

Venus Alchemy Morning Star

Sacral/2nd Chakra Evergreen

Life Force/Sexual Center of the Goddess
with Cayelin K Castell and Tami Brunk



Entering The Sacral Chakra Gate



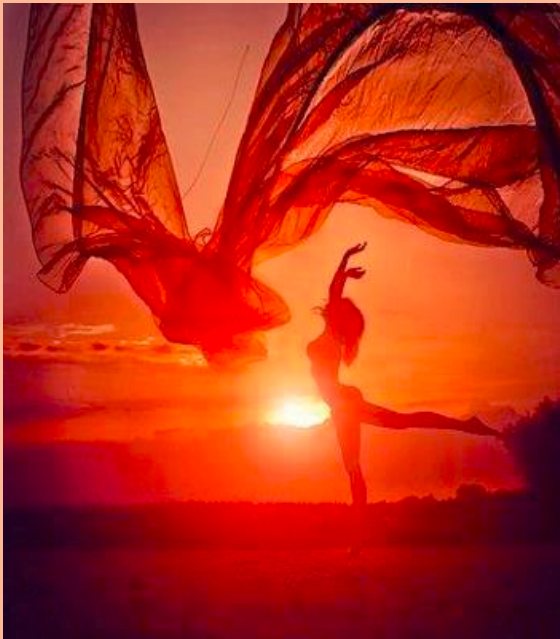
At the 6th Gate/2nd Chakra

Inanna gives up her
ankle bracelets
symbolically
releasing or letting
go of all the ways
she has not truly
valued herself.



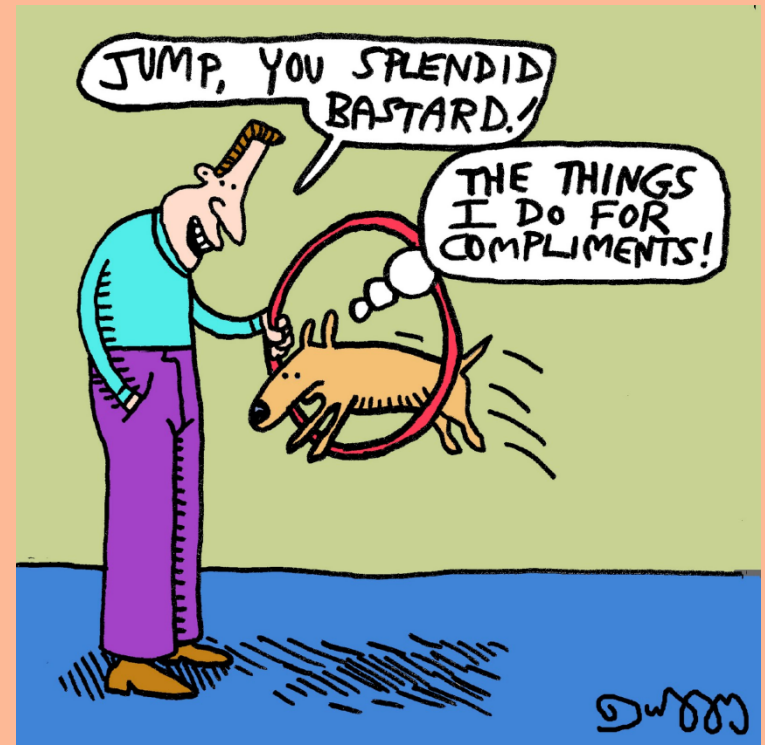
**The Second or Sacral Chakra
Swadhisthana (Sanskrit for *dwelling place of the self*) is located in the
lower abdomen about two finger
widths below the navel and is the
center linked with pleasure,
enjoyment and creativity.**

a.k.a. the Sex and Money Chakra



Imbalanced Sacral Chakra

- Feeling Inadequate
- Low Self Worth
- Self Criticism, Victimization
- Loneliness
- Needy and Clingy
- Compulsive eating disorders
- Overly controlling of self and others
- Challenges Manifesting and Attracting
- Frigidity, Disconnected and Cold towards others
- Menstrual disorders, issues with the sex organs
- Lower Back Pain, Urinary/Kidney Issues, Appendicitis
- Disassociation or Obsession with the Physical Body



Over-active Sacral Chakra:

Emotionally imbalanced,
Manipulative,
Addicted to sex, food,
shopping, etc.
Addiction to “stuff”



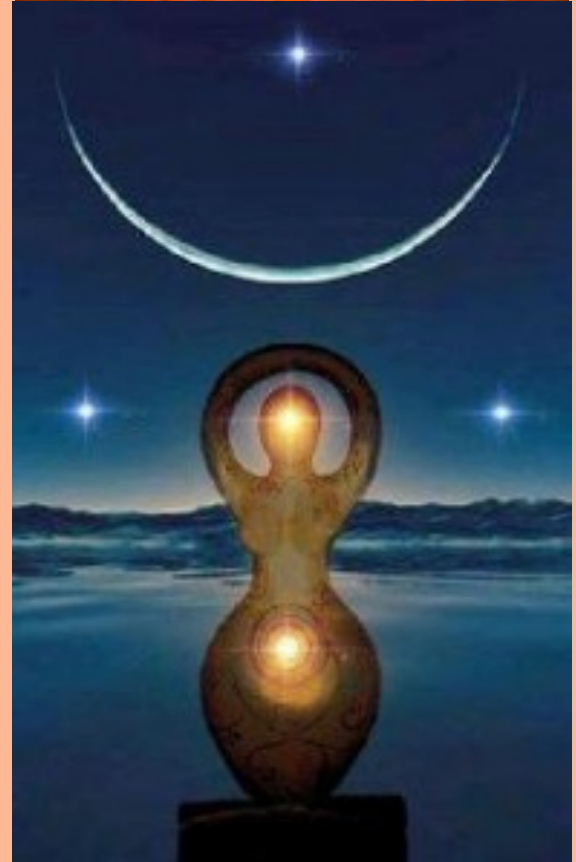
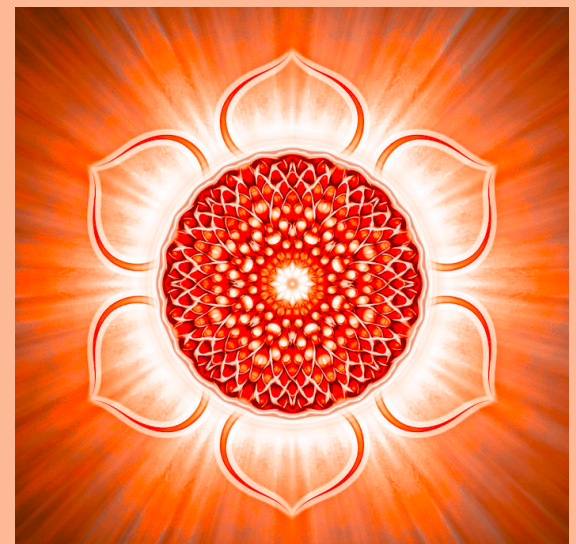
Under-active Sacral Chakra:

Overly sensitive,
Harsh towards oneself
Feels guilty for no reason
Sexual impotency or frigidity
Blocking material success



Balanced Sacral Chakra

- Expresses as radiant warmth and sincere friendliness without seeming needy or coming on too strong
- Open to passion, intimacy and healthy sexuality
- Ability to attract and manifest
- Going with the flow
- Accepting what IS
- Passionate Personal Expression
- Easy Going, Joyful
- Creative, Fun
- Sexually Fulfilled



Ways to Balance this Chakra:

- Chant the 3rd Chakra Mantra – Lam
- Activate tactile sensual pleasure through Taste, Smell, Touch, Sound, Beauty
- Wear Orange the color of Joy, Creative Expression, Enthusiasm, Warmth, and FUN.

Gems/Minerals: Amber, Orange Calcite, Orange Kyanite, Orange Carnelian, Citrine, Golden Topaz, Rutilated Quartz

Herbs and Essential Oils: Burdock, Damiana, Gardenia, Sandalwood, Ylang-Ylang, Bay Laurel, Bergamot, Cardamon, Clary Sage, Jasmine, Orange Patchouli, Rosemary

Other Practices: Sensual care of your body, Heathy organic food, exercise etc. Pranyama, Tantric Practices, Hip Opening Yoga or Stretches, Kundalini Yoga, Belly Dance, Spend Time in Nature, Tune in and notice how your body feels. Ask what your body wants you to do to nourish it.



