

Venus Alchemy

Underworld Encounter with
The Dark Goddess
with Cayelin K Castell
and Tami Brunk



At The Heart of Great Mystery



When Venus Disappears from the Morning Sky she is traveling with the Sun or *in the Underworld*. This means Venus is with the *Heart of the Sun* or is being held in Great Mystery (a.k.a. the Sun) for the deepest purification and “**burning away**” of all that is in need of release and transformation

Inanna's Descent as Death Rebirth Journey

The Venus descent to the underworld from the mythic perspective of Inanna/Ishtar is a powerful death and rebirth initiation.

In this phase of the journey Inanna has reached the land of the dead.

Inanna courageously chooses to go where she will die while still alive. Thus the Venus cycle describes the rhythm of life, death, life.



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Meeting The Dark Goddesses

Dark goddesses include Ereshkigal, Persephone, Kali, Lilith, Durga, Hecate, Cerridwen, Lilith, Pele, Morgana, Medusa, Arianhrod, Inanna, Tiamat, Sekhmet, Nekhbet and many more...

The imagery connected to these Goddesses is often terrifying, shaking us to our core.

Fierce, disturbing, awe-inspiring. The Dark Goddesses hold the mysteries of death and dying, sex and sovereignty, suffering and shadow. All essential components within the mysteries of magic and transformation.



Nekhbet the Vulture Goddess of Egypt



Medusa by Michelangelo (1573-1610)

The Dark Goddess

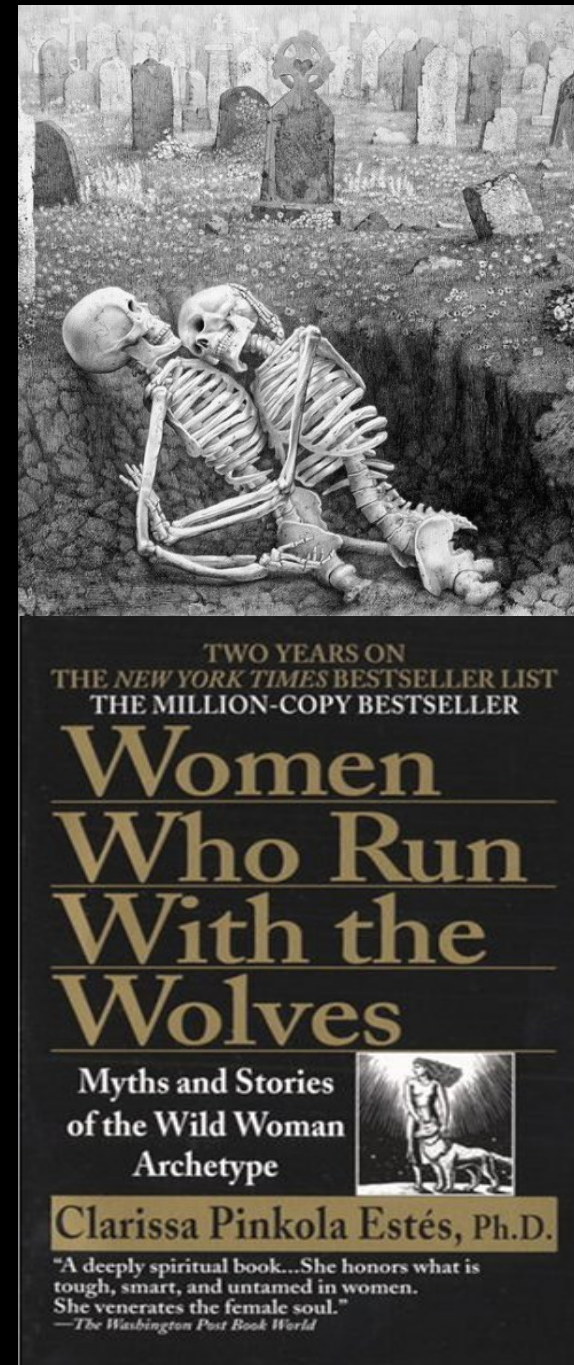
Lady Death/Skeleton Woman

The Dark Goddess is our inner authority that knows how to dance in the realms of “Life/Death/Life” or the cycles of endings and beginnings. She knows for a new ecstatic life to begin - the old life must die.

Embracing the mysteries of death is key to our liberation. We are taught to fear death and change, to see it as a failure or a punishment rather a gift.

The Dark Goddess (Lady Death) teaches authentic aliveness that comes from knowing the experience of death is a necessary step to greater life.

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The Life/Death/Life is a cycle of animation, development, decline, and death, always followed by reanimation.

This cycle affects all physical life and all facets of psychological life. Everything: the Sun, novas, the Moon, as well as the affairs of humans and those of the tiniest creatures, like cells and atoms – has this fluttering, then faltering, then fluttering again...

The instinctual nature has the miraculous ability to live through all positive boon, all negative consequence, and still maintain relationship, to self, to another.

~ Clarissa Pinkola Estes

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When Inanna fails to return from the underworld – Ninshubar asks for help. Finally the god Enki - who has the power to create - fashions the Kurgarra and Galatur from the dirt under his fingernails (from the Earth).

They are instinctual, empathic creatures (no ego at all) and are asked to mirror the Dark Goddess's pain and other feelings back to her.

They find Ereshkigal moaning and lamenting, grieving and anguished. These are necessary steps to rebirthing and freeing herself from the powerful deep wounds accumulated in many life experiences of rejection, betrayal, abandonment.



Ereshkigal is moaning about her “insides” and her “outsides” realizing that though she willed Inanna to die – Ereshkigal is Inanna as much as Inanna is Ereshkegal.

The Kurgarra and Galatur moan with Ereshkigal, reflecting her pain back to her, showing concern for her and affirming her in her suffering. Enki is wise to know that authentic crankiness and complaining is just one of the voices, one of the avenues of expression that are necessary , and valid for the dark goddess to find healing and wholeness.

This is opposite of the cultural judgment that says complaining is weak and ineffective. Ereshkigal is simply naming and feeling her pain so she can accept it without judging it. From this perspective **embracing suffering is a sacred act that leads to transformation.**

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Ereshkigal is so touched by having her pain witnessed with compassion, she offers gifts of fertility and growth to the Kurgarra and Galatur. Finally, she asks what gift would the Kurgarra and Galatur like? They ask for Inanna – in essence asking Ereshkigal to release her personal anguish, fury, and wrath that is embodied in her feelings toward her Inanna.

