

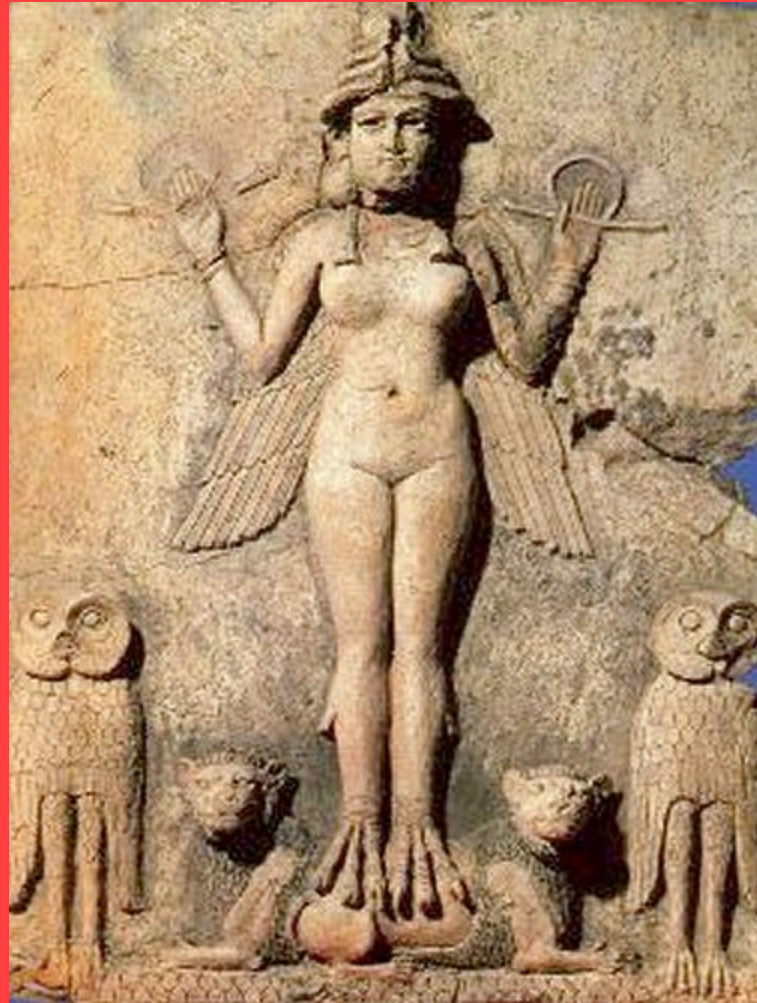
# Venus Alchemy Evening Star

## Root/1st Chakra

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



# *Support for the Journey*



**Inanna Ascent Story as Guide**





**Ceremony with Venus and the Moon**



Tara

Isis

Sekhmet

Cayelin age 18

Eagle Feather

Goddess Money and Allies

**Venus Altars to Alter our Consciousness  
This is Underworld Altar  
Will be returning Vestments at Each Gate**





**Create a Reclaiming Healthy Root Charka Collage for your Altar**



# ***Support for the Journey***



**Venus Evening Star Buddies**





# **Divine Feminine Ascension as Full Embodiment**

# Venus Ascension



*The Ascension process is the transformation of the physical body, light body and the consciousness that animates it, in order to hold a higher vibrational state.*

***Your higher self is merging with your lower dimensional self after a very long separation in the 3D experience.***

***~Sandra Walter***



# *Inviting our Demons to Tea*

When Inanna Rises from the Underworld she is accompanied by demons or Daemons.

**Demon** is derived from the Greek Word “daemon” meaning our *“inner or attendant spirit”* or *“benevolent or divine nature spirits.”*



# *Inviting our Demons to Tea*

Who are the *Inner Daemons* accompanying you on your journey from the Underworld?

This Ascent process supports us in facing them and aligning with them as allies.