The Madonna/Whore or Magdalene Split Or the Split between Sex and Spirit



Blue is the Color for the Madonna who became mother through an Immaculate Conception – meaning no sex. She IS spiritual.



Red is the Color of the Magdalene or Whore who has sex so she is NOT spiritual. However it is interesting to note that Cardinals wear Red.

Sex, Pleasure, Creativity and Life Force

How does the Aries Wild Woman Feminine experience pleasure and intimacy?

*How might wounded Aries block pleasure, intimacy, sexual aliveness?
For what reasons?*

How might healthy feminine Aries heal these blocks?

How does this serve Aries values of a noble cause or mission?



Sex, Pleasure, Creativity and Life Force

*Every perfect action is accompanied by pleasure.
By that you can tell that you ought to do it.*

~Andre Gide

What do you desire to create?

What is your “why” for creating?

Is it purely from the mind or
external motivators, or from
an inner feeling or juicy desire?



Sex, Pleasure, Creativity and Life Force

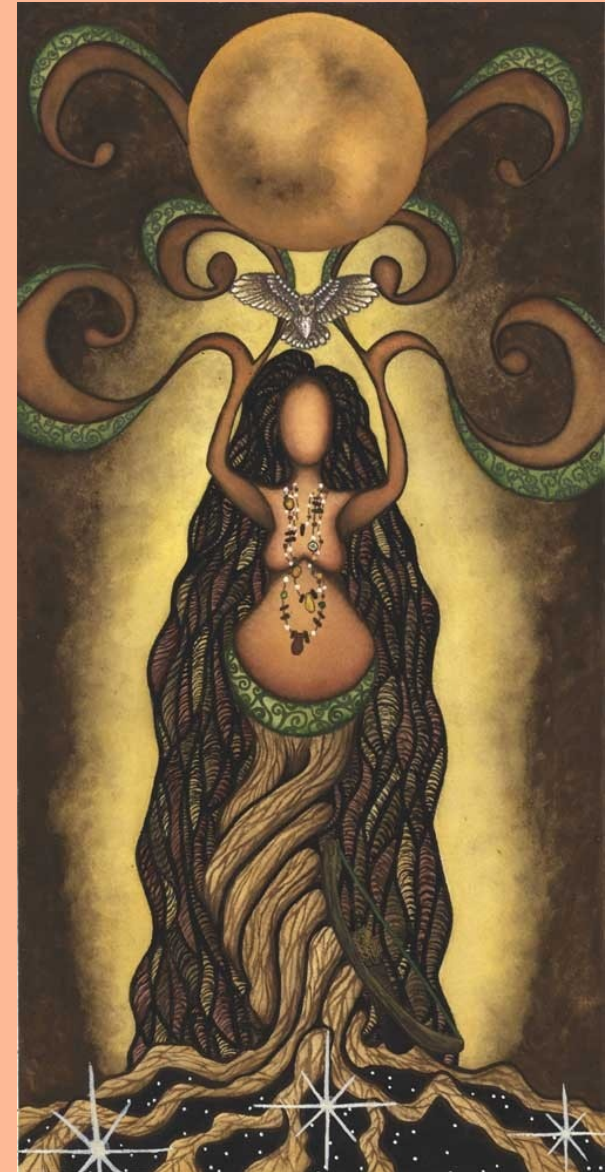
The Womb of all Possibilities

The womb is a space of infinite intelligence and creativity and a space for the Creation of all possibilities.

