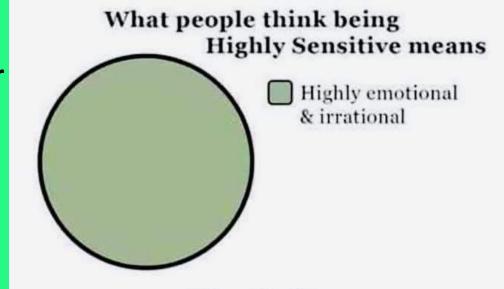
Challenges

- Conflict & Cruelty toward anyone is Painful
- Feeling Pressured by Time Commitments
- Feeling what others feel leading to feeling overwhelmed and exhausted in large crowds
- Prefers small groups and one-on-one
- Jumpy or easily startled
- Taking everything personally even when its not personal

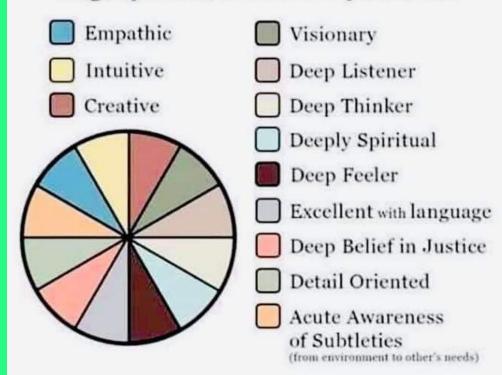
Gifts

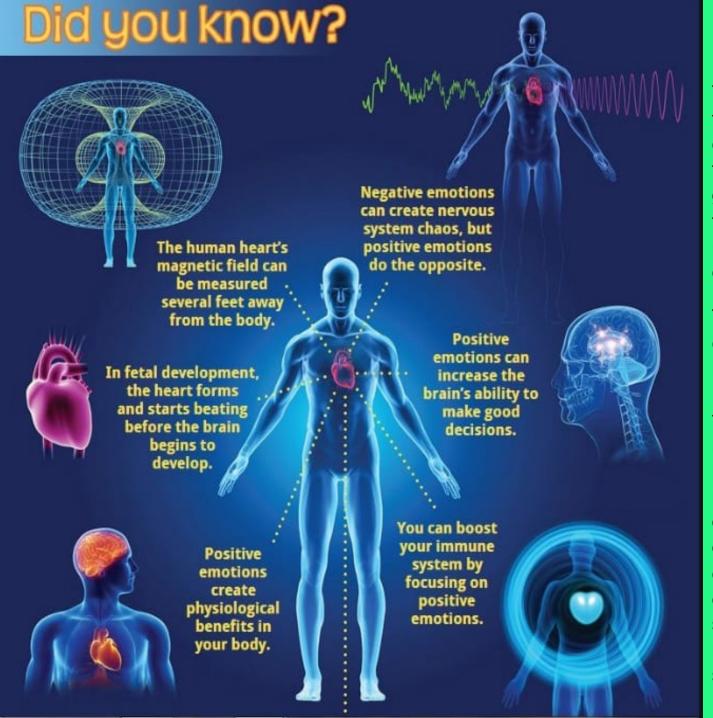
- Cares about Justice and Well Being for All
- Highly Perceptive, sees what other's miss
- Super Creative in the Right Space
- Highly Intuitive & Empathic
- Loves engaging the power of Kindness
- Finds Strength and Transformation through Forgiveness

What would it take to heal Your Highly Sensitive Heart?



What being Highly Sensitive really means





From the Institute of Heart Math

The heart generates the largest EM or electromagnetic field in the body - 60 times greater in amplitude than the brain waves recorded in an EEG or electroencephalogram

The magnetic component of the heart's field is around 100 times stronger than the brain. Clear rhythmic patterns in beat-to-beat heart rate variability are distinctly altered when different emotions are experienced "felt" by every cell in the body, supporting the heart's role as a global internal synchronizing signal.

Heart Brain Coherence Technique From Gregg Braden

The following steps send a signal to your body to shift into peace and calm where natural inner harmony exists - before we began separating our heart-brain network through cultural conditioning.

Step 1: **Heart Focus and Steady Breath.** Shift your focus to your heart. (it helps to place your fingers or hand over your heart) slow your breath imaging **your breath is coming from your heart**.



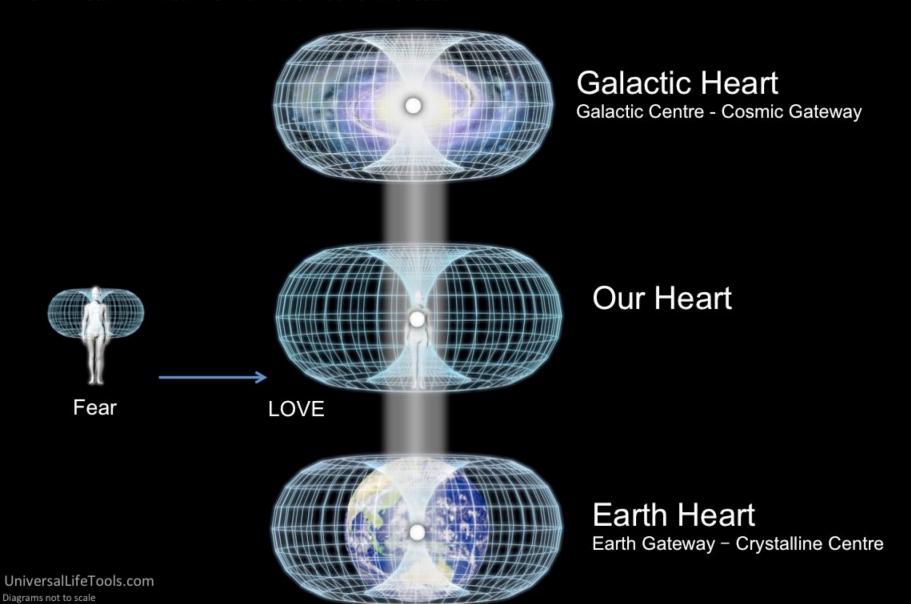
This is a powerful daily practice it is also something to do when you're feeling overwhelmed or simply want to connect your awareness to your heart. Slowing your breath sends a signal to your body, and your heart specifically, that you are safe and it's okay to turn your attention inward.

Step 2: Activate a Positive Feeling: gratitude, appreciation, compassion, kindness, etc. for someone or something in your life. Begin by thinking of (visualizing) a beautiful place or a loved one. The key is to *create the feeling* first and then *embrace the feeling* to the best of your ability. Sustaining this type of feeling maintains the optimal conversation between your heart and your brain.

The more you practice creating coherence between your heart and brain, the easier it is to access and sustain inner harmony and coherence for longer periods of time increasing your ability to cultivate inner peace and resilience any time - especially when experiencing challenging and stressful events. You can practice this technique anywhere, any time.

The Galactic Centre

ONE Heart – Entrainment of the 3 Hearts of Creation





Gemini Meta Goddess Asks: What Would It Take to Surrender All Barriers to a Playful and FUN Love Affair with Creation?





Claudette Thomas

Toning With Claudette at the Heart Chakra

Find out More HERE

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

Questions for Gemini at the Heart Chakra

What old scars, bitterness and resentment am I carrying in my heart that I am ready to heal, clear, and release now?

Where do I abandon my own needs to creatively express myself and instead help others meet their needs?

What would it take to shift that pattern now?

How Would it Look and Feel to Have an Ecstatic Love Affair with My Self, my creative expression and My Life? What Would it Take for me to Experience This?



Home Play for Gemini at the Heart Chakra

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

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?

