

# Home Play Gemini Venus Evening Star Heart Chakra Reclaiming

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## Highly Recommended Activities

- **Watch Venus Synodic Cycle Overview Presentation** if you're new to the Circle
- **Build or Rebuild Your Venus Altar**
- **Venus Journal** your activities and experiences especially those that relate to the Heart Chakra
- **Go out** to see the **Venus Moon Conjunction AFTER SUNSET closest on Tuesday, August 10.** You can also go out on Wednesday or Thursday evening to see Venus near the Moon
- Use crystals, essential oils, colors to **Activate the Heart Chakra**
- **Listen to** Cayelin's Guided Meditation
- **Call/Connect with Evening Star Buddy** through phone/email/skype
- Work with any or all of the **Questions** below

## In-Depth Home Play

### ALL OF THE ABOVE AS WELL AS ANY OR ALL OF THE FOLLOWING PRACTICES

- **Regular entries in your Venus Journal**, tracking dreams, meditations, sketching, and questions
- **Create Special Ceremony** for Venus at the 4<sup>th</sup> Gate
- **Introduce yourself on FB or via comment on Venus Class page including:** *Name, Why I'm Here, Any significant experiences so far*

## Two Questions for the Heart Chakra

- *How can I authentically love myself more each day?*
- *What would it take for me to fully know and trust the immense love residing in my heart?*

## Gemini Questions for 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?*

## Home Play for the Evening Star Heart Chakra

**Facilitate a Despacho Ceremony** (or whatever kind of ceremony you feel guided to do) to bless the waters and land where you live. What is essential is to open the floodgates of your personal and collective hearts and link them to the Heartbeat of the Earth. You may choose to dedicate this to all the Earth Guardians.

### Write a Love Letter to Your Heart

Use a beautiful piece of paper and ink of a color that makes your heart smile (or a crayon or marker!) Name and acknowledge courageous heart-centered choices, actions, and healing you have accomplished since the beginning of this Venus Cycle. Put fun stickers on the letter and put it somewhere you can see it!

### Gather Your Heart Tribe

Gather a regular circle in your community and invite a combination of people you love who you would like to spend more time with as well as new people you'd like to get to know better. It might be a New or Full Moon Circle, a Red Tent, a regular DIY Empowerment Circle (you all learn new things together like how to sprout, or make compost, or make saurkraut, or can things, etc.

## Gemini Heart Chakra Home Play

### Home Play Dance Your Demons into Allies

Choose the Gemini Heart Demon Chakra that speaks to you (see below). Name it! Draw It! Call it Out! Play lively music and dance the energy of this demon. Notice how you feel. When you feel fully connected to the demon Shake Out the negative energy! Allow the Demon to Transform into an Ally then Dance & Celebrate your new Ally! Draw it, give it a new name and embrace it as part of you!

### 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 \_\_\_\_\_

## Gemini Love as Freedom Heart Chakra Practice

### 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.

### Sky Dates for Sacral Chakra Gate Month

Aug 01/02 Traditional Cross Quarter Sun and Mercury opposite Saturn  
Aug 08 Leo New Moon at 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  
Aug 11 Venus conjunct the Moon at 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 at 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

### Additional Resources

Discovering the Sacred Space in Your Heart Intro [Meditation](#)

Entering the Sacred Space within the Heart - [Female Way](#)

Entering the Sacred Space within the Heart - [Male Way](#)

[Living in the Heart Book](#) by Drunvalo Melchizedek

How to Thymus Thump [YouTube](#)

[Ho'oponopono Article](#) by Joe Vitale

[Heart Math](#) and Mother's Heart Beat [Article](#)

[What is a Despacho Ceremony?](#) By The Four Winds Society

## **Rainbow Goddess Prayer Claiming Divine Feminine Compassion at the Heart Chakra**

Wondrous Rainbow Goddess of Loving Peace  
Powerful Advocate of Our Sacred Heart Space  
Joyously Loving, Gently Compassionate  
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 Caring, Kind and Compassionate, Just and Forgiving  
Guide Me to Love Myself More Fully Each Day  
Guide Me to Experience the Full Ecstasy of Love  
Courageously 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!