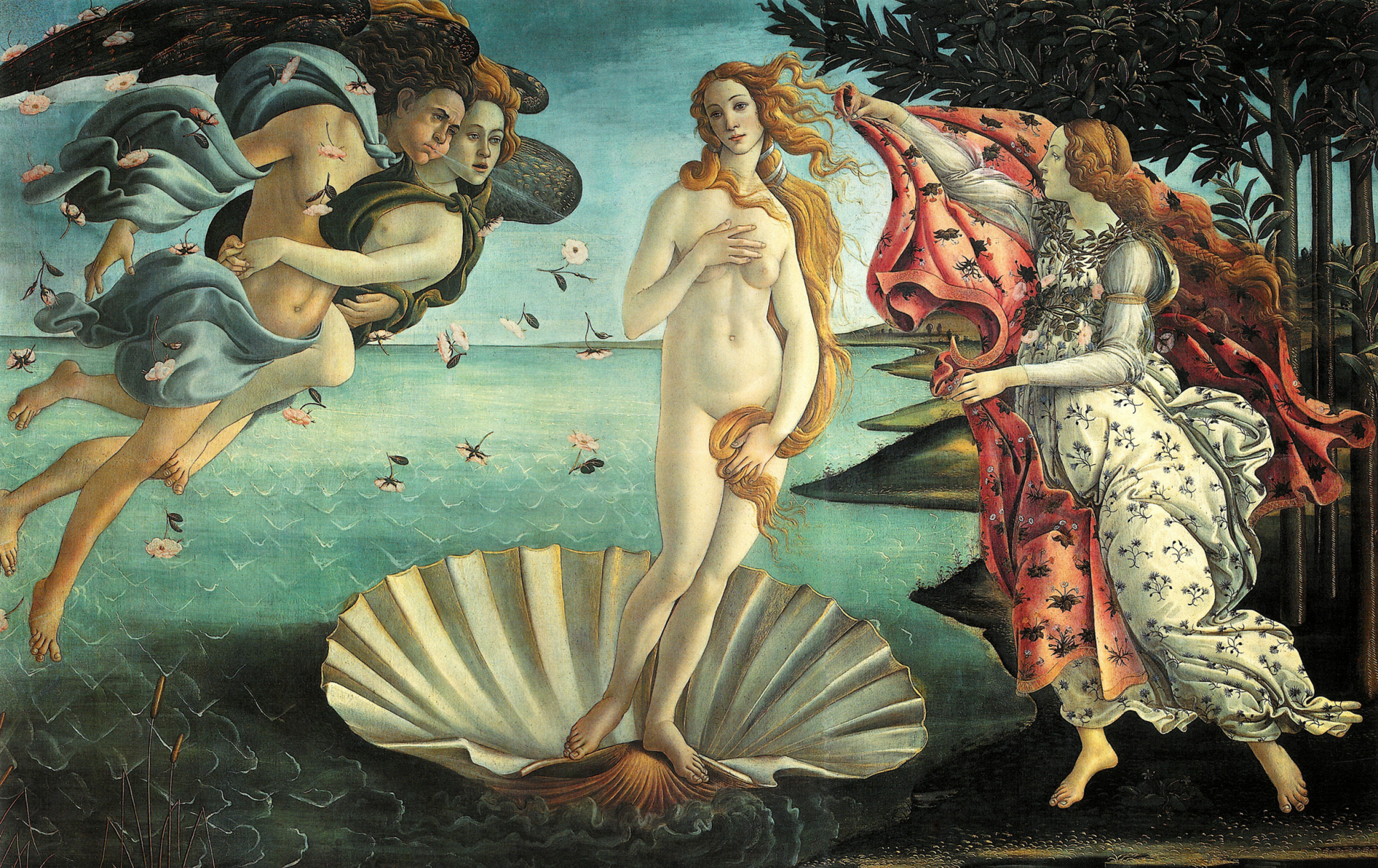
Are they Demons that scare you?  
Are they Allies that help you?  
Are they Both?



