



**Venus Alchemy
Capricorn
Morning Star**

5th Chakra / 3rd Gate
**Releasing Distorted or Blocked
Communication**
with Cayelin K Castell and Sheridan Semple

Charge of the Crone (author unknown)

Hear the words of the Dark Goddess who stands within the crossroads,
whose torch illuminates the underworld:

I am the Queen of Magic and the Dark of the Moon, hidden in the deepest night.

I am the mystery of the Otherworld and the fear that coils about your heart in the
time of your trials.

I am the soul of nature that gives form to the universe; it is I who await you at the end
of the spiral dance.

Most ancient among gods and mortals, let my worship be within the heart that has
truly tasted life, for behold all acts of magic and art are my pleasure and my greatest
ritual is love itself.

Therefore, let there be beauty in your strength, compassion in your wrath, power in
your humility, and discipline balanced through mirth and reverence.

You who seek to remove my veil and behold my true face, know that all your
questioning and efforts are for nothing, and all your lust and desires shall avail you
not at all. For unless you know my mystery, look wherever you will outside yourself
and it will allude you, for it is within you and nowhere else.

For behold, I have been with you, from the very beginning, the comforting hand that
nurtured you in the dawn of life, and the loving embrace that awaits you at the end of
each life, for I am ALL that is attained at the end of the dance, and I am the womb of
the new beginnings, as yet unimagined and unknown.



By AmberCrystalElf

Grandmother Goddess Prayer

Releasing Divine Feminine Voice Distortions

©Venus Alchemy

Beloved Wondrous Magical Grandmother Goddess
Committed to Restoring our NEW WISE WORDS through Co-creation with Magic and Mystery
You Who Inspire Creative Insights Through the Power of Your Voice
Guide Me to Release All the Ways I am Critical of My Self and Others
Releasing All Rigid Thoughts and Beliefs That Hold Me Back
Help Me Remember How to Kindly and Wisely Speak Into What Is True For Me
Including Speaking in Ways that Promote More Authentic Connection

Help Me Release All Blocks Around Knowing When to Talk
and When To Actively and Deeply Listen
Help Me Release Any Fear of Offending and Being Abandoned
Guide Me to Release Any Blame and Shame Preventing Me
From Courageously Taking Responsibility for all that I Say and Do

O Mighty Wise Goddess loving and enjoying Creatively Expressing Your True Self
Thank you for Guiding Me to Release all the Ways I Act and Speak Out of Fear
Help me to Have the Courage to Listen and then Act Upon What I know is True for Me
To Be More Discerning and Forthright

Help me to Trust Myself In Expressing and Communicating My Inner Wisdom
And Help me release any Blocks preventing me from Skillfully Using my Words to Invoke and
Activate What Is Mine to Do and Say for the Benefit of All Life Everywhere. Blessed Be!



Overview

Connection Groups

Sky Magic

Capricorn Meta Goddess – Aquarius & Pisces

Heroine's Journey

The Mermaid Queen/Honoring the Crones

Throat Chakra – Laughter as Medicine

Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

Q and A





Connection Groups

Guidelines

Joining the Session is Optional

Purpose is to foster community, connection 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

Connecting Conversation

Start with Your Name

Where You are From

Suggested Topics:

- What has been your experience with the 3rd Eye Chakra Gate?
- How is the Crone showing up in your life?
- What are your intentions for the Throat Chakra Gate?



**Late March 2022,
Before Sunrise**

A diagram showing the alignment of planets before sunrise in late March 2022. The background is a gradient from dark blue at the top to brown at the bottom, representing the sky. A green line indicates the horizon. The planets are shown as circles of varying sizes and colors: Jupiter (large white circle) is on the horizon line. Venus (large white circle) is above Jupiter. Saturn (small white circle) is below Venus. Mars (small red circle) is to the right of Saturn. The sun is represented by a large yellow circle on the horizon line, with the letter 'E' in red to its left. The text 'EarthSky.org' is in the bottom right corner.