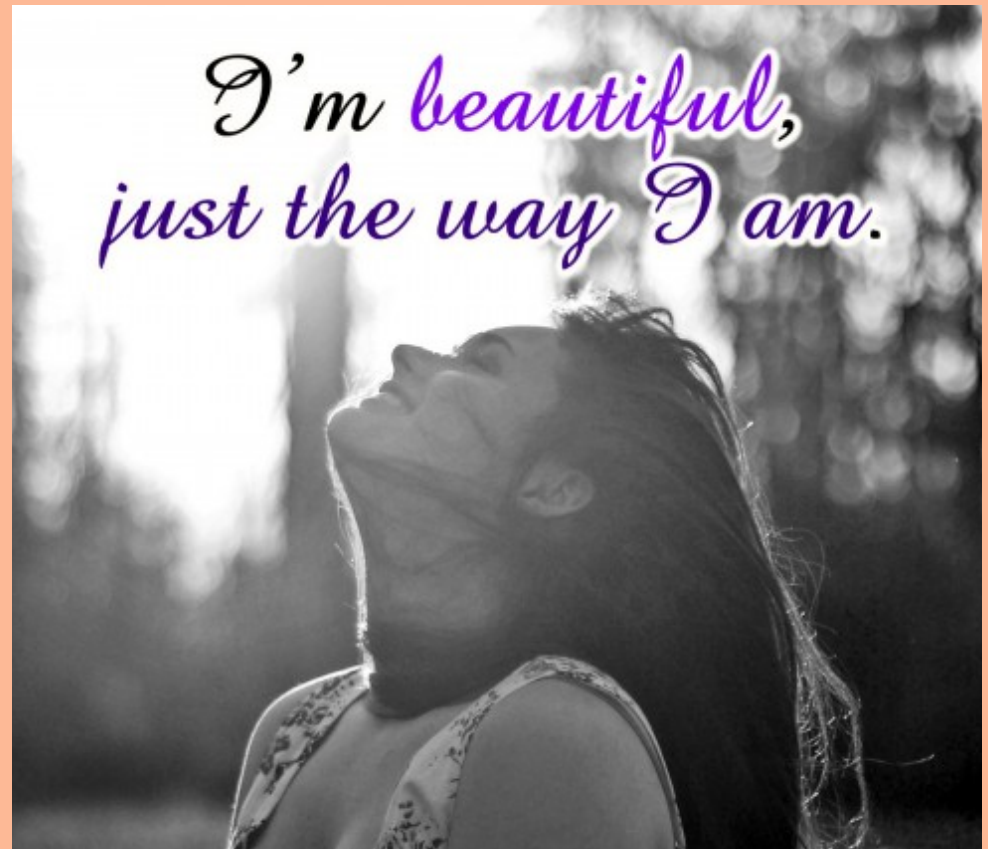
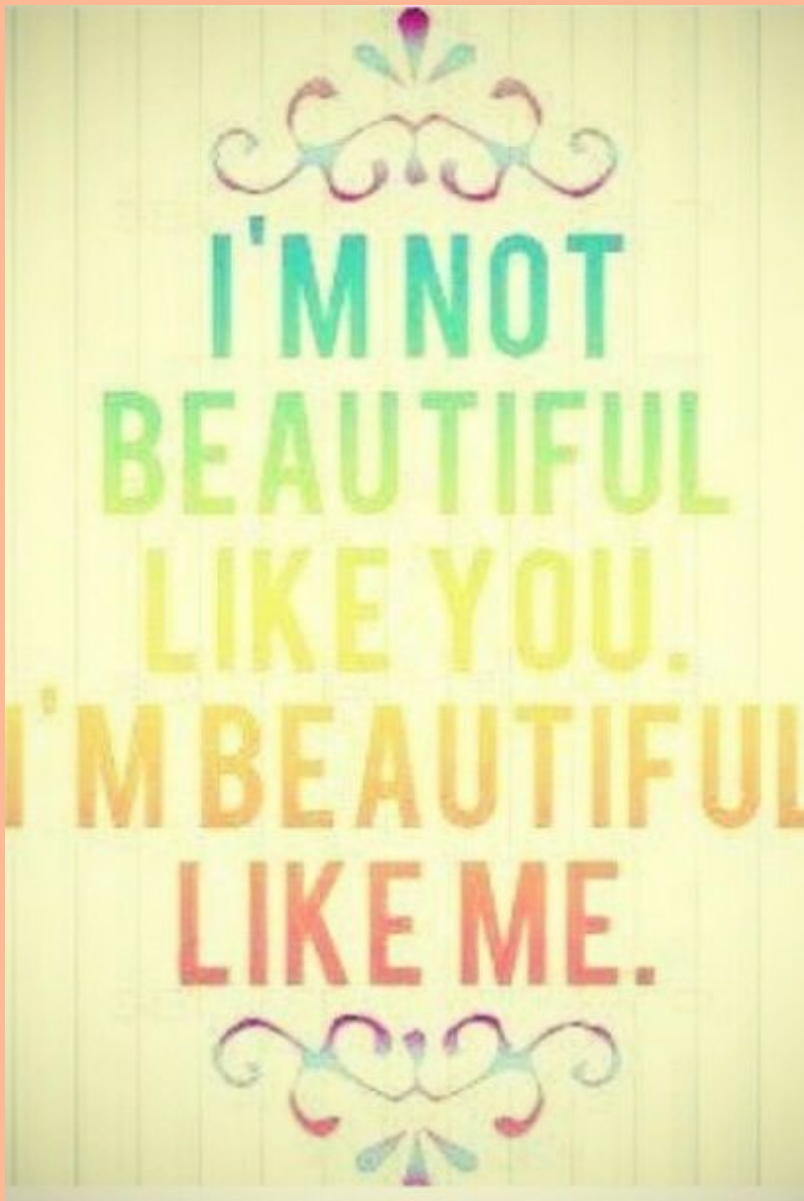
What do we need to clear in order to become powerful creators?