# Returning Through The Root Chakra Gate







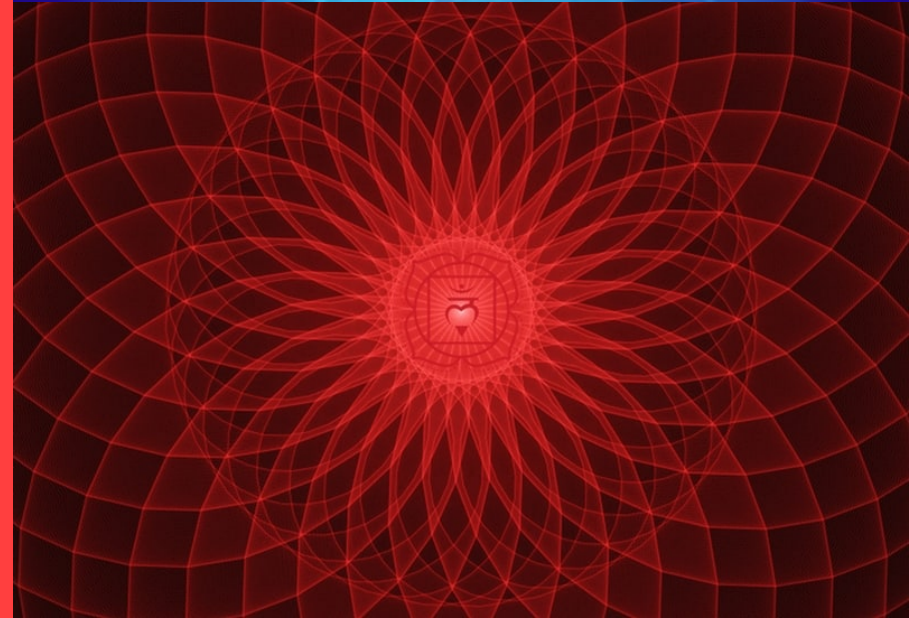
**Aphrodite/Venus Rising into the Evening Sky 1482-1485 by Sandro Botticelli  
retrieving her Royal Red Robe or the Garment of Ladyship,  
regaining her life force and all her earthly power.**



**The Root Chakra (Muladhara Sanskrit for “root” or “support”) is the foundation of the entire chakra system.**

It governs our most basic survival needs including feeling safe and secure especially in our connection with loving family, community or some other group.

When Kundalini Life Force Energy is moving from the Root Chakra through all the other Chakras it supports the experience of expanded states of consciousness and confidence in knowing all our needs are already fulfilled.





# The Root Chakra

## Cleansing and Protection Practices

### **Wear Black Tourmaline**

Worn as earrings or necklace, Black Tourmaline Cleanses, Purifies, and Transforms dense or negative energy into high vibrational energy. It is a powerful stone for Empaths.

### **Dragon's Blood, Copal, and Salt Water**

Smudging with Sage, Cedar, Palo Santo or Sweetgrass cleanses and raises the vibration of our bodies and homes.

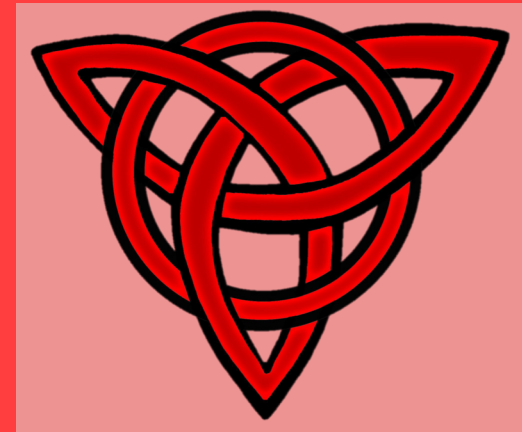
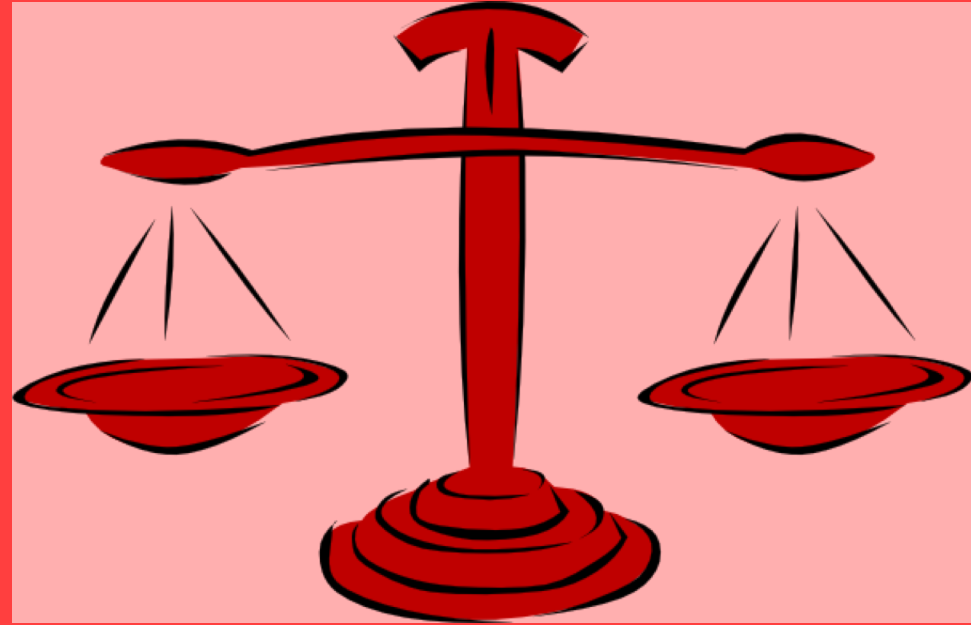
When dealing with extreme dense, heavy energies; **Dragons Blood, Copal, and Salt Water** cleanses and clears more deeply and effectively.



