



**Venus Alchemy
Gemini Evening
Star**

**Heart Chakra/4th Gate
Heart Center of the Goddess
with Cayelin K Castell and Tami Brunk**

Rainbow Goddess Prayer Prayer

Claiming Divine Feminine Compassion at the Heart Chakra

Wondrous Rainbow Goddess of Loving Peace
Powerful Advocate of Our Sacred Heart Space
Joyously Loving, Blissfully Kind
Guide me to Claim and Consciously Live from My Inner Heart Temple
Where I Experience the Power of Loving Myself, Loving Others
and Loving ALL Life In ALL-ways
Expressing and Radiating Love in Every Moment

O Great One of Magic, Alchemy, and Miracles
Eminent Ally of the Radical, Radiant, Pure Heart
Guide Me to Fully Claim the Healing Power of Love
Guide ME to Be Courageously Caring, Just and Forgiving

Guide Me to Love Myself More Fully Each Day
Guide Me to Experience the Full Ecstasy of Love
Boldly Living the Magical Enchantment of Love
Restoring the Transformative Power of Love for All Life Everywhere.
Guide me to be a Super Conductor of Love in All that I Think, Feel, Say and Do!
It is done. It is So! And So It IS! Blessed Be!





BREAKOUT SESSION

Break Out Session Guidelines

Joining the Session is Optional

**Purpose is to foster community and
offer mutual support**

**We are here to listen and be heard
(please, no cross talking or interrupting)**

**We are not here to fix or judge – just
listen**

**Give everyone an opportunity to share
(be mindful of the time)**

**Feel free to continue the conversation by
mutual agreement via personal
messaging after the class**

Breakout Conversation

**Start with Your Name and
Where You are From**

**Greatest Gift/Highlight
and/OR Biggest Challenge
from the Solar Plexus
Chakra Gate or just so far
in general???**

What have you reclaimed?



Overview

Break out Groups

Sky Magic

Reclaiming the Heart Chakra

Gemini Meta Goddess Moving through Virgo

Gemini Meta Goddess Moving through Libra

Vagus Nerve and a Healthy Heart

Demons at the Heart Chakra

Home Play

Q and A



August 10
Mercury with Regulus
Moon with Venus
After Sunset

Venus ▶

◀ The Moon

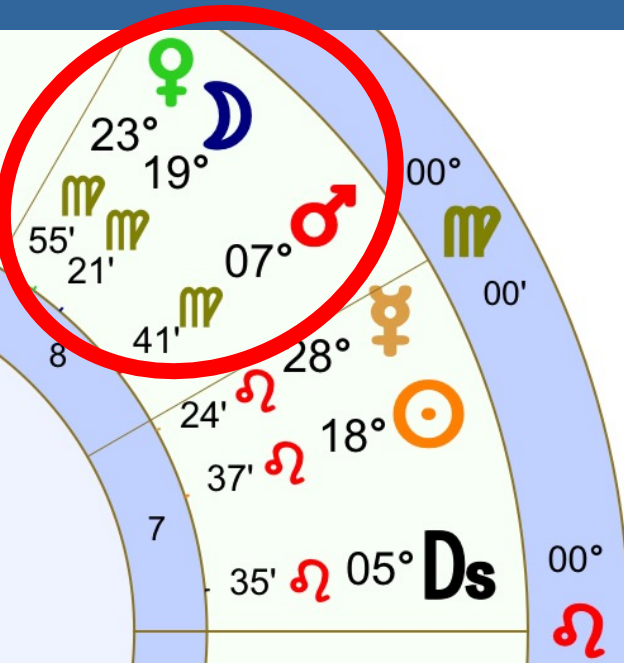
The Lion

◀ Mars

Regulus ▶

◀ Mercury

West





Gemini Evening Star Heart Chakra Gate

Aug 01/02 Traditional Cross Quarter	Sun and Mercury opposite Saturn
Aug 08 Leo Cross Quarter New Moon	16 Leo 14 and the 8.8 Infinity Time Gate
Aug 09 Venus (22 Virgo 41) Opposite Neptune (22 Pisces 41)	
Aug 10 Sun enters the Constellation of the Lion until Sep 16	
Aug 11 Venus conjunct the Moon	22 Virgo 22 at the Heart Chakra Gate
Aug 15/16 Venus enters Libra	At the September Equinox Point
Aug 19 Uranus Stations Retrograde	14 Taurus 47
Aug 22 Sun enters Virgo	With the Star Regulus the Heart Star Regulator
Aug 29 Mercury enters Libra crossing the Sep Equinox Point	
Sep 05 Venus (24 Libra 31) Squares Pluto (24 Cap 31) Venus with Spica	
Sep 06 Virgo New Moon (14 Virgo 38)	
Sep 09 Venus and the Moon conjunct (29 Libra 14) at the Throat Chakra Gate	