The capacity of the “feminine womb of creation” (symbolically men and women both have access) is to naturally release, clear, and cleanse each month cycling with the Moon.

What needs to be cleared and cleansed from our creative womb?



Valuing Our OWN Version of Beautiful



Do We Let Others Define Beauty for Us?

Osmal Sousa, Director of Miss Venezuela Beauty Pageant, and known as the “Czar of Beauty” is quoted as saying:
I say that inner beauty does not exist. It's something that unpretty women invented.



Do you act or have you acted as if your Value and Worth is Based On:

How good you are or how much you DO for others?

The number of problems you can solve successfully?

Your credentials (college degrees, awards etc)?

How many friends you have or what you accomplish and achieve?

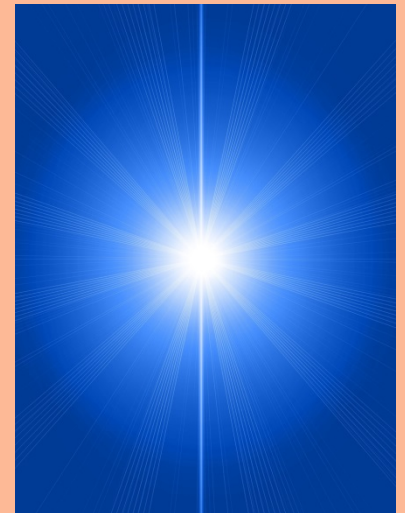
The opinion of others or any other external standard?

How much money you earn or have in the bank or what you have materially?

How many painful experiences you have had or how many wonderful and exciting experiences you have had?

My TRUE Value and Worth IS Based on my existence!

AND how much joy I experience every day,
how much love I feel and express,
and how much light I naturally shine.



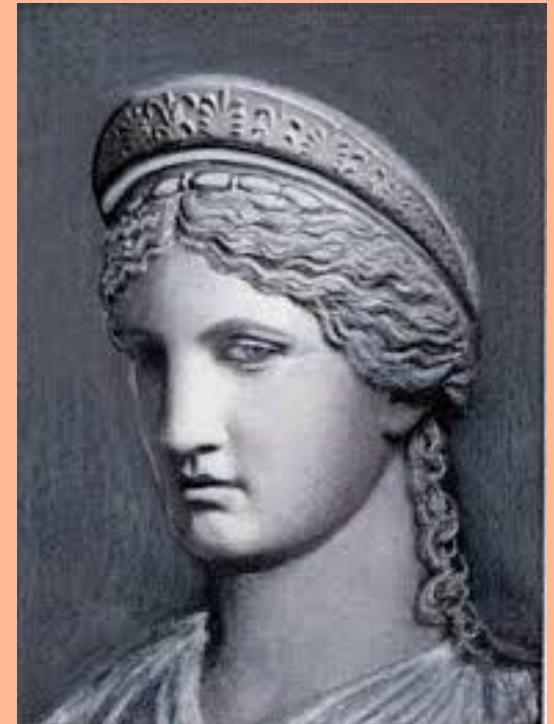
Releasing Blocks Around Money



The Goddess Juno Moneta

She was the Roman fertility goddess and protectress of Rome, Marriage, Childbirth and Money

What are the origins of the word money? If we search in this direction, we meet a goddess. She lives in the world of archetypes, the larger patterns that shape us and await our discovery.... The word "money" derives from the Roman goddess named (Juno) Moneta. ~Crawford, T. (1996). The Secret Life of Money: How money can be food for the soul. New York: Allworth Press.