# Reclaiming a Balanced Root Chakra

## Including Healthy expressions of:

- Being Grounded and Stable
- Feeling Safe and Secure
- Feeling Vital and Alive
- Feeling Joyful and Happy
- Healthy Boundaries
- Thriving Healthy Family
- Vibrant Physical Health
- Healthy Sexuality
- Being Practical and Organized
- Healthy Self-Confidence
- Connection with Nature and the Earth
- Flowing Prosperity without attachment





# Reclaiming a Healthy Root Chakra

## Continue Healing the Adrenals by:

Resting when Needed during the day

Early to Bed

Eliminating Acidic Foods and Beverages

Reduce Stress

Activate Oxytocin the bonding Hormone

(can be done through the Breath,  
Healthy Food, Restoring Gut Health,

Exercise, Intimate Connection  
with Others, Gratitude)

## Activate your Root Chakra with:

Physical Activity especially Outdoors

Focus on Thriving rather than Surviving

Wear Red Clothes and/or Gemstones

Eat Red Foods



# Grounding Exercises for the Root Chakra

Begin and end each day sending a root or grounding cord to the center of the Earth.

**Lie with your belly on the ground** (like a snake) or lie on back with a flat rock on your belly.

**Put your bare feet on the Earth** (a practice called Earthing) or walk barefoot on the Earth or lie on the ground, hug a tree, etc.

If weather is not supportive, put your feet on a rock, rose quartz, crystals or some other stone from the Earth or place a flat rock or crystal on your belly. Take a moment to notice the nurturing, calming, stabilizing effect!

African (or other tribal form of dance – that shakes and moves your body) and includes drumming.