Ereshkigal releases Inanna and thus her pain. She realizes Inanna is a part of her - just as she is a part of Inanna. Sprinkling the water and food of life on Inanna's corpse the Kurgarra and Galatur help Inanna to be reborn.

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The Circle of Grandmothers and Owl Medicine

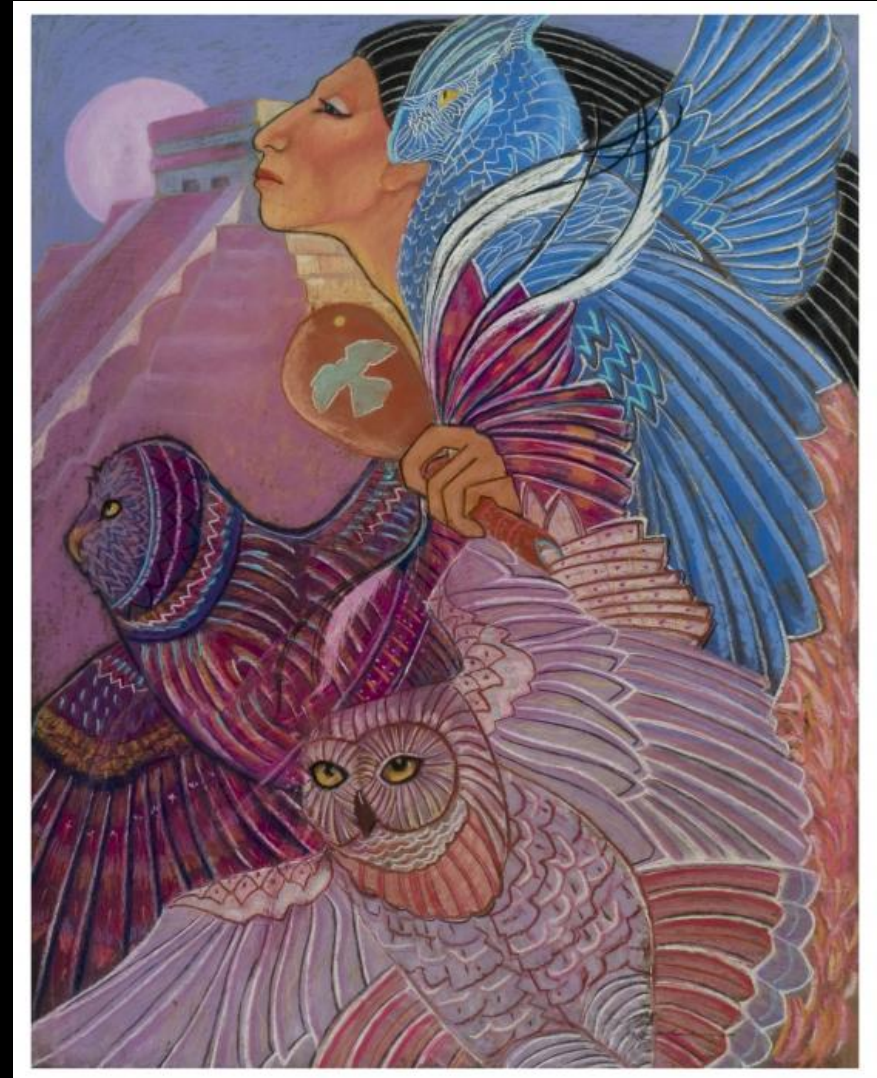
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Owl Medicine is connected to the deep wisdom of the Grandmothers and All our Ancestors.

Owl, like cat and other night creatures helps us tap into the deep wisdom of our feminine soul as we navigate the dark.

Remember, everything we do in this journey of descent/death/ascent serves the Greater COLLECTIVE death/rebirth process in service to the Earth and all the past and future generations.

The Grandmothers are here to help us with that.



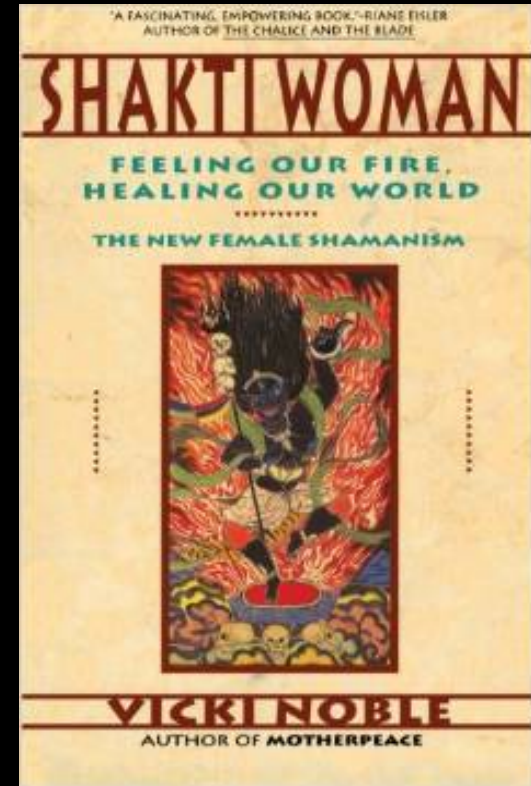
The Dreamer and Her Path of Power Chapter 5

In the ancient world Dreaming was sacred, providing an opportunity to touch the spirit world and obtain advice, direction, healing....

Part of any shamanic awakening must include an opening of the dream channels and the uprushing of amazing and illuminating material from the unconscious.

Deepening Awareness of your dreams assists the healing process, bringing you into direct contact with the inner planes. Something usually stimulates such an awakening – a cleansing of some kind, a period of retreat, a healing process.

Whatever is blocking the dream process, or the process of remembering, must be removed so the dreaming can guide us.



Practice Dream Incubation

Create a clear request for guidance before going to sleep. Write it down. Set the strong intention that you WILL remember your dream.

For example: "I ask the Dark Goddess to provide me with a dream image or energy to help me release attachment to others opinions."



Place something to write your dream or what you remember of your dream nearby. Even a fragment or a phrase or feeling can be powerful. The connection may not be easy to make - that's okay!

Give the dream a title. Consider how you felt when you woke up. See how it relates to the rest of your life. Take action to deepen the dream, either draw, paint, write a poem or story, or re-enter the dream to get more information. Create a Mantra to capture the positive energy or message of the dream.