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**August 22 is the Second
Aquarius Full Moon
29 Leo 37
A True Blue Moon**

August 22 Sun is exact with Regulus and in 6 degree Range from **August 16 to August 29.**

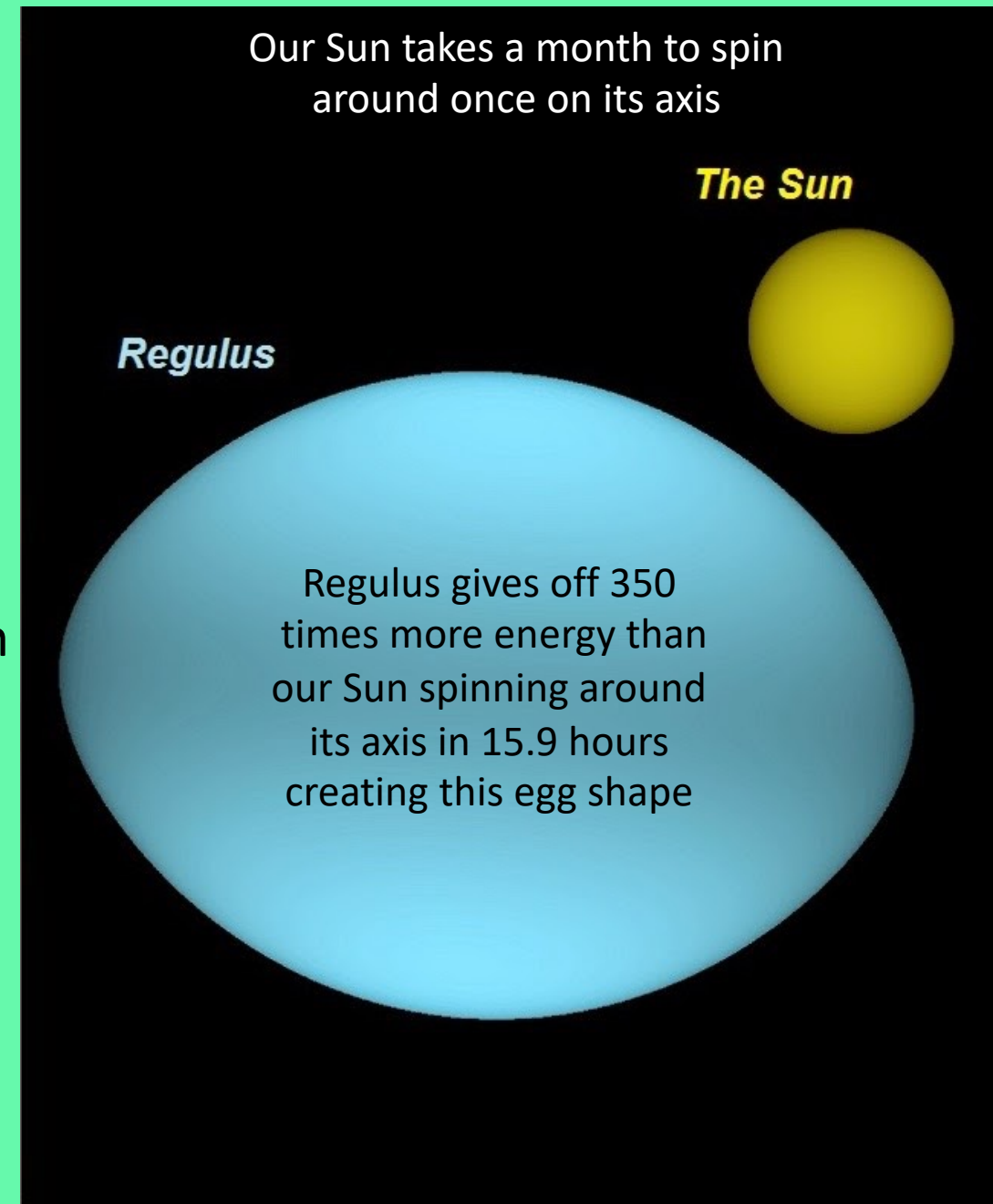
The Ancients felt Regulus (a.k.a. Rex meaning King) rules the affairs of the heavens and the heart and regulates the heart.