Venus

Mars

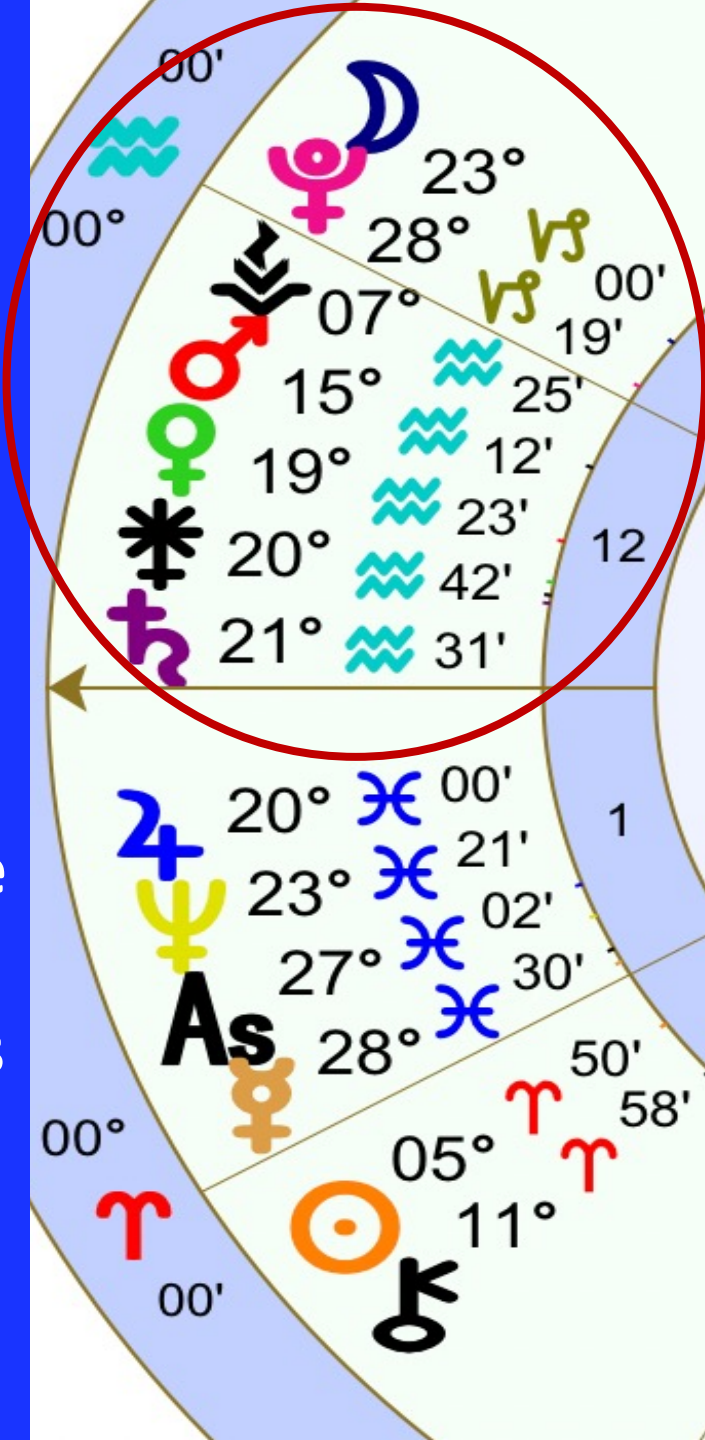
Saturn

Jupiter

E

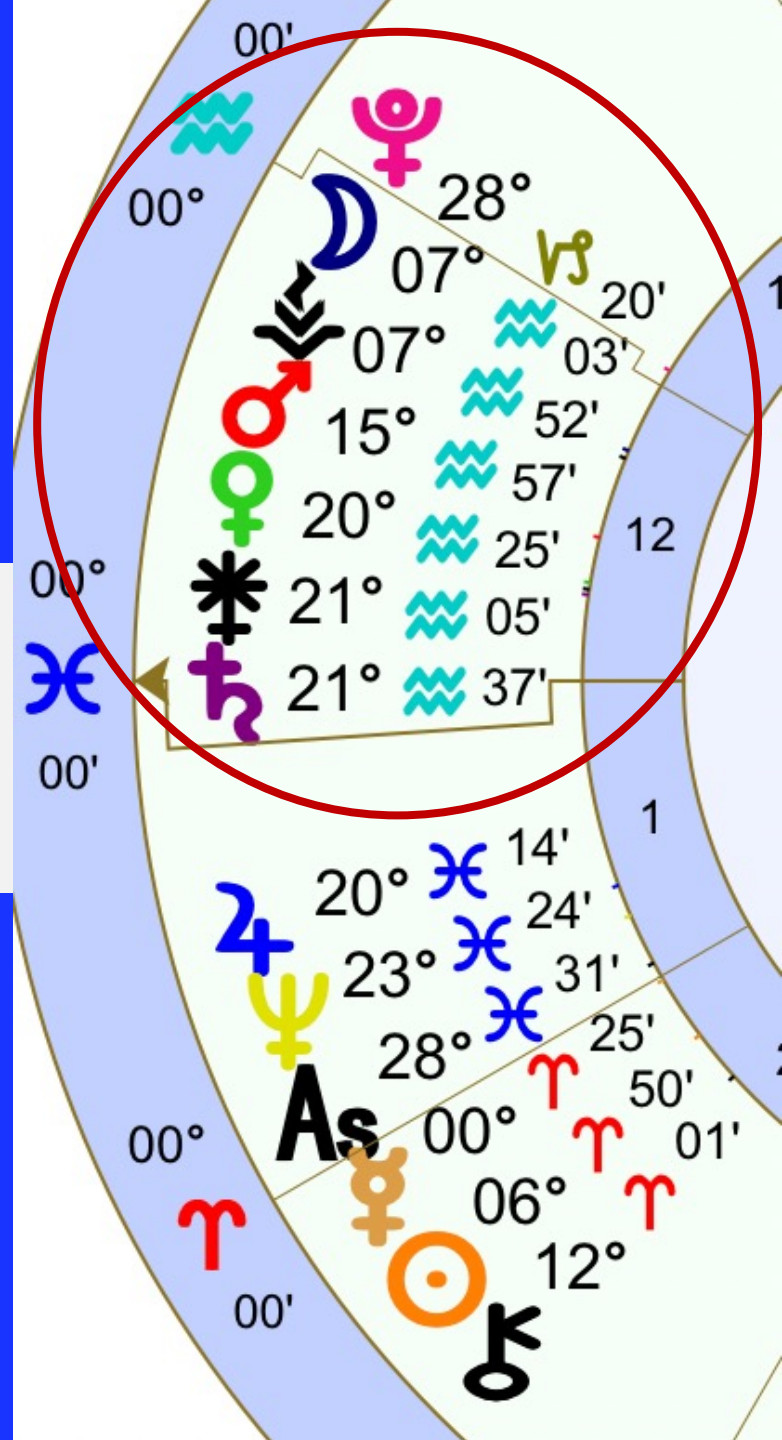
EarthSky.org

**Then Moon
catches
Vesta on the
27th and
Mars, Venus
Juno and
Saturn on
March 28**





March 27, 2022
6 am Pacific Time
Tucson, Arizona
Moon With Vesta