Practices to Support the Underworld Journey

Breathwork (including Tantric, Shamanic, Pranic)

Physical movement such as ecstatic, African or other dance, rigorous hikes, running, sexual intercourse, biking, horseback riding

Wearing Black

Working with Underworld Gems and Crystals

Obsidian, Onyx, Black Tourmaline, Hematite
Smoky Quartz

Herbs, foods, and practices to cleanse and support the liver (anger and toxic emotions), kidney (fear) lungs (grief and sorrow).

Herbs for liver: milk thistle, turmeric.

Kidneys: uva ursi, marshmallow root, dandelion.

Lungs: osha, cannabis, eucalyptus, yerba mansa



Questions

- **What is my deepest fear and what will it take for me to face and embrace it?**
- **What blocks remain from my descent that I am ready to fully release to the Dark Goddess?**
- **What would it take for me to trust the Underworld initiation is taking me where I need to go and empowering me in the process?**



Underworld Questions

- **What is my deepest fear and what will it take for me to face and embrace it?**
- **What would it take for me to truly trust the Underworld initiation is taking me where my soul most wants to go?**
- **How has the underworld phase influenced my life and brought me to where I am today?**



Work with the Sun and Light

Sun Salutations

Sun Gazing

Light Therapy

Bring in the Light in Meditations



Sun Gazing Practice

Gazing at the Sun only in the morning or evening hours, about one hour or less after sunrise and before Sunset. Look at the rising or setting Sun once a day.

On the first day, look at the sun in a relaxed manner for about 10 seconds. On the second day look at it for 20 seconds, adding about 10 seconds every succeeding day. It is okay to blink.

The main benefits from Sun gazing come from doing the practice daily until you reach about 15 minutes. Don't start out doing 15 minutes right away. The safest way is to build up to it.

Sungazing has numerous benefits, including but not limited to the activation and charging of the hypothalamus as sunlight enters the eye, supporting all bodily functions, immune system and reducing mental tension and worries.

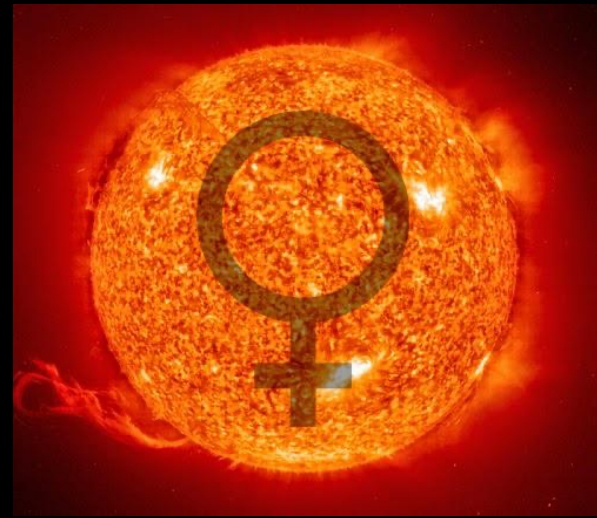
Home Play

Underworld Altar. Create or update existing altar to include images of allies for the journey which might include ancestors, grandmothers and images of the Dark Goddess. Use vials containing the “food and water of life.” Include a “cauldron” into which you symbolically place feelings, patterns, etc. for release throughout the initiation

Practice Dream Incubation During Power Date Periods

Underworld Venus/Dream Journal: Restore or Deepen your practice of the Venus Journal integrating images and dreams

Greet Venus and the Sun at Sunrise and or Sunset with Sun Gazing or Sun Salutations or other practices



Sekhmet In the Belly of the Dark Goddess

Although Sekhmet is a compassionate and powerful healing goddess, she is also the great destroyer. She represents the feminine fire to which you commit your inappropriate patterns, and it is in her belly that the transformation occurs. She is the container, solid yet flexible, that holds you safe while you are being cooked and your demons digested and transformed into their more productive, useful potential.

~Nikki Scully

<http://www.shamanicjourneys.com/articles/sekhmet.php>

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This transformation process is a kind of alchemy, a way of turning the lead of our deeply ingrained, unconscious reflexive responses into the gold of enlightened choice. It is alchemy or transformation from one thing to another (i.e. dough to bread)

Practices to Support the Underworld Journey

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Sunlight Increases Nitric Oxide

Dermatologist Richard Weller talks about the importance of sunlight in a Ted Talk as way to get Nitric Oxide.

New research by his team shows that nitric oxide, a chemical transmitter stored in huge reserves in the skin, are released by UV light, to great benefit for blood pressure and the cardiovascular system.



https://www.ted.com/talks/richard_weller_could_the_sun_be_good_for_your_heart

- **Nitric Oxide**
- Helps memory and behavior
- Assists the immune system
- Defends against tumors
- Regulates blood pressure
- Reduces inflammation
- Improves sleep quality
- Increases endurance and strength
- Assists in gastric motility

WHAT IS NITRIC OXIDE?

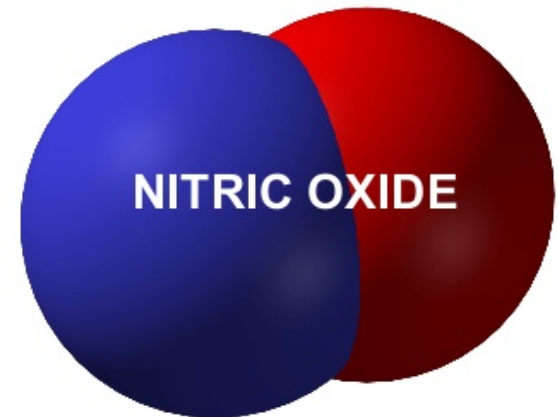
Nitric oxide (NO) is a **gaseous molecule** that relaxes the smooth muscle cells of blood vessels, causing them to widen and allow more blood to flow to muscles. And that also means the delivery of more nutrients like amino acids and glucose, which enhance **energy production** during workouts and blunt fatigue.

There have been over 60,000 studies done on nitric oxide in the last 20 years
In 1998, The Nobel Prize for Medicine was given to three scientists that discovered the signaling role of nitric oxide.

Along with sunlight Nitric Oxide is found in Plant Foods, Leafy Greens, and Beets etc...