It was the star of royalty and being in service to the greater good of ALL people rather than about power and control over others.

This star portended glory, riches, and power to all born with planets, angels or nodes near Regulus.

In Persia, Regulus was the leader of the Four Royal Stars or the Four Guardians of Heaven over the time these four stars marked the Equinox and Solstice seasonal (Cardinal Points).

Regulus entered the sign of Virgo in November 2011 having entered the sign or season of Leo in 156 BC.





Sky and telescope says 2021 is a perfect year for a viewing the Perseid meteor shower on August 11 and 12 just after the New Moon meaning moonlight will not interfere.

Up to 100 m/h grace dark skies with 60 to 80 per hour as a more realistic number for most observers according to Sky and Telescope.

The best time to view the meteor shower is August 12 from about 2 AM until dawn when the radiant is highest in the sky however a modest number will be visible as early as 10 PM on the 11th even with the radiant low in the NE.

The later you are out observing the more meteors you will see.

Looking Northeast at 11 p.m.

Gemini Meta Goddess in Virgo at the Heart Chakra Gate

She comes into her greater creative expression as Muse, Priestess and Lover. She lives in the field of play and possibility sourced in love and reverence for all of life. She finds her place of service through unconditional love.

We discover through her that true freedom and sovereignty are to be found through compassion, empathy and love. We find our wings as we open our hearts.

We find the middle way, moving between polarities to discover where freedom, adventure and intimacy co-exist with ease and grace.

And we LAUGH to consider our fear of love, of connection, of healthy bonds. We discover that when we practice the art of love each day, our sacred work becomes our sacred play.

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Gemini Meta Goddess in Libra at the Heart Chakra Gate

She has been dancing in the polarity of light and dark, connection and separation, joy and sadness, me and we.

Now in Libra at the Heart Chakra she (and we) integrate everything. We tell a bigger story that includes all of it, and all of us - choosing to hold it all in love.

We find beauty in the balance between self and other. We feel joy in the freedom to express ourselves fully while opening the space for others to do so as well.

We are retelling our personal and collective New World Story as a Story of Togetherness, breaking the curse of Separation.

And we discover the power of love as the engine of creation.



**Gemini Meta Goddess Asks:
What Would It Take to Claim a
Whole Hearted Playful Love Affair with Life Itself?**





**The Gemini Meta Goddess Also Asks:
What is Your Heart Inspired
Playful Creative Expression?**

Know Your Self-Love Languages

Physical Touch: feeling good
Acts of Service: taking care of details
Receiving Gifts: giving yourself joy
Quality Time: doing what you love
Words of Affirmation: encouraging words

How can I live greater self-love through
ALL of these inspiring self-love languages
while also focusing on my favorites?

What would it take to up level your
self-love practice knowing it will
enhance all your relationships?

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Self-Love Languages

Physical Touch

Things that make your body feel good and focus on your physical wellbeing.

Massages

Soft blankets

Body movement

Spa days

Skin care

Long showers

Acts of Service

Doing things for yourself that make life easier for you.

Therapy

Cleaning

Delegating

Organizing

Scheduling

Planners

Receiving Gifts

Buying gifts for yourself & spending money on things that bring joy.

Going out

Vacations

Craft supplies

Makeup

Clothes

Investing in yourself

Quality Time

Spending time alone, hobbies, and doing things you love.

Meditation

Reading

Relaxing

Going out alone

Time spent on your hobbies and doing things you love

Words of Affirmation

Giving yourself pep talks and encouraging words.

Positive self-talk

Daily affirmations

Journaling

Self-Improvement

Blessing Manifesting

Demons of the Gemini Goddess Heart

Fear of Vulnerability Demon

I Don't Need Anyone Demon

Lack of Emotional Intelligence Demon

Lack of Courage and Compassion Demon

Fear of Being Hurt and/or Abandoned Demon

Ignoring the Needs of your Own Heart Demon

Withholding Love from Self and Others Demon

Name yours _____



The Vagus Nerve IS The Key to Well Being

Vagus In Latin means wandering



Vagus Nerve:

