

# Home Play Gemini Venus Morning Star Root Chakra Releasing

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## Highly Recommended Activities

- **Watch or Re-watch Venus Synodic Cycle Overview Presentation**
- **Build or Re-build Your Venus Altar**
- **Take time to write in your Venus Journal**
- **Go out** to see the **Venus Moon Conjunction** and hour before Sunrise - **closest on Monday, January 11.** You can also go out on Sunday morning January 10 same time or on Tuesday January 12 though the Moon most likely will not visible however we are still in the 3 day window.
- Use crystals, essential oils, colors to **Activate 1<sup>st</sup>/Root Chakra** (more is shared about this in the Root Chakra Video)
- **Listen to** Cayelin's Guided Root Chakra Journey
- **Call/Connect** with **Morning Star Buddy** through phone/email/skype
- Work with ONE of the **7 Root Chakra Questions Below**

## **In-Depth Homeplay Includes All Of The Above As Well As Any Or All Of The Following Practices**

- **Journal Regularly in your Venus Journal**, tracking dreams, meditations, sketching, and answering questions provided or ones you come up with yourself
- **Create Special Ceremony** for Venus at the Root Chakra Gate
- **Share on FB** or send to Tami and/or Cayelin any insights, aha's, challenges or inspiration you have received so far in this journey

## Questions for the 1<sup>st</sup>/Root Chakra

- *In what areas of your life do you NOT feel safe?*
- *Do you trust that life supports you, that you are supported al-ways?*
- *In what areas do you feel there is not enough?*
- *Do you trust yourself to make supportive, healthy decisions?*
- *In what areas do you feel you have no control or choice?*
- *Where are you NOT experiencing healthy boundaries?*
- *Do you make decisions easily?*

# Home Play for Gemini Morning Star at Sacral Chakra

## Freedom Through Limitation Exercise

Gemini at the Root Chakra reminds us that boundary and limitation are necessary conditions for true magic - and without them we would not know true freedom.

### In your Venus Journal explore the following:

Where in your life have you felt the most constricted, trapped, or bound? Ask: how have you cultivated greater freedom internally or externally as a result of these circumstances?

How have you become more creative?

Now turn it around. Where has too much freedom, too little structure, boundary, or limitation ended up fostering an experience of entrapment, little choice or freedom on the inside or outside? Where have those conditions actually thwarted your full creative expression?

## Gemini Insights Fitting in Versus Belonging from Brene Brown

### Fitting In is the Greatest Barrier to Belonging. So try these suggestions to practice Belonging:

Make a list of all the things you do to fit in that feel bad, unfulfilling, less than who you really are.

What action could you take to let go of (or change) ONE way you have tried to fit in?

Notice the impact of your actions and words. Are they helping you to feel more creatively and socially connected to others?

Start small and practice belonging to yourself first by being your true self whenever you can.

True belonging doesn't require you to change who you are - it requires you to BE who you are - both vulnerable and brave.

What Interests You? Hang out with people who share your interests.

What Brings You Joy? Find time to do those things.

## Links to Resources

### Uluru Ceremony Realigning the Earth and Sun with the Rainbow Serpent

<https://primedisclosure.com/uluru-activation/>

<https://eraoflight.com/2020/12/17/upcoming-solstice-solar-energy-portal/>

## **Rainbow Goddess Prayer Invoking Divine Feminine Life Force at the Root Chakra**

Beloved Goddess of Powerful Life Force Energy  
Great One of Healing, Lady Of Personal Transformation  
Goddess Of Great Vitality, Strength and Life Force Energy  
Guide me to Release Everything that Prevents me from  
Trusting I am Safe and Secure, I am Loved, I am Supported  
I am Accepted, I am Significant, and I am Valued for who I AM  
And not just what I DO...

Ancient Wise One, Remover of ALL Obstacles and Self-Created Barriers  
Guide Me to Release whatever is in the Way of Experiencing  
Radiant, Vibrant, Alive, Vital Life Force Energy  
Guide me in Releasing Everything that Prevents Me  
From Creating and Maintaining Healthy Personal Boundaries  
Guide Me in discovering all the false beliefs and misconceptions  
that block me from knowing my Great Value and Evolving Life Purpose.

Help Me Release ALL Root Chakra imbalances and distortions  
including whatever prevents me from Courageously Living  
the Immense Power, Magic and Wonder Of My Personal Life Force  
So I restore powerful, strong and divinely aligned Healthy Life Force  
within Myself and the rest of the World.

It is done it is so and I give thanks! Blessed Be..

### **Important Dates for the Root Chakra 2021**

Jan 08 Venus enters Capricorn on Galactic Cross  
Jan 11 Venus Moon Gate (04 Capricorn) Root Chakra  
Jan 12 Venus (5 Capricorn) square Chiron (5 Aires)  
Jan 13 New Moon 23 Capricorn (Mars square Saturn)  
Jan 14 Uranus (7 Taurus) Stations Direct - All Planets Direct  
Jan 14 Sun conjunct Pluto (24 Capricorn 38)  
Jan 19 Sun enters Aquarius  
Jan 20 Mars conjunct Uranus (7 Taurus) Inauguration Day  
Jan 23 Sun conjunct Saturn (4 Aquarius)  
Jan 28 Venus conjunct Pluto (25 Capricorn) with Leo Full Moon (9 Leo)  
Jan 28 Sun conjunct Jupiter (9 Aquarius)  
Jan 30 Mercury Stations Retrograde (26 Aquarius) ending all planets direct

Feb 01 Venus enters Aquarius  
Feb 05/6 Venus conjuncts Saturn (6 Aquarius)  
Feb 06 Venus squares Uranus (7 Aquarius)  
Feb 10 Moon conjunct Venus (11 Aquarius) 8<sup>th</sup> gate – Death by Intent Soul Star Chakra