Today, the goddess named Juno Moneta is seemingly desiring and calling for our remembrance. She is seeded and rooted in the thing we call money and, in turn, calls us individually and collectively as a society into a relationship with money that is fertile, constructive, and productive.

Moneta also gives us fair warning that being in said relationship with money will be challenging given how we humans are prone to imbue our mediums of exchange with symbolic value and power. We are best advised to consider power as the ability to affect change for good or ill and then employ that ability to affect change for good with our money and the economies we construct locally, nationally, and globally...

~ From an Article you can find on the class page



What is Scarcity Consciousness?

Scarcity is the feeling that there is something wrong with the world. It is an invisible prison forged within the mind and felt within our whole being.

Being in this prison means that we can never really be who we are or live our life to its fullest capability. In the scarcity state no amount of money, houses, holidays, or sexual encounters will give a sense of deep fulfilment or lasting happiness.



Scarcity is a world of hungry ghosts, starving children and criminal greed. Scarcity finds solace between every couple that argue over money and will inhabit every workplace with a 'nose to the grindstone' mentality. Scarcity is found between a rock and a hard place; it is a place of great emptiness, although not in the Zen sense.

This kind of emptiness is the feeling of never being fulfilled, satisfied or complete. Scarcity is like a bath with the plug always out, no matter how much water is poured in the bath can never be full. The water just simply runs away.

~Steve Nobel, "What is Scarcity Consciousness?"

What Is Abundance Consciousness?

Abundance Consciousness forges a new energy economy based on renewable, unlimited resources to serve ALL Beings and the Earth

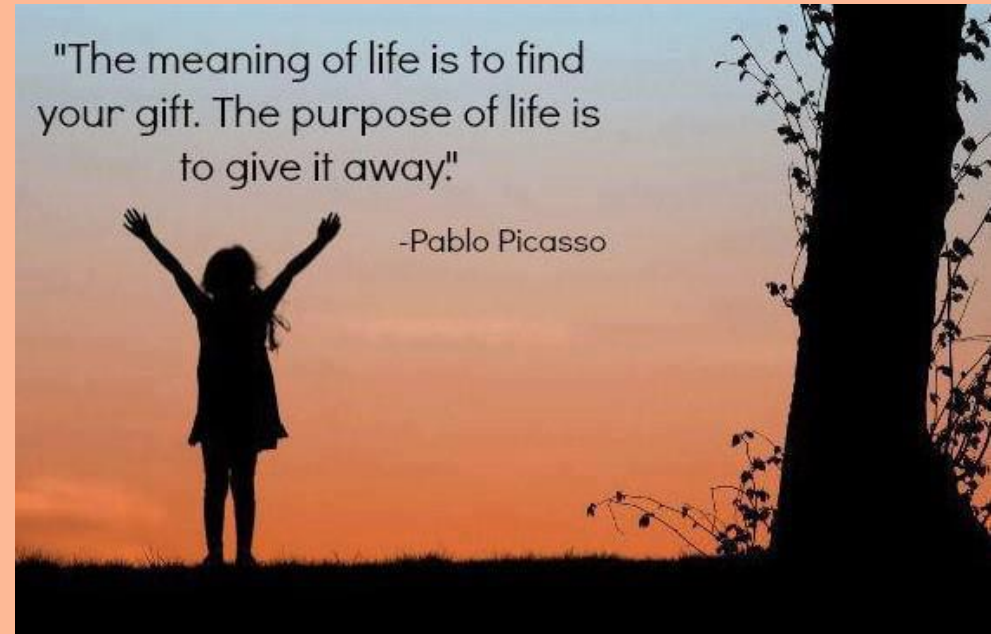
Abundance Consciousness says there is PLENTY for all

Abundance Consciousness asks:

How can I develop my gifts so I can share them and bless the world? What form of generous giving will bring me the greatest joy and fulfilment?

Abundance Consciousness asks—how can my life, my actions, my thoughts contribute to the wellbeing of ALL life on this planet?

Abundance Consciousness looks at challenge and limitation and asks—how can this challenge or limitation be approached as a gift in disguise?



Abundance or Scarcity Consciousness?