Information Superhighway

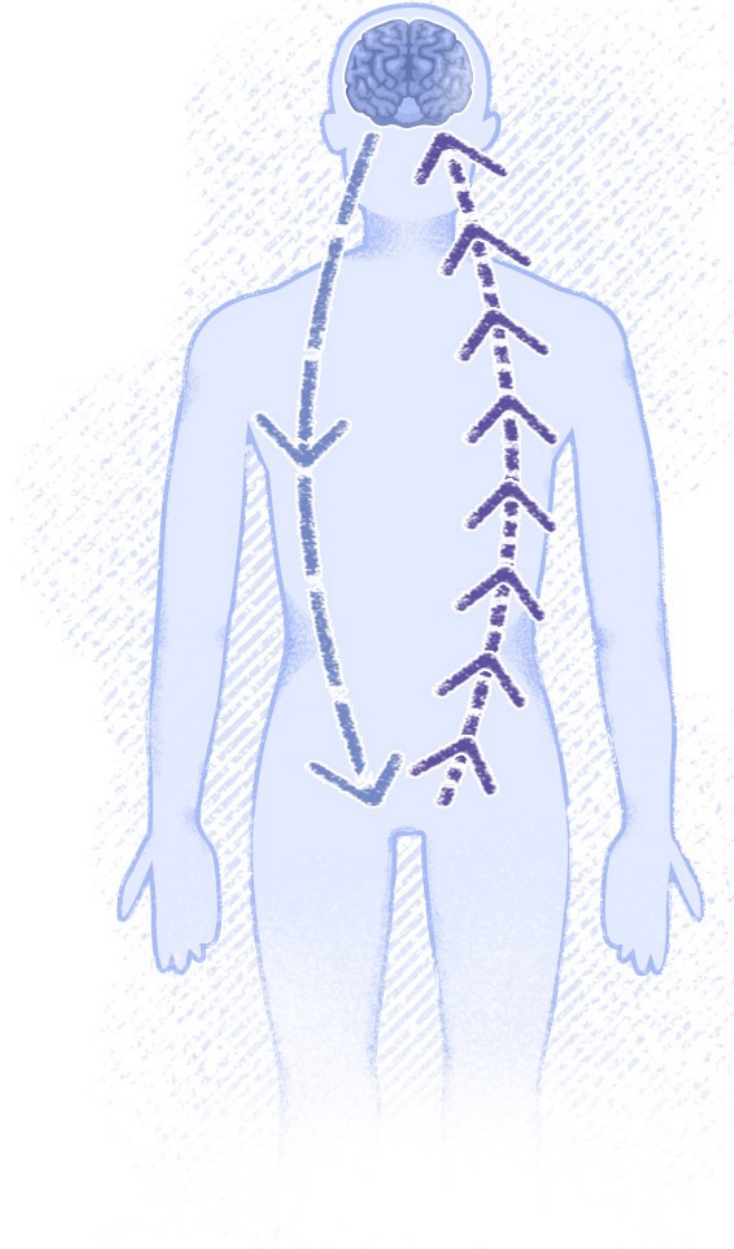
DID YOU KNOW?

80%

of the vagus nerve fibers
communicate from
the body to the brain

20%

communicate from
the brain to the body



The Vagus Nerve

Links the most important
systems and functions of
our body

A healthy Vagus Nerve is
a strong indicator for a
healthy Heart affecting
all the major aspects of
Heart Functioning

Exercise, Yoga, Laughter,
Hahhhh Breathing,
Toning/Singing/Chanting
are excellent ways to
activate and exercise the
Vagus Nerve



Claudette Thomas

Toning With Claudette at the Heart Chakra See Class Page

Find out More HERE

<https://kriyashakti.com/chakra-toning/>

FIGHT

Sympathetic NS

- irritability
- anger
- aggression
- moving toward

FLIGHT

Sympathetic NS

- What if...?
- anxiety & fear
 - panic
 - avoiding
 - chronic worry
 - perfectionism

TRAUMA RESPONSES

FREEZE

Dorsal Vagal

- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame

FAWN*

- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard



The All Important Vagus Nerve

Originates in the brain stem & is connected to the organs, especially the heart.

Has two branches. One is the Dorsal Vagus and the other is the Ventral Vagus

The Dorsal Vagus Complex

When activated is responsible for our survival response. Decreases digestion and energy in the body

The Sympathetic Nervous System - Survival

Adrenalin and Cortisol express as Fight or Flight
Other hormones slow the body's ability to respond are activated in the Freeze/Fawn Response

All of these feelings and experiences adversely affects our health when it is a constant (weekly, daily or almost daily) experience

Increases heart rate and blood pressure
May not feel safe enough to enjoy restful sleep

Joy
In the Present
Groundedness

**SOCIAL
ENGAGEMENT**
*Connection • Safety
Oriented to the Environment*

Curiosity/Openness
Compassion
Mindful

VENTRAL VAGAL

The All Important Vagus Nerve 2nd Branch

The Ventral Vagus Complex

Is responsible for relaxation and social engagement where we access feelings of gratitude, being grounded, compassion and empathy - necessary for healthy creative expression

The Parasympathetic Nervous System Operates

Most of our internal Organs

Heart and Heart Rate

Lungs and Breath Rate

Digestive System and Detox includes a few skeletal muscles that govern swallowing, sound, and speech

The Parasympathetic is where we feel our body is calm, heart rate and blood pressure are normal and body healing/repairs are increased. Joy of being in the present, Grounded, Curious, Compassionate.



