

Home Play Gemini Venus Evening Star 3rd/Solar Plexus Chakra Reclaiming

Highly Recommended Activities

- **Watch Venus Synodic Cycle Overview Presentation** IF you're new to the Circle
- **Build or Refresh Your Venus Altar**
- Attend to your **Venus Journal**
- **Go out** to see the **Venus Moon Conjunction** AFTER SUNSET **closest on Sunday, July 11**. You can also go out on Saturday or Monday evening to see Venus near the Moon
- Use crystals, essential oils, colors to **Activate the Solar Plexus Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Listen to** Sky Temple Meditation
- **Listen to** Tami's Chakra Gates Guided Meditation
- **Listen to** Grandmother Guide Meditation
- **Call/Connect** with **Evening Star Buddy** through phone/email/skype
- Work with 1-4 of the **Questions** (below)

In-Depth Home Play

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 questions
- **Create Special Ceremony** for Venus at the 2nd Gate
- **Introduce yourself on FB or via comment on Venus Class page including:** *Name, Why I'm Here, My Intention for this Venus Cycle*

Gemini Questions for the Solar Plexus Chakra

- *What creative thoughts, activities and beliefs empower me to express my true essence? How can I claim and live more of this?*
- *What would it take for me to act from the strength of loving kindness more and more each day?*
- *How am I standing in support of myself and others?*
- *What would it take for me to consistently follow through with my commitments in a timely easeful way?*
- *How can I level up to even greater committed action empowering an ever growing experience of personal and collective fulfillment?*

Home Play for the Evening Star Solar Plexus Chakra

Return to Self Empowerment Practice

Practice stopping throughout the day to see where your attention is focused on other people in disempowering ways.

For example, halt when you compare yourself, fear others' opinions of you, or internally judge or "manage" others in your thoughts.

When you catch yourself in these habits of thought, replace them with a NEW habit of asking empowering questions to refocus on your own priorities, your own dreams, actions you can take to empower yourself or others.

For example, if comparing, pivot to make a list of all your personal qualities or accomplishments that you are proud of. If judging another ask: how do these qualities live in me; and what's one action I can take to become more empowered in this area?

Venus Journal Activation:

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

Claim Your True Shamanic Shapeshifter

It is time to reclaim the part of you that is MORE than human. To witness and see clearly your strength and power as a shamanic shapeshifter.

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

It is time to retrieve your true shamanic shapeshifting powers including any and all external beings and thoughtforms that celebrate who you are and how ALL nature is truly a part of who you really are!

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 Gemini Shapeshifter!
- 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 as the Sacral Chakra Gate Closes and the Solar Plexus Gate Proceeds

Jun 27/28 Venus entered Leo

Jul 01 Mars (12 Leo 20) opposite Saturn (12 Aquarius 20)

Jul 04 USA birthday Sun (12 Cancer 52) square Chiron (12 Aries 52)

Jul 06 Sun with Sirius (14 Cancer 22 and Venus (12 Leo 02) opposite Saturn (12 Aquarius 02)

Jul 08 Venus (14 Leo) square Uranus (14 Taurus)

Jul 09 Cancer New Moon (18 Cancer)

Jul 11 Mercury enters Cancer

Jul 12 Moon conjunct Venus (18 Leo 30) then Mars (19 Leo 10) Venus at the Solar Plexus Chakra Gate

Jul 13 Venus and Mars meet (20 Leo)

Jul 15 Chiron stations retrograde (12 Aries 55)

Jul 21 Venus enters Virgo

Jul 22 Venus (00 Virgo 36) opposite Retrograde Jupiter (00 Pisces 36)

Jul 22 Magdalene Feast Day and the Sun Enters Leo near the Full Moon

Jul 23 **Aquarius Full Moon 01 Aq 26**

Jul 26 Mercury enters Leo

Jul 28 Jupiter returns to Aquarius

Jul 27 Mars (29 Leo 52) opposite retrograde Jupiter (29 Aquarius 52)

Aug 8 Leo New Moon 16 Leo 14

Aug 11 Venus Moon at Heart Chakra

Rainbow Goddess Prayer Claiming Divine Feminine Value and Worth at the Sacral Chakra

Beloved Rainbow Goddess of Supreme Power, Persuasive Strength and Great Courage

Enthusiastic, Creative and Joyfully Playful

Help Me To Reclaim the Ability to be Self-Determining and Reliable

Help Me to Stand in My Own Sovereign Knowing and Expression

Help Me Act in ways that are Authentic, Genuine, and Real

Guide Me to Truly Trust my Myself and What I Know is TRUE

Guide Me in Considerate and Skillful Use of My Will

Remind Me How to Powerfully Align With Divine Will

While Also Standing in the Courageous Creative Strength of Who I AM

O Kind and Caring Goddess, Great One In the Wise Use of Power

Beloved and Blessed is Your Guidance

Guide Me to BE Wise and Powerful in my Knowing

Guide Me to Promote what I know is Just and True

Guide Me to Experience the Full Ecstasy of Powerful Life Force

So that I Totally and Completely Honor and Love Myself

And In So Doing I Too Am Restoring Truth, Honesty, And What is Genuine

For Myself, For Others and For All Life Everywhere

It is Done! It is So! And All Heaven and Earth Rejoice. Blessed be!

Solar Plexus Chakra Evening Star Venus Tele-Class

with Cayelin K Castell and Tami Brunk

www.venusalchemy.com

Links to Resources

[The Doing Addiction](#)

[The Powerful Use of the Violet Flame](#)

Overcoming Procrastination

<http://www.lifehack.org/articles/productivity/overcoming-procrastination-letting-perfectionism.html>

The Four Hour Work Week PDF

<https://tim.blog/wp-content/uploads/2014/10/the-4-hour-workweek-expanded-and-updated-by-timothy-ferriss.pdf>

Joanna Macy <http://www.activehope.info/>

How to Feel Less Powerless by Deepak Chopra

<http://www.oprah.com/spirit/How-to-Feel-Less-Powerless-Deepak-Chopra>

Books

Blessed Unrest, by Paul Hawken <http://www.blessedunrest.com/>

The Impossible Will Take a Little While by Paul Loeb <http://www.paulloeb.org/impossible.html>

[Jupiter Returns To Aquarius July 28](#)

[Magdalene Feast Day – with insights on Mary Magdalene reclaiming her power](#)

[Chiron in Aries Stationing Retrograde July 15](#)

[Sirius Star Magic and the Dog Days of Summer And the Mayan Day Out of Time](#)