Exercise releases Nitric Oxide into the body

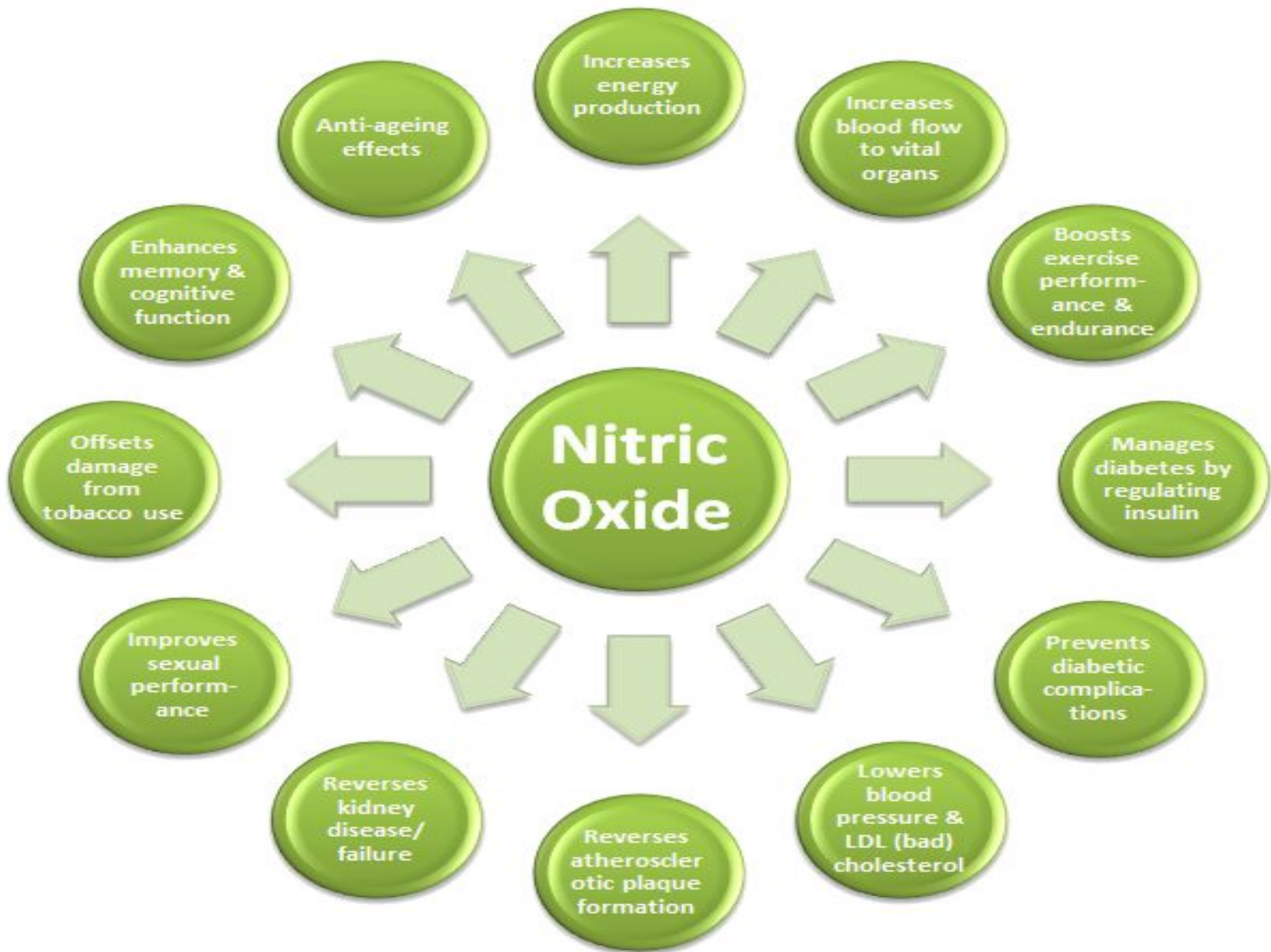
The Messenger Molecule



N-O, produced in the endothelium, sends a signal to the smooth muscle of the blood vessels, telling them to relax and expand (vasodilator)

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<http://www.nutritionexpress.com/showarticle.aspx?articleid=286> and
<http://www.drwhitaker.com/boost-nitric-oxide-levels-to-improve-health/>



The Power of Shaking for Healing and Clearing

Why Shake?

- Free energy or life force
- Clear Fear and Trauma
- Build Lasting Strength
- Access Freer Mind
- Reclaim our Wild, Ecstatic Nature
- Develop Body and Energy Literacy
- Learn to Let Go
- Learn to Receive
- Learn to Follow
- Connect with all of Life!

“Structures of the mind release, The reservoir of habits dissolves. In an instant, lifetimes of patterns Vanish.”

~ Vijnana Bhairava Tantra The Practice of Shaking



<http://tinyurl.com/jda2h1r>

The Ecstasy of Shaking in-depth article by Tesa

Ratu Bagus Balinese Instructor:
Shaking to Ecstasy Video:

<http://tinyurl.com/z7fx62t>

Daily Shaking Practice: Try it for a Week!

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Turn on Ecstatic Music—Trance, Fast Drumming, etc.
Shake every body part for a total of 5-10 minutes:

- Right leg, Left Leg
- Both Legs (fast feet like football player)
- Lie on your back & shake both feet in the air
- Stand and shake hips side to side, wagging tail like a happy puppy
- Belly shake
- Torso/Chest Loosen Up
- Shoulder shrug up and down, exhaling with a “haaaaaa!” sound
- Shoulders alternate front and back
- Shoulder shimmy!
- Arms Shake
- Hands Shake
- Fingers Shake
- Gently Shake through Head and Neck
- Full-Body Shake!

Video with practice by Rochelle Scheik:

<http://www.qoya.love/chapter-4-resources>



Wild Woman, Wild Man

*You were not meant
to be tame*

*You are an earthquake
Shaking loose everything
that is not soul*

*Shake, woman, shake!
Shake, man, shake!*

What UGLY Feelings do you Shut Down?

If I feel/show ANGER or RAGE I will be
abandoned/not loved/harmed

If I feel/show FEAR I will lose face

If I feel/show SADNESS I will lose
control/won't be able to hold it together

If I EVER feel/show NEGATIVITY I'll never
reach my dreams

If I feel/show IRRITATION no one will like me

If I feel/show HURT I will look weak

What Feelings Are Off Limits For You?

My Victorian Super Ego and My Ugly Feelings
by Queendom.com

<http://tinyurl.com/za2hsbn>

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I Get Mad, I Get Mad, I Get Mad!