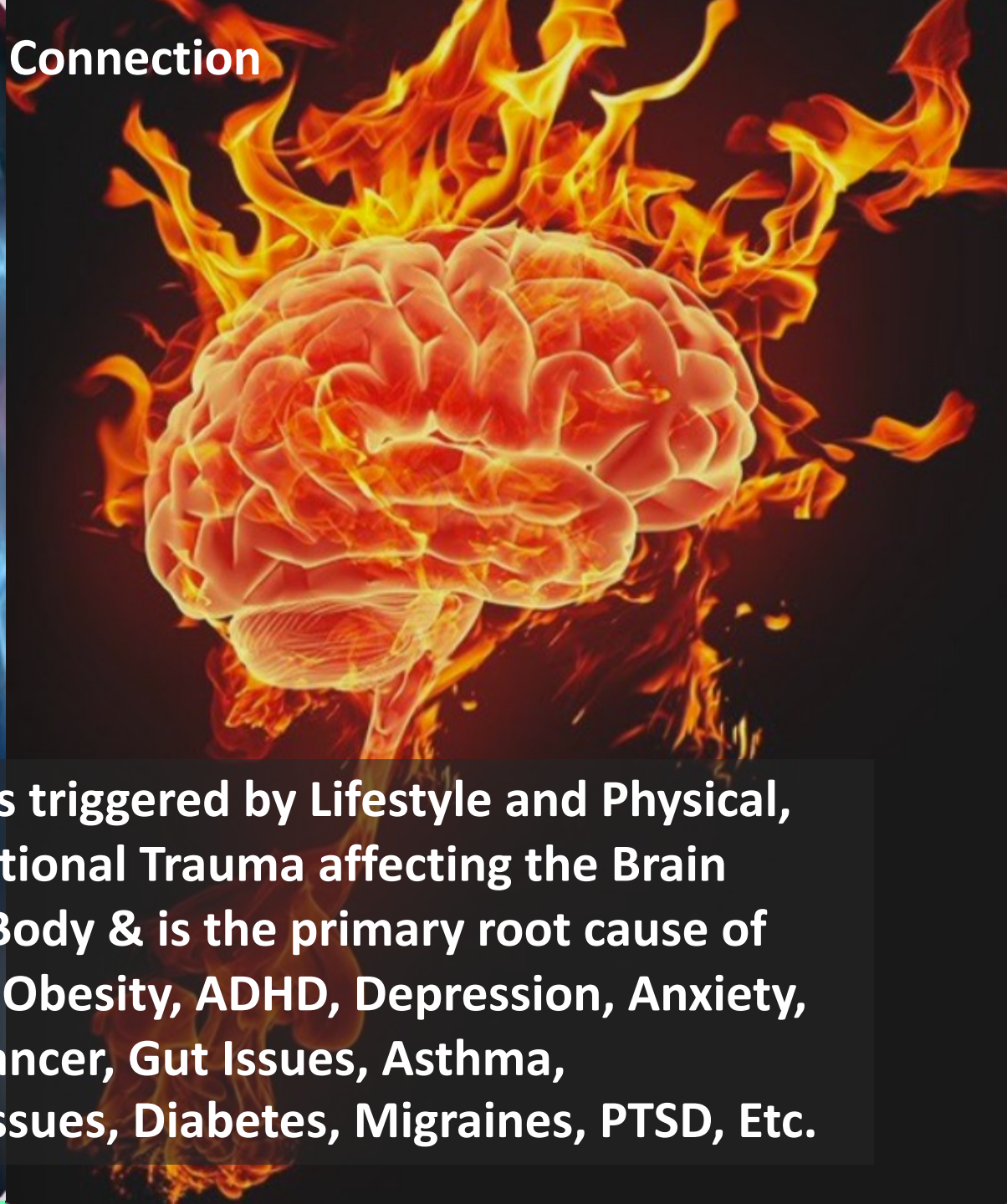