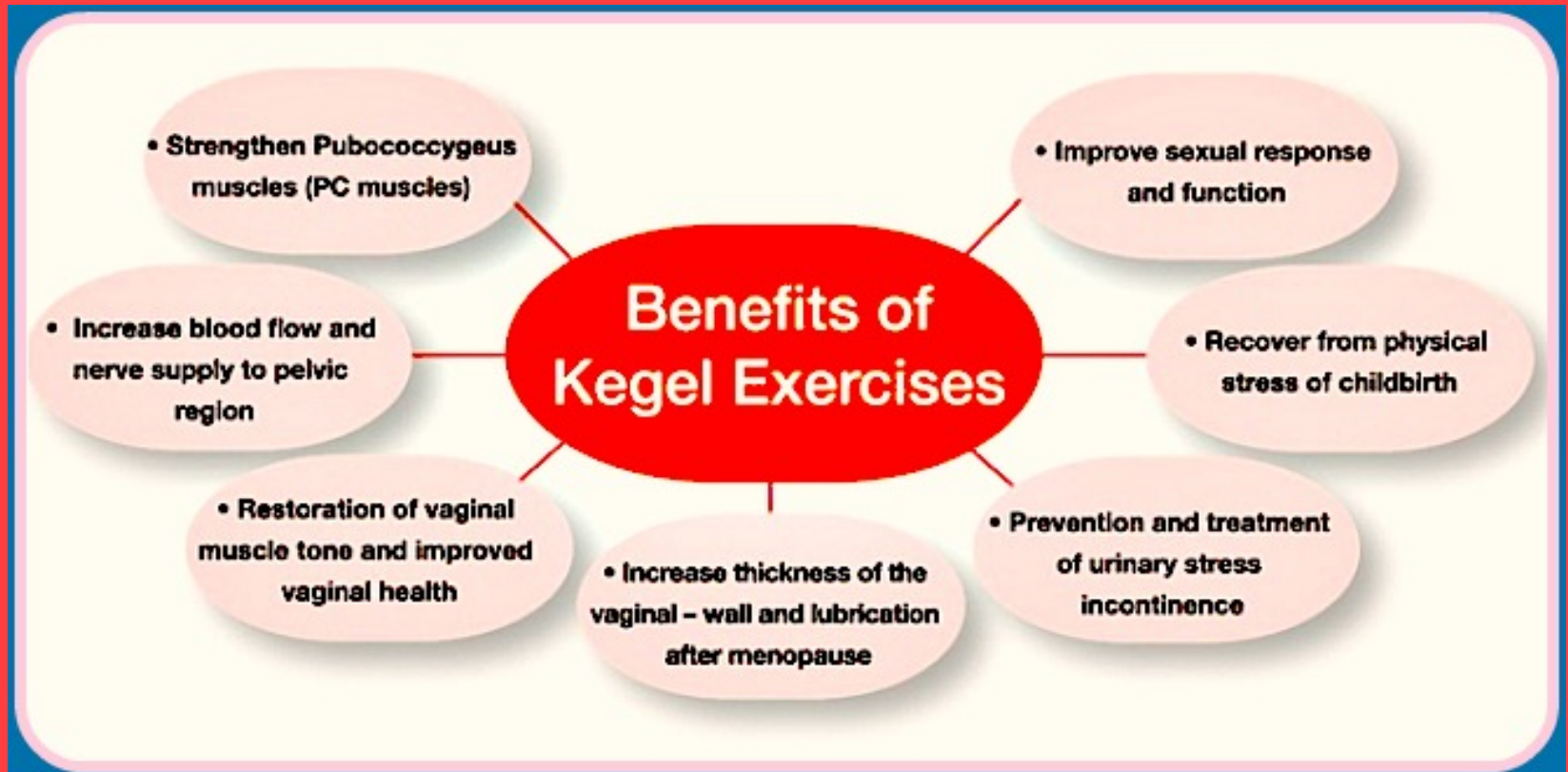


# Kegels for the Pelvic Floor

The Pelvic Floor muscles support and hold your organs in place. A weak pelvic floor may mean weak bladder control and inability or limited ability to have orgasms.

Kegels or contracting the muscles located between the anus and genitals strengthen the Pelvic Floor located between the anus and genitals.

**Practice:** Inhaling, contract these muscles inward, exhaling relax. Repeat often. This can be done while sitting, standing or walking and no one will know but you.



# Sex and the Root Chakra: Wo/men

**Nitric Oxide is the “spark of life”** made inside your body. It is the *mother of all feel good molecules* for feeling: Healthier, Happier, More Alive, More Fulfilled, Relaxed and Energized. Strengthens immune system and prevents chronic degenerative disease.

The bridge between the mind/body and profound spiritual experiences.