Narrator: A goat can feel happy, a goat can feel sad, a goat can feel wonderful, a goat can feel mad.

Goat: Feel mad! Feel mad! Feel mad! It ain't bad to feel mad!

N: If someone pulled the hair on his chin
Would a goat say nothing, stand there and grin?

Goat: NO! I get mad! I get mad! I get mad!
It ain't bad to get mad!

N: And what if someone gave him a fright
Would a goat laugh, "Ha, ha, it's quite all right"?

Goat: NO! I get mad! I get mad! I get mad!
It ain't bad to get mad

N: And what if someone does something unkind
Would a goat pretend he doesn't mind?

Goat: NO! I get mad! I get mad! I get mad!
It ain't bad to get mad

N: And if a friend lets him down

(Pig with ice cream cone: (Forgot one for YOU.)



It Ain't Bad to Get Mad!

N: Would a goat say, "No matter, don't worry, I couldn't care less"?

Goat: NO! I get mad! I get mad! I get mad! It ain't bad to get mad!

N: And in the end most folks are glad, to find out what makes him mad

All: He gets mad, he gets mad, he gets mad. It ain't bad to get mad!

Goat: Yeah!

It Ain't Bad to Get Mad! Song

<http://tinyurl.com/k4a9yyy>

Underworld Morning Practice

Keep It Simple

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Feel Feelings as you wake up.

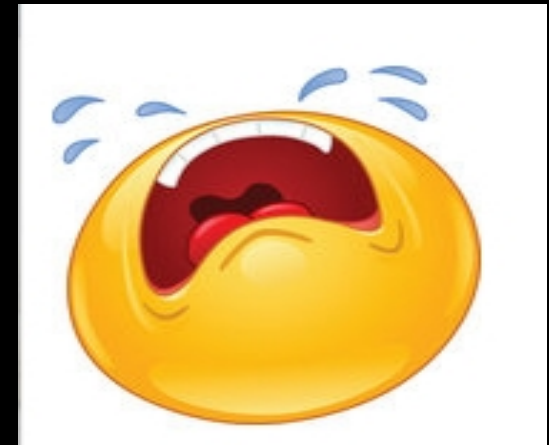
Are you Anxious, Panicked, Scared, Mad,
Angry, Overwhelmed?

If you are feeling happy or joyful you can also go with that.

Is someone or something irritating you? (i.e. politics, work, family)

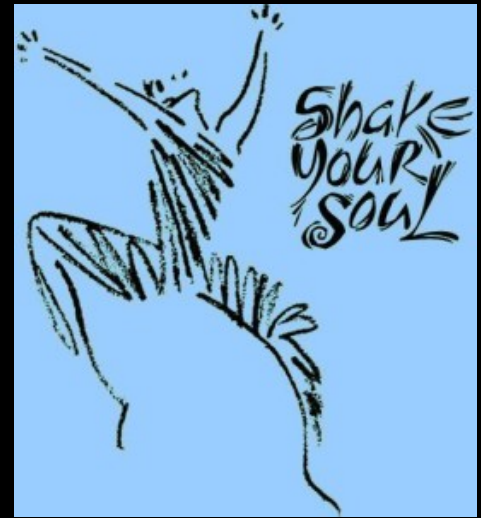
If you are not sure what feelings to be with ask your body
what feelings are wanting to be felt or are ready
to arise from deep within?

Maybe you notice you are remembering a
recent painful incident or one from long ago?



Underworld Morning Feeling Practice

If you have time rock or shake your body while still lying in bed, moan, cry, scream, sigh with intent to feel what you feel for as long as needed or as long as you have time to do so



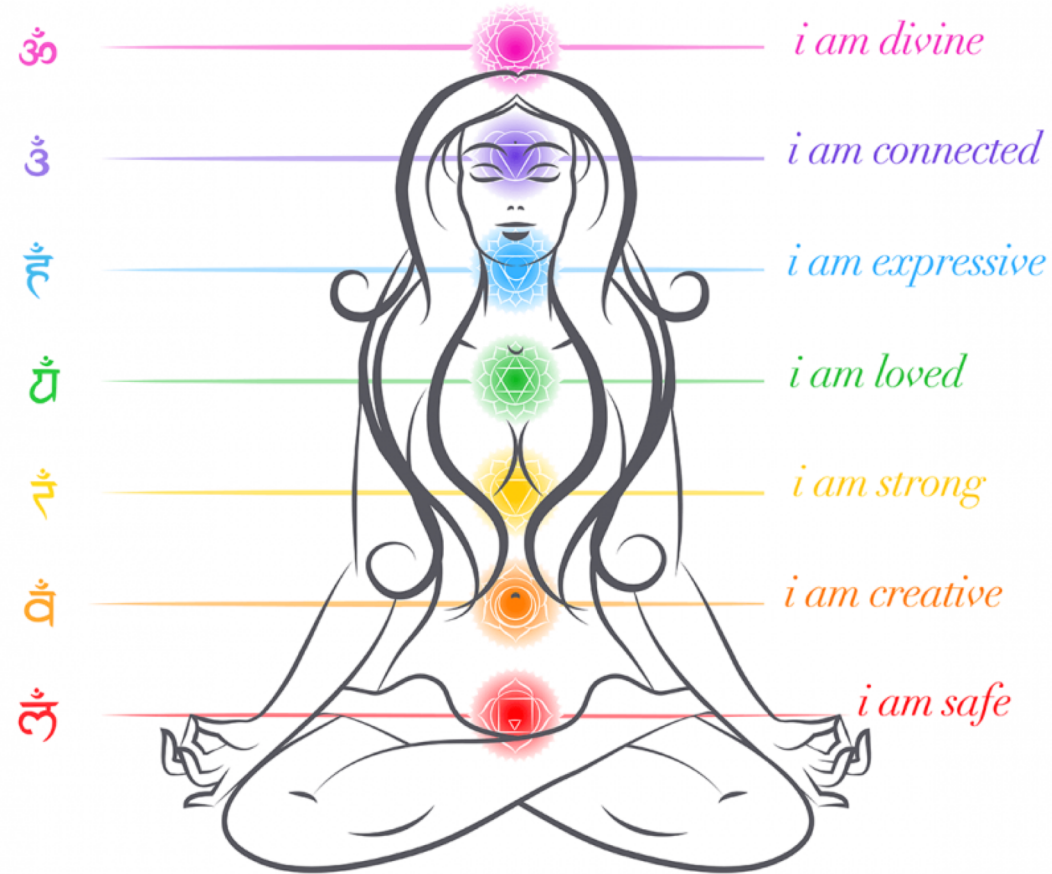
Once you notice the feeling has lessened or vanished altogether - send love and light to the person or situation and include yourself.