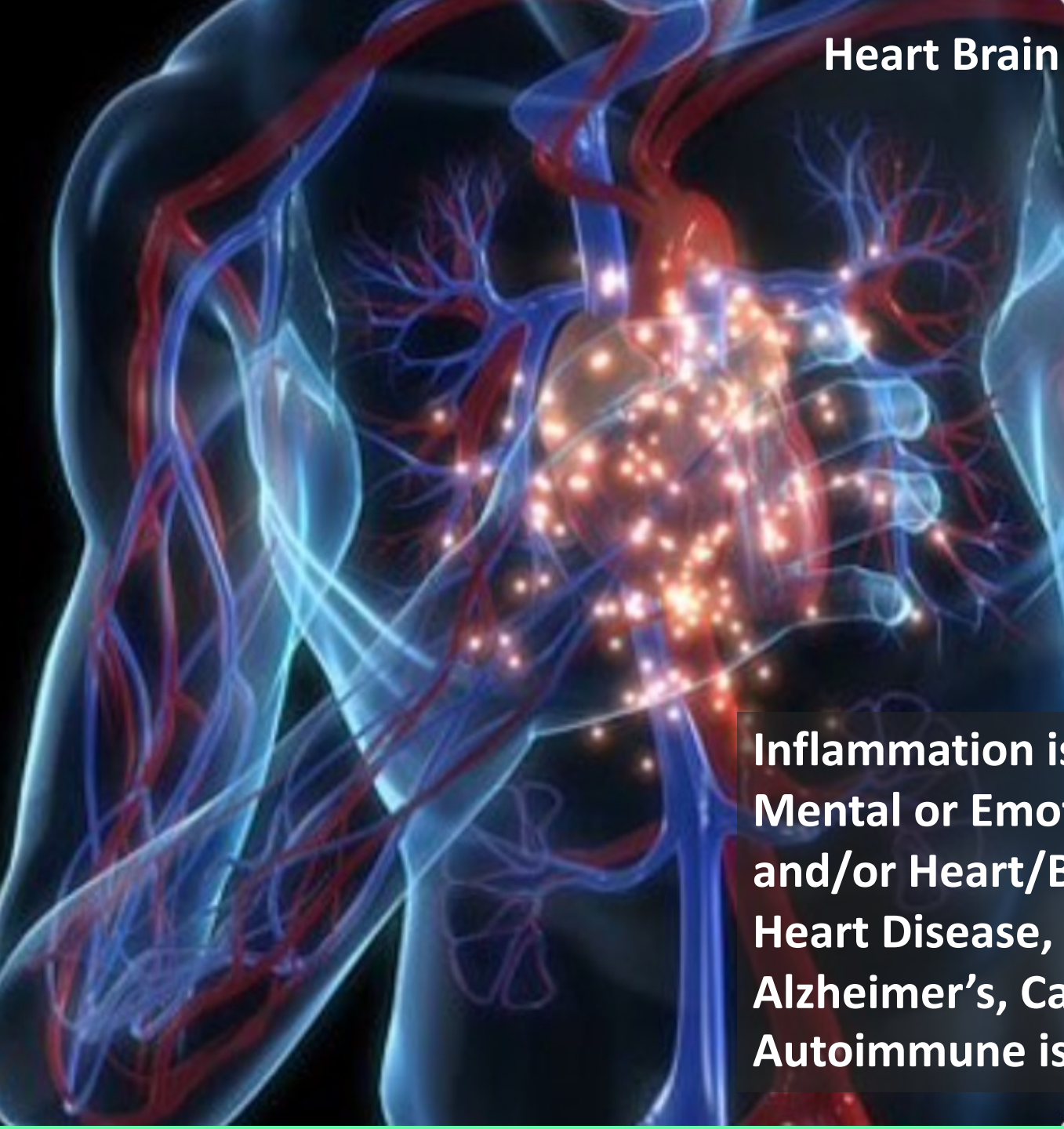
Healthy Ventral Vagal Benefits