Abundance Consciousness:

- Express Gratitude Everyday
- Complimentary
- Forgiving of Self and Others
- Has a Healthy Relationship with Failure as necessary element to experience success
- Willing to learn from failure
- Read Everyday
- Talk About Ideas
- Share Information
- Joyously Celebrates Accomplishment
- Embraces Change
- Delighted when others Succeed
- Crediting Others for their Work, Ideas, Successes
- Have a 'to BE' and 'to DO' list
- Have a Vision for your life



Scarcity Consciousness:

- Act as if they are Entitled
- Act as if they are Better than Others
- Act as if they Know It All
- Act as if they Can Do No Wrong
- Act as if they are a Victim
- Feel they are a Victim
- Critical of Self and Others
- Hold Grudges and Seek Revenge
- Take all the credit if they Succeed
- Blames Others When they Fail
- Secretly hope others will Fail
- Gossip about others
- Fear Change
- Hoard Information and Ideas
- No 'to Do' or 'to BE' list
- No Vision to accomplish
- Deceive Themselves and Others

Dreaming into a New Sacred Economy

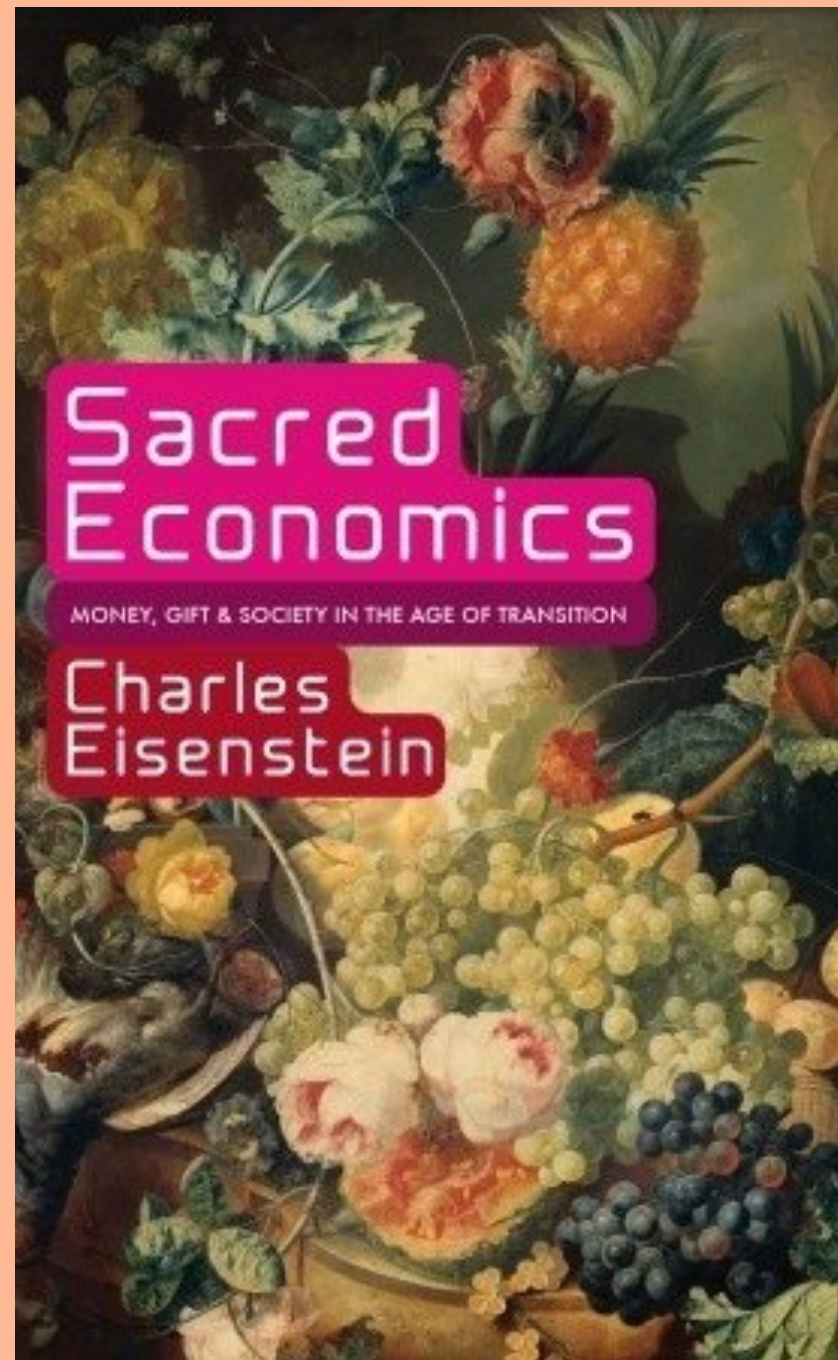
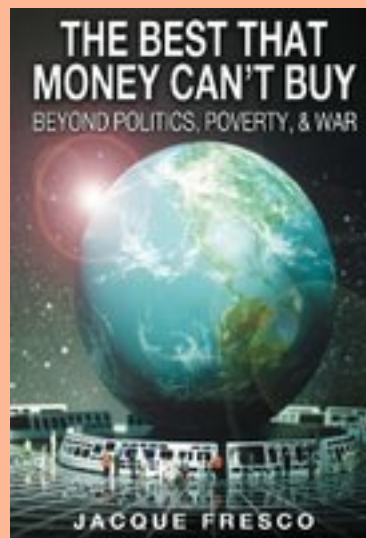
- Based in Knowing the Earth is abundant with plentiful resources when used wisely, supporting a healthy environment and Earth eco-system
- A vision for a holistic socio-economic system where everyone is supported with a high standard of living (including food, clothing, housing, medical care, education) without the use of money, credits, barter or any other system of debt or servitude
- All resources are shared and are not reserved for just a select few
- Recognizing that each person has a valuable contribution when given a chance, creating a unifying effect based in the understanding we are stronger when we collaborate