There are many layers to grief and pain so revisit or check in each morning allowing whatever feelings are there to emerge

When Feelings have eased ask the Part of you that knows (via meditation or journaling) what are the best activities and actions to take care of yourself for now. What your body wants may change from day to day.



Being spiritual doesn't mean you are always positive, it means that you have awareness to tell people to get the fuck out of your face while you balance these energies



sarahprout

Article Titled:

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Fuck you Spiritual People for using Gratitude to by Pass your Anger



Game from Article:

Say, “Fuck... then whatever you’re mad at.”

“Fuck Best Buy and their store hours, making me come back today after wasting an hour there trying to buy a fucking iPhone 6.”

“Fuck this tank top manufacturer...”

“Fuck working so hard all the time, can’t I just win at life now and call it quits?”

“Fuck doing anything that doesn’t feel good.”

Sometimes we laughed after finishing a sentence. Sometimes I felt a release in my body after saying something that I had been bottling up. And sometimes the sentence that came out of my mouth was so ridiculous, I thought, “Really?! A piece of me actually thinks that?”

At one point Liz expressed anger towards someone special in her life, then she said, but “I’m grateful for...”

I cut her off and said, “Wrong game.”

Then I said, “Fuck you spiritual people for using gratitude as a bypass to your anger.”

Fuck the rich white men who are raping the planet in their rush for lining their pockets with more and more and more.

Fuck all my teachers (Martha Beck, David Deida, Laura Hames Franklin, etc) for pulling me onto this spiritual path. Because now there is no turning back to my old life, even if it sucked and I was in pain all the time. Arrrrgh. Motherfucker!



Fuck men for not stepping up. I want to shake most of you. Do you know how magnificent your lives could be with the smallest tweaks? It breaks my fucking heart.

Fuck Monsanto. Fuck Koch Industries. Fuck Philip Morris. Fuck any company that puts profits over people and over the environment. You stupid retarded motherfuckers. Don't you see you're just causing more suffering in the world?

Fuck religion. Fuck religion and the separation that it's causing in the world. Fuck it for completely setting me up for failure in life. Fuck it for making me feel guilty to be a motherfucking human being. All paths lead to Rome you stupid fucks.

Fuck this laptop. I want to be fucking and dancing and climbing on trees and walking by the beach. Not looking at this hunk of glass, metal, and plastic.

Fuck everything about food in this country. Everything is a chemical shitstorm.

Fuck me for playing small still. There are so many areas that I can be playing 100x bigger still. But I'm afraid no one will love me anymore." **[Rest of the Article Here](#)**

**IF YOU THINK A LOVING GOD WOULD LET A
PERSON BURN IN HELL, YOUR IDEA OF LOVE**

IS FUCKED UP

Joanne Q. Escobar
DIGITAL ART

made on imgur

It's NOT Too Late!

Review Classes & Meditations in Underworld

- Revisit Cayelin's Guided Meditations
- Revisit Tami's "Tuning into Your Chakras" Meditation
- Revisit Class Recordings/PDF's
- Do Missed Home Play
- Listen to Grandmother Guide Meditation
- Make regular check-in dates with Buddy
- Introduce Yourself for first time in FB Group & ask for Support!



**IT'S
NOT
TOO
LATE!**



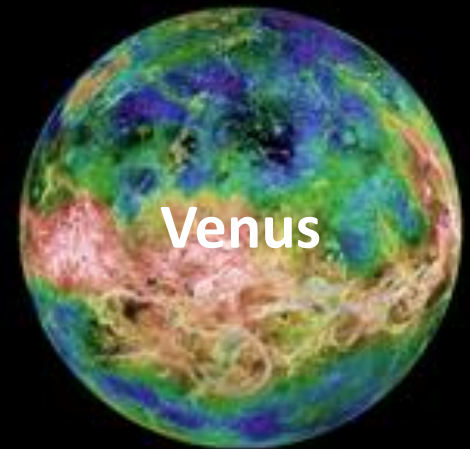
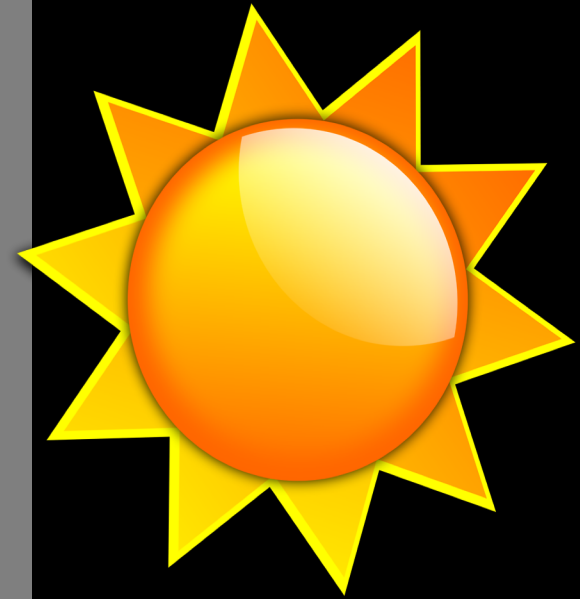
Home Play

Underworld Altar. Create or update existing altar to include images honoring grandmothers, Dark Goddess, Sekhmet. Fill vials with “food and water of life.” Include “cauldron” where you symbolically place feelings, patterns, etc. for release throughout the initiation

Practice Dream Incubation During Power Date Periods

Underworld Venus/Dream Journal: Restore or Deepen your practice of the Venus Journal integrating images and dreams

Greet Venus and the Sun at Sunrise and or Sunset with Sun Gazing or Sun Salutations or other practices



She let go.
Without a thought or a word, she let go.
She let go of fear. She let go of the judgments.
She let go of the confluence of opinions swarming
around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons.
Wholly and completely,
without hesitation or worry,
she just let go.
She didn't ask anyone for advice.
She didn't read a book on how to let go...
She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from
moving forward.



She made no public announcement and
put no ad in the paper.
She didn't check the weather report
or read her daily horoscope.
She just let go.
She didn't analyze whether she should let go.
She didn't call her friends to discuss the
matter.
She didn't do a five-step
Spiritual Mind Treatment
She didn't call the prayer line.
She didn't utter one word.
She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.