Increases:

- Digestion * Intestinal Motility
- Resistance to Infection
- Immune Response
- Rest and Recuperation
- Circulation to non-vital organs (skin, extremities)
- Oxytocin – a neuromodulator involved in social bonds that allows immobility without fear
- Ability to Genuinely Connect

Decreases Defensive Responses

Heart Brain Connection



Inflammation is triggered by Lifestyle and Physical, Mental or Emotional Trauma affecting the Brain and/or Heart/Body & is the primary root cause of Heart Disease, Obesity, ADHD, Depression, Anxiety, Alzheimer's, Cancer, Gut Issues, Asthma, Autoimmune issues, Diabetes, Migraines, PTSD, Etc.



Avoid:

Stressful Situations

Mean Angry People

Poor Diet/Poor Sleep Habits

Being Overweight

Over Exercising

Tools to reduce Trauma Including:

Fun Social Activities that increase oxytocin and a feeling of connection

Spending time in nature (Earthing) and getting a daily dose of natural sunlight whenever possible

Maintain a healthy body weight

Healthy Levels of Exercise

To Decrease Inflammation Avoid:

Sugar: sugar sweetened drinks like Soda, energy drinks, and Fruit Juices, Cookies, Candy, Cake, Ice Cream anything with refined sugar

Refined carbs: Anything with Gluten including White Flour products like White Bread, White Pasta,

Processed meat: Hot dogs, bologna, sausages, bacon, anything fried, any red meat

Processed snack foods: High Sugar Snack Bars, Chips, Crackers, Pretzels, Potato, Corn - and other kinds of Deep Fried - Chips

Certain oils: Processed seed and vegetable oils like soybean, canola, and corn oil

Trans fats: Foods with partially hydrogenated ingredients

Alcohol: Excessive or even any alcohol consumption

To decrease Inflammation Add (ideally organic):

Vegetables: Broccoli, Brussels sprouts, cabbage, cauliflower, etc. (Kale is toxic due to chemicals used)

Fruit: Especially deeply colored ones like blueberries, red grapes and cherries

High-fat fruits: Avocados and olives

Healthy fats: Olive oil and coconut oil

Fatty fish: Salmon, sardines, herring, mackerel, and anchovies (ideally wild caught and sustainably harvested)

Nuts: Almonds and other nuts

Peppers: Chili and/or Bell peppers

Spices: Turmeric, fenugreek, cinnamon, etc.

Tea: Green tea

Chocolate: Dark Chocolate ideally unsweetened or sweetened with Stevia

Ascending with LOVE

This is an Ideal time to align with higher spiritual principles including:

Raising Your Vibration to Love and Above

What uplifts your vibration?

Love, Caring, Kindness, and Compassion, Time in Nature, Earthing, Healthy Diet Exercise, Dance, Music, Friends, Fun Doing Activities and Work you LOVE, etc.

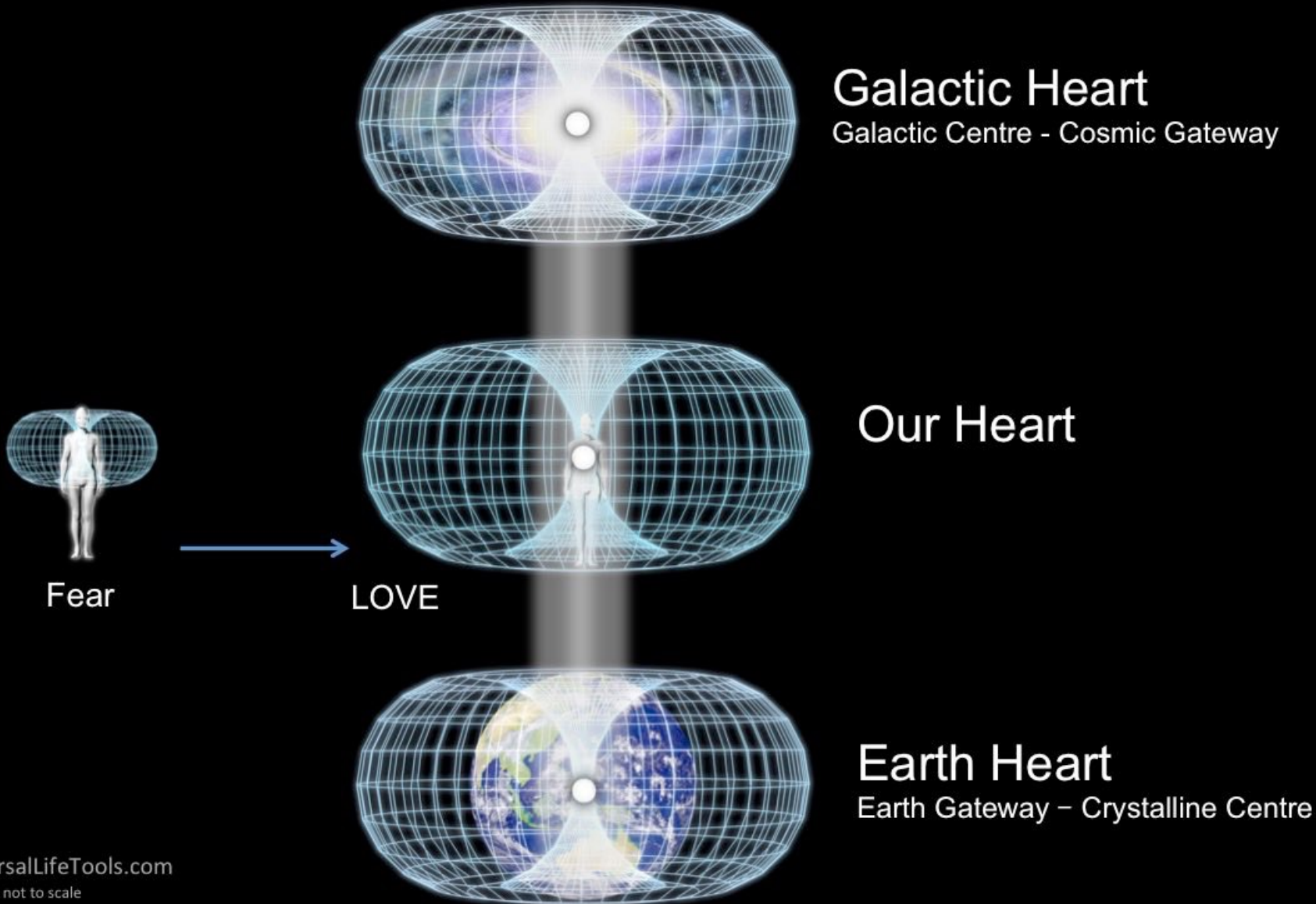
What lowers your Vibration?