Dreaming into a Sacred Economy

Money is a social convention, an agreement. It is neither a natural resource nor does it represent one. It is not necessary for survival unless we have been conditioned to accept it as such.

Elimination of debt eliminates fear of not having enough reducing and even eliminating both mental and physical stress, leaving us free to explore and develop our natural creative abilities.



Questions

What would it take to clear and release all the ways I do not value myself?

What would it take for me to clear and release all distortions and limiting beliefs I have around money and financial abundance?

What would it take for me to heal, clear and release all my blocks to experiencing pleasure and intimacy in my life and in my relationships?

What would it take for me to clear and release any blocks around joyful, pleasure-filled, expansive creativity?



Gratitude Ceremony

Gratitude Raises our vibration and increases our self worth

Ideal to practice Gratitude Daily

Write a Gratitude List – take your time in creating it

Read it every day for a month or longer to strengthen your personal field of gratitude

Give Advanced Gratitude as if you already have what you are expressing Gratitude for within the Field of Plenty

Be sure you create your statements of gratitude in positive ways. State what you want not what you don't want. I am grateful for radiant health is better than I am grateful for being disease free.

Include beloved others if they are willing to do this with you.



I, state your name, am deeply and profoundly grateful for:

- All the abundance I experience including love, joy, fun, financial ease with more joyous fulfilling experiences everyday.
- For my healthy happy body that supports me in all I AM and all I am here to do
- For my endless ability to restore, regenerate, and renew each and every day
- Perfect Clarity, Focus and Communal Cohesiveness with our Venus Alchemy Community fulfilling our collective vision with love and grace
- Angelic protection
- Money flowing freely and continuously into my life, my bank accounts, my investments.
- I am grateful to joyously share my abundant wealth in ways that are inspiring for me.
- My finances ever-renewing, growing and flowing easily into my life

I am deeply grateful to know I am a divine expression in the vast sea of wisdom that lives within and around me. I am grateful I now experience complete ease and peace as I attract love into every aspect of my life.



Home Play

Love Letter to My Body

Write a praise poem or love letter to your body, describing in detail all the things you love about your body and why you are grateful for your body.

Include in this letter a loving apology for all the ways you have punished your body, judged your body as unworthy, or less than.

Stand naked in front of a full length mirror and read the letter aloud to yourself.



Home Play

Bring Awareness to Scarcity Consciousness

Identify your Scarcity Hot Spots and share them in your Venus Journal. Spend 20 minutes (or more) writing about all the places in your life where you feel you do not have ENOUGH—time, energy, money, love, etc.

Creativity Reboot

Brainstorm 5 Creative Projects you've Been Saying You'll do and haven't. Choose ONE that most inspires you to engage this month and set aside time to do it.

Ask if you REALLY want to do the other projects and if not, LET them GO. For those you do, prioritize and set a realistic timeline to complete them.