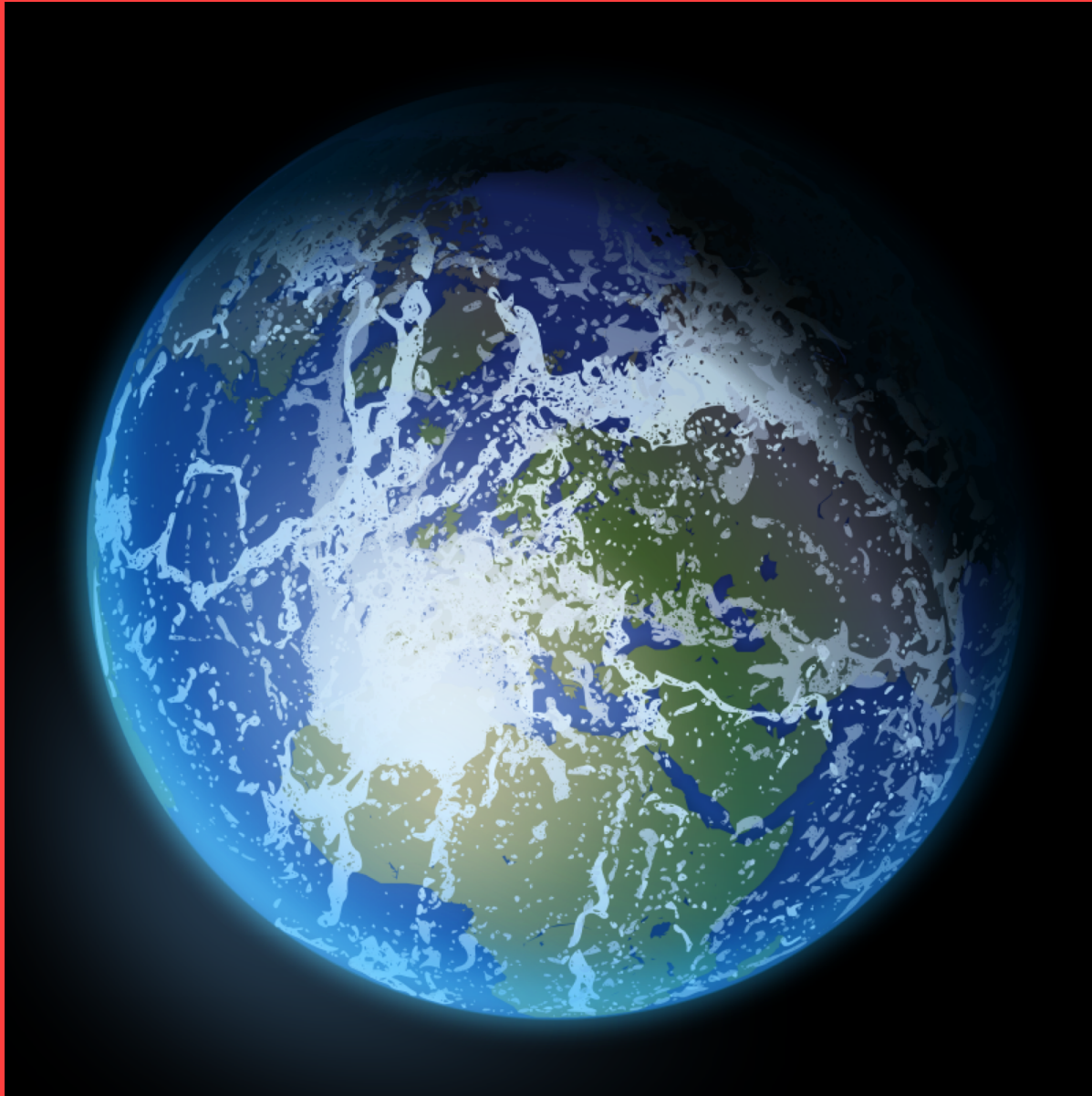
**Dr. Christianne Northrup**

## **Ways to boost Nitric Oxide**

- **Healthy Lifestyle** including: sleep, diet, exercise, positive perspective on self and life, gratitude, spinach, garlic, beets, walnuts, lemons, raw cacao, sunshine
- **Reduce stress** (let go of too much doing)
- **Forgiveness** of self and others
- **All kinds of healthy Pleasure and Intimacy** Including Sexual Pleasure
- **Shaking** is an easy way to activate Nitric Oxide Rush. Morning/Bedtime: try shaking your entire body in bed for at least a minute and then lie still to feel the rush of Nitric Oxide throughout the body. Combine with Haaaahhh breath.