Anger, Fear, Resentment, Guilt, Lack of Sleep, Overworking, Poor Diet, Being Stuck in a Negative Story, etc.



The Galactic Centre

ONE Heart – Entrainment of the 3 Hearts of Creation



**Super Conductor
Super Power**

Claim it

**I AM A
SUPER CONDUCTOR
OF LOVE**

What would it take to
live in the vibration of
a Super Conductor of
LOVE?

Questions for Gemini at the Heart Chakra

What would it take to creatively love myself in all the ways I want to be loved?

How can I be more playfully loving and kind toward myself?

What would it take to BE LOVE and vibrate as Love opening to and receive ALL the love that is my birthright?

How Would it Look and Feel to Have a Vital, Alive, Ecstatic and Super Fun Love Affair with My Self and My Life?

What Would it Take to Experience This?



At the Gemini Heart Chakra Ascent Gate Are You Willing To:

- Reclaim and/or strengthen a loving relationship with yourself, with others and with your creative expression? Note: creative expression refers to all the ways you show up to communicate who you are
- Claim you deserve to love and be loved
- Forgive any ways you have given up who you are and your unique creative expression to fit in to what has been expected of you by family, community, a primary relationship or your work
- Forgive yourself for any personal mistakes that were most likely rooted in unconscious trauma driving your reactions and life choices.



Home Play for Gemini at the Heart Chakra

Seeing Love as Freedom Practice

Seek out moments and choice points in your life since the Gemini Venus Cycle began in June 2020 where you chose love over fear. For example, maybe you chose to stay open and vulnerable in a difficult conversation rather than becoming defensive or distant.

Revisit these experiences and feel again the expansiveness you felt when making this heart-centered choice/ Consider how making love-based choices has created more freedom in your life.

It is possible you may encounter moments where you made choices that did NOT feel love-based, where you chose from a place of fear.

Can you bring yourself back into those situations as well now and practice self forgiveness, freeing yourself from the chains of shame and guilt?

Practice seeing how choosing love frees your spirit. And how it is never too late to cultivate the habit of choosing love rather than fear-based decisions.



Four Questions Practice with Trina Brunk

The *Four Questions for Inner Alignment*" process Trina has developed consistently helps people feel better, find their focus, get grounded and centered and access their inner knowing.

*Instead of giving you the answers to your questions, this process offers you finely tuned **questions** to uncover the “answers” holding your creative thinking hostage, freeing you up to be your authentic, playful, self without constantly looking outside yourself for answers.*

LISTEN to the Process [HERE](#) or sign up for a free session [HERE](#).

*Trina Brunk is a Life Coach, Clinical Hypnotherapist,
Singer/Songwriter & Creative Muse
--and she is a Gemini Venus Goddess!*

To listen, go to <https://trinabrunk.com/4-questions>
to sign up for a 1 on 1 session, go here: <https://gofund.me/bb499d18>



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