There was no effort.
There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go,
she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the Sun and the Moon shone
forevermore.
Here's to giving ourselves the gift of
letting go...
There's only one guru ~ YOU.

~Rev. Safire Rose.



Charge of the Dark Goddess

Author Unknown

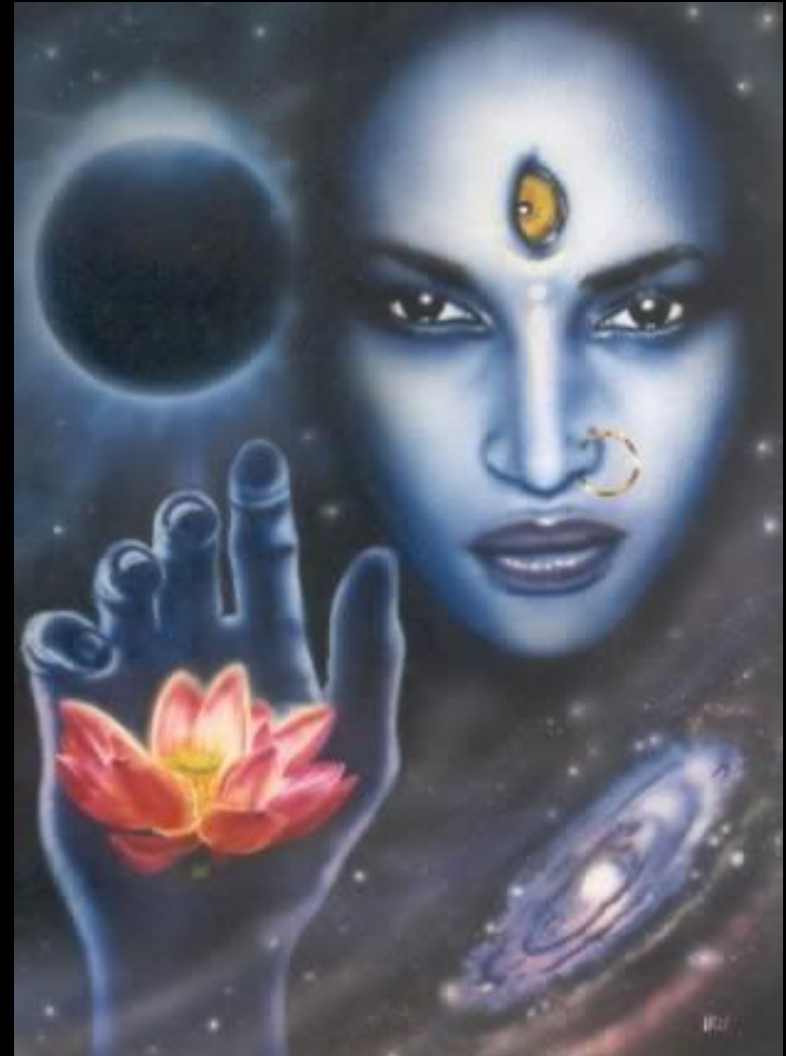
Hear me child and know me for who I am.
I have been with you since you were born,
and I will stay with you until you
return to Me at the final dusk.

I am the passionate and seductive lover
who inspires the poet to dream. I am the
One who calls you at the end of your journey.
After the day is done my children
find their blessed rest in my embrace.

I am the womb from which all things are born,
I am the shadowy, still tomb,
All things must come to Me and bare their
breasts to die and be reborn to the Whole.

I am the Sorceress that will not be ruled, the
Weaver of Time, the Teacher of Mysteries. I snip
the threads that bring my children home to me.

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Charge of the Dark Goddess continued

I am the Sorceress that will not be ruled,
the Weaver of Time, the Teacher of
Mysteries. I snip the threads that bring my
children home to me.

I slit the throats of the cruel and drink the
blood of the heartless, I am the fury that
rips the flesh from injustice. Come to me
and you will discover true beauty, strength
and courage.

I am the glowing forge that transforms
your inner demons into tools of power.
Open yourself to my embrace and
overcome.



Charge of the Dark Goddess continued

I am the glinting sword that protects you from harm, I am the crucible in which all in which all aspects of yourself merge in a rainbow of union.

I am the velvet depths of the night sky, the swirling mists of midnight, shrouded in mystery,
I am the chrysalis in which you face that what terrifies you and from where you will blossom forth, vibrant and renewed.

Seek me at the crossroads and you shall be transformed, for once you look upon my face, there is no return.

I am the fire that kisses the shackles away, I am the cauldron in which all opposites grow to know each other in Truth.



Charge of the Dark Goddess Continued

I am the Web that connects all things, I am the Healer of all wounds, the Warrior who rights all wrongs in their Time.

I make the weak strong, I make the arrogant humble, I raise up the oppressed and empower the disenfranchised.

I am Justice tempered with mercy.

Most importantly, child, I am you.
I am part of you, and I am within you.
Seek me within and without, and you will be strong.

Know Me, venture into the dark so you may awaken the Balance, Illumination, and Wholeness.
Take my love with you everywhere and find the power within to be who you wish...



Cayelin's Underworld Venus Journal from July to September, 2011

My Intention for this underworld time, is to die to what no longer serves and reclaim my divine authority, along with a direct connection to source.

I am already working with light therapy for the purpose of activating my light body, knowing that my very cells are made of light, scalar energy, sunlight. I am imaging the light of the Sun is helping to disassemble any distortions and is clearing debris from my body, mind, emotions, and my spirit, opening a pathway of light that is transforming all of me into a light body, a solar light body. The bio photons of light or scalar energy are also lighting up my shadow and providing me with an opportunity to align with high vibration light frequencies.



Also supporting my underworld journey is the Priestess of Wands or Witch. This is perfectly scorpionic, very much the Dark Goddess, and the Scorpio overtone. She is the mistress of fire, generating power on behalf of the group or the greater collective.

This is about the cauldron of transformational change fueled by the fire of the Sun drawing life force energy from the cosmos and storing it for herself and others to draw upon.

This card connects with the Egyptian Goddess, Sekhmet, daughter of the Sun God Ra, who has knowledge of kundalini fire, serpent fire, and the alchemy of the Sun, through its fiery light, works regenerative magic for personal healing and for the community.





July 31, 2011 8:30 AM

It is a gorgeous day not a cloud in the sky. The New Moon with Venus was exact yesterday. I am finding self-worth and self-love issues are so up for me.

