

# Home Play Gemini Venus Morning Star 3<sup>rd</sup>/Solar Plexus Chakra Releasing

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## Highly Recommended Activities

- **Watch Solar Plexus Video** If you haven't yet or as a review
- **Renew or Build Your Venus Altar**
- **Go out** to see the **Venus Moon Conjunction** BEFORE DAWN **closest on Thursday, November 12.** You can also go out Wednesday and Friday mornings to see Venus near Moon
- Use crystals, essential oils, colors to **Activate 3<sup>rd</sup>/Solar Plexus Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Listen to** Tami's Chakra Assessment Meditation
- **Listen to** Venus Temple and Sky Temple Journey
- **Call/Connect** with **Morning Star Buddy** through phone/email/skype
- Work with ONE of the **4 Questions** (below)

## In-Depth Home Play

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

- **Write in your Venus Journal regularly**, tracking dreams, meditations, sketching, and questions
- **Create Special Releasing Ceremony** for yourself at the Solar Plexus Chakra
- **If you haven't yet - consider introducing yourself on FB:**  
*Name, Why I'm Here, My Intention for this Venus Cycle*

## Questions for the 3<sup>rd</sup>/Solar Plexus Chakra

- *What would take for me 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 any barriers around believing and taking action on my power to influence society?*

## Questions for the Gemini Meta Goddess at the 3<sup>rd</sup>/Solar Plexus Chakra

- *What ways of communicating drain my Power? What would it take to release them and cultivate healthy communication with myself and others?.*
- *What creative actions feel supportive, playful and FUN? How can I experience more of that?*
- *What would it take for me to let go of any habits or patterns of self-rejection, judgment and feelings of NOT Good Enough around my authentic creative expression?*
- *What experiences trigger a fear-based reaction? What would it take to cultivate a healthy creative self-loving response instead?*
- *How can I joyously celebrate my magnificently imperfect Self every day?*

## Home Play for Gemini Morning Star at Throat Chakra

It is time to heal the part of you that is MORE than human. To witness and see clearly any wounds you carry in trying to be so much smaller, simpler, and more linear than your true nature was ever meant to be.

In being reduced to ONLY HUMAN - when you are so much more!

You carry within you all the powers of Creation, All the intelligences of life - bird, creature, forest, ocean, river, tree!

It is time to release everything that prevents you from retrieving your true shamanic shapeshifting powers including any and all external beings and thoughtforms that have limited and dishonored your soul and your connection to ALL OF NATURE AS PART OF YOURSELF!

## Venus Journal Activation:

Spend time - 20 minutes or more – writing in your Venus Journal exploring any patterns of changing or “smallering” your true shape, color and size to please others.

## Claim Your True Shamanic Shapeshifter

Set Aside an Entire DAY or at least several hours this month to PLAY as your feral, multifaceted Shamanic Shapeshifter self by choosing one or more of the following:

- Go to a thrift store and try on clothes you would NEVER try on. What feels fun and playful?
- Paint your face and wear clothes that unleash your wild child, your inner Lilith!
- Choose 1-3 wild animals you love. Go to a place in nature where you will not be seen (if possible) if not just do it at home. BECOME that animal. Feel it in your body first. Walk as this creature would walk. Feel how it feels to be this being... become it!!

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

Nov 09 Venus 15 Libra Opposite Mars 15 Aries

Nov 12 Venus Moon Gate (19 Libra 25) 3rd Chakra

Nov 12 Jupiter Pluto conjunction (22 Capricorn 51)

Nov 13 Mars stations direct (15 Aries)

Nov 14/15 Scorpio New Moon (23 Scorpio)

Nov 21 Venus enters Scorpio

Nov 21 Sun enters Sagittarius

Nov 21 Moon enters Pisces (First Quarter Moon)

Nov 26 Thanksgiving Day

Nov 28 Neptune stations Direct

Nov 30 Gemini Full Moon (9 Gemini) Penumbral Lunar Eclipse and Moon is conjunct Aldebaran where Venus rose as morning star in June 2020

Dec 01 Mercury enters Sagittarius

Dec 12 Moon Venus conjunct at Sacral Chakra Gate (27 Scorpio)

Dec 15 New Moon Solar Eclipse

## **Rainbow Goddess Prayer Invoking Divine Feminine Vision at the Solar Plexus Chakra**

Beloved Rainbow Goddess Inspiring Personal Power  
Through Freedom And Personal Playful Creativity

Standing in Your Powerful Divine Feminine Sovereignty  
Thank you for helping Me Release All The Ways  
I have been Inauthentic and Apologetic rather than  
Genuinely and Realistically Expressing from My True Essence

Help Me Release whatever is in the way of me Truly Trusting Myself  
And Clearly Knowing I do NOT need to Have Power Over Others  
AND I do NOT need to Give My Power Away  
To Have Significant Value and Worth in this World

Guide me in taking ALL the necessary Risks  
Designed to help me Experience the Will to Stand  
In the Strength and Magnificence of who I AM  
Creatively expressing myself in ways that are Joyous and FUN.

O Mighty Wise One In the Sensible Use of Great and Exquisite Power  
Guide Me to Release all that is Unwise or Unsupportive - From this and all other Lifetimes  
So that I am living from a place of Confidence, Courage and Strength  
Where I am Delightedly and Freely Sharing my Creative Gifts with the World  
It is Done, It is So and I give Thanks! Blessed Be!