# Dreaming The New Earth



**The World IS  
As You Dream it  
Meaning ever reality is a  
matter of perception.**



**We have dreamed it therefore it is....**

***Everything we think and feel is merely a perception;  
that our lives – individually as well as communally –  
are molded around such perceptions; and if we want to  
change, we must alter our perceptions.***

***When we give our energy to a DIFFERENT DREAM, the  
world is transformed. To create a New World we must  
first create a new dream. ~ John Perkins***



# The Power of our Dreaming

*The energy created by our dreaming, is like the air. It travels everywhere. Your ability to use this energy is only limited by your dream of its power.*

***Our dreams can affect everyone and everything else – if we energize them with enough power. ~ John Perkins***







# Dreaming The New Earth

AIR

Healthy Sustainable:

Wise Use of Resources

Clean Air

Clean Water

Clean Earth

Clean Fire/Energy

Organic Farming

Holistic Medicine

Holistic Education

Sacred Economics

Lifestyle Practices

EARTH

Balanced Giving

And Receiving



Honoring the Elements

LOVE & RESPECT

For Self,  
the Earth,  
And ALL Life

FIRE

Wisdom

Kindness

Compassion Joy

Wholeness Fun

Illumination

Acceptance

Bliss

Trust

Justice

Happiness

Freedom

Forgiving the  
Unforgivable

WATER

# The Celestial Earth Declaration

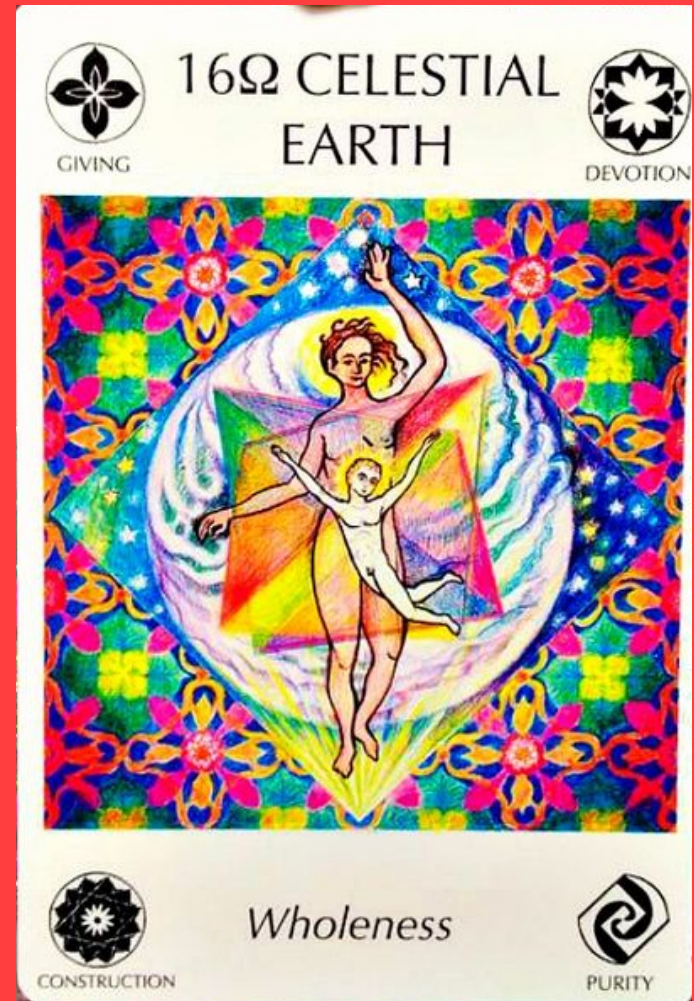
We are Celestial Earth. Our bodies are illumined and we are one with Heaven and Earth. All the tribes are gathered, dancing in harmony with nature. In pure acts of devotion we give and receive equitably of our true selves for the greatest good and co-creatively construct a new Earth, fulfilled in love, beauty, harmony, abundance, joy and Sacred Union with all that is. It is done, it is so, and all Heaven and Earth Rejoice.

***Temple of the Living Earth***

~Nicole Christine

More about Nicole at

[magdalenemysteries.com](http://magdalenemysteries.com)



***Gaia Matrix Oracle***

~Rowena Pattee Kyrder

<https://www.amazon.com/Gaia-Matrix-Oracle-Rowena-Kryder/dp/0962471607>



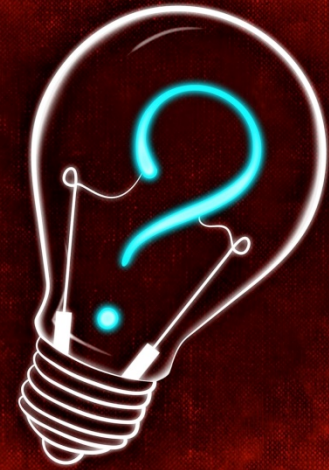
# Questions

*What are the areas of my life where I feel deeply supported? How can I grow that feeling even more?*

*What are my foundations in the areas of community, health, and financial resources? How can I strengthen them even more?*

*What dream seeds do I want to plant and nourish for myself and for the New Earth?*

*What actions can I take to nourish these seeds in my life and in the collective Dream?*

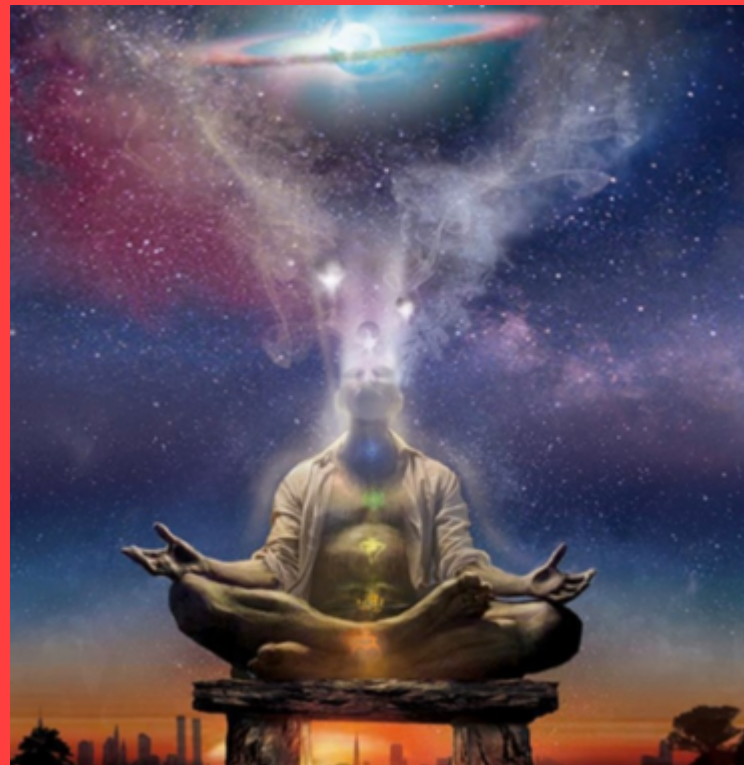


# Root Chakra Home Play

## Seeding the New Earth Exercise

Use the “Dreaming a New Earth” slide with 4 Elements choosing one or more concept from each Element to energize in your life and the world around you.

This month make it your game to grow these things in the world around you. For example, if you chose Clean Energy, where can you use clean energy? Where it is showing up in your community and across the globe? Feed this your attention and resources. If you choose “forgive the unforgivable,” challenge yourself to forgive something you previously believed to be unforgiveable. Look in the world around you for people practicing radical forgiveness. Feed this with your attention and resources by sharing these stories, offering prayers, perhaps lending financial support where that can be helpful. **Share what you learn on Facebook or with us by email!**





# Additional Resources

[Feeding your Demons](#) by Tsultrim Allione

[About Lama Tsultrim](#)

[The World is as you Dream It](#) by John Perkins

[His website](#) and [Other books](#) by John Perkins

[The Pachamama Alliance](#) is working to generate the critical mass of conscious needed to create a positive future

[GENERATION WAKING UP](#) is a global campaign to ignite a generation of young people to bring forth a thriving, just, sustainable world.