The message and blessing I just received about this was from my youngest son who left me the perfect voicemail.

He was saying that the affirmation ***I am love*** has been the most powerful way for him to raise his vibration.

So instead of letting his thoughts run on about what he should be doing or what he was worried about or the judgments he was having about himself or other people - he affirms ***I am love***. What a great message from my wise youngest Son/Sun. ***I am love!***

July 11, 2011

Today while doing ceremony around this underworld journey, a huge iridescent green beetle or scarab flew above my outdoor stone altar flying above me in very a distinct figure 8 pattern for several minutes. Then the scarab dropped down level with me. As it did I felt a huge rush of energy and was guided to draw infinity symbols in the air copying what the scarab was doing. We interacted like this for what seemed like several minutes. It felt like time was standing still, it was an underworld experience where we pause and are still.



I recently received a Venus message to give myself fully to the darkness created within the embrace of the bright light. The symbol I got was of the womb, incubating in the seeming dark- to later emerge into the light. The dark Moon is reborn as the new crescent Moon but the Moon is not in the dark but is actually hidden by the brilliance of the Sun - as is Venus when she is in the underworld.

*From the end of
Cayelin's Journal*

I am getting more than
ever that **being in the
Underworld is a Still
Point Time.**

Yes - it is a place of
release from everything
that causes us to suffer
when we are willing to
surrender to the process.
It may feel dark at first.

That is the paradox
because ultimately it is
the white light of grace
within the embrace of
the Sun – still and
moving! It is a gift of
empowerment...

The Still Point

T.S. Elliot

*At the still point of the turning world.
Neither flesh nor fleshless;
Neither from nor towards; at the still point,
there the dance is,
But neither arrest nor movement. And do not call it fixity,
Where past and future are gathered.
Neither movement from nor towards,
Neither ascent nor decline.
Except for the point, the still point,
There would be no dance, and there is only the dance,
I can only say, there we have been:
but I cannot say where.
And I cannot say, how long, for that is to place it in time.
The inner freedom from the practical desire,
The release from action and suffering,
release from the inner
And the outer compulsion, yet surrounded
By a grace of sense, a white light still and moving.*

From Midlife Crisis to Sacred Initiation: On Turning 40 and the Venus Return by Tami Brunk

I am 40 years old. I am about to enter the “Underworld” as part of my closest-ever Venus Return.

...When I try to see into my 2nd Chakra I am met by a blinding light. I can’t find a way in—until I receive a directive to “reach for the doorknob.” And I see a door beyond the blinding light, which I open into a dark, cave-like room with a deep pool of water and a small island at the center. I am startled to see my inner Creatrix, a beautiful mermaid perched upon the island weeping.



Floating in the dark waters are pale forms which I recognize, with a shudder, as corpses. Six of them, to be exact. In a flash I know what they are—the lifeless remains of my unrealized dreams, untapped potential which had been miscarried—or never made it into full form, but which I had continued to “hold” in my energetic body. There is no room for new life here.

I realize later that the blinding light is literally the Sun, which is the doorway into my Venus Underworld initiation, and the feeling of overwhelm and blindness is also part of the experience of entry!

From Midlife Crisis to Sacred Initiation: On Turning 40 and the Venus Return —by Tami Brunk

After the fifth gate (3rd Chakra, or Solar Plexus) in November, I bought a new car and drove to Missouri for a last visit with my still-lucid father. I felt my powerlessness to ease his suffering and that of my mother, as they continued to fight to keep him alive. One night I heard a Barred Owl call right outside my bedroom window at my parent's house, and knew the time was soon.



The next day, driving from my sister's house, I pulled over along the highway to discover a Barred Owl that had just been hit and killed by a car. It was still warm, and beautiful. It felt to me as though the owl had given me its life, and I brought it home for burial and ceremony along the Rio Grande. I preserved its wings and tail in cornmeal for my circles with women.

The Barred Owl has a rich and diverse language—and helps all who work with it to find their true voice. I felt resonance with the Gemini Goddess who was awakening in me, and in our world. Now when I use the beautiful wings or tail I feel as though I, and the private groups I share it with, are blessed with clearer navigation in the dark places, and a stronger connection our true voices.

From Midlife Crisis to Sacred Initiation: On Turning 40 and the Venus Return by Tami Brunk



I encounter two other visionary images that will support me in better understanding my core nature, and my soul's deepest longings. One is of my actual Sagittarius Goddess (with Gemini Overtone) conjunct Neptune.

She is radiant, and regal. She holds her hands over planet Earth, finding areas of green, regenerative growth and healing. She pulls these areas out, expanding, and magnifying them. Then she quickly and easily connects them with others, forming vibrant networks. I ask her if she is me from another life. She says no, I am your future self. She puts a ruby crown on my head and says—claim your domain.

From Midlife Crisis to Sacred Initiation: On Turning 40 and the Venus Return by Tami Brunk

The other is Pele herself or her likeness, encountered through re-entry into a powerful dream from years past where a Goddess with flaming hair and fire in her eyes confronts me and tells me to meet my anger. This time, in Hawaii, she places a finger on my third eye and pushes me to the ground where my head cracks open and my old mask falls away, revealing my true face. It is not unlike her.

She tells me she is my wild soul. She tells me to break out of my mind and step into the Big World with courage and wonder. She places a flaming flower in my third eye, before folding up into a flame and disappearing. I know she will be my ally as I enter the Underworld, and that she is the flame within me, determined to live life in full color, and intensity.



Additional Resources

[Dark Goddess Tarot](#) by Ellen Lorenzi-Prince

[Journey to the Dark Goddess: How to Return to Your Soul](#)
by Jane Meredith

[Shakti Woman: Feeling our Fire Healing, Healing our World –
The New Female Shamanism](#) by Vicki Noble

[Women Who Run With the Wolves: Skeleton Woman Story](#)
by Clarissa Pinkola Estes

[The Liver and Gallbladder Miracle Cleanse](#) by Andreas Moritz

[Heal Yourself with Sunlight](#) by [Andreas Moritz](#)

Additional Resources

Shaking: The Original Path to Ecstasy and Healing by Bradford Keeney: <http://www.amazon.com/Shaking-Original-Path-Ecstasy-Healing/dp/1591798957>

Healing Trauma, by Peter Levine:
<http://www.amazon.com/Healing-Trauma-Pioneering-Program-Restoring/dp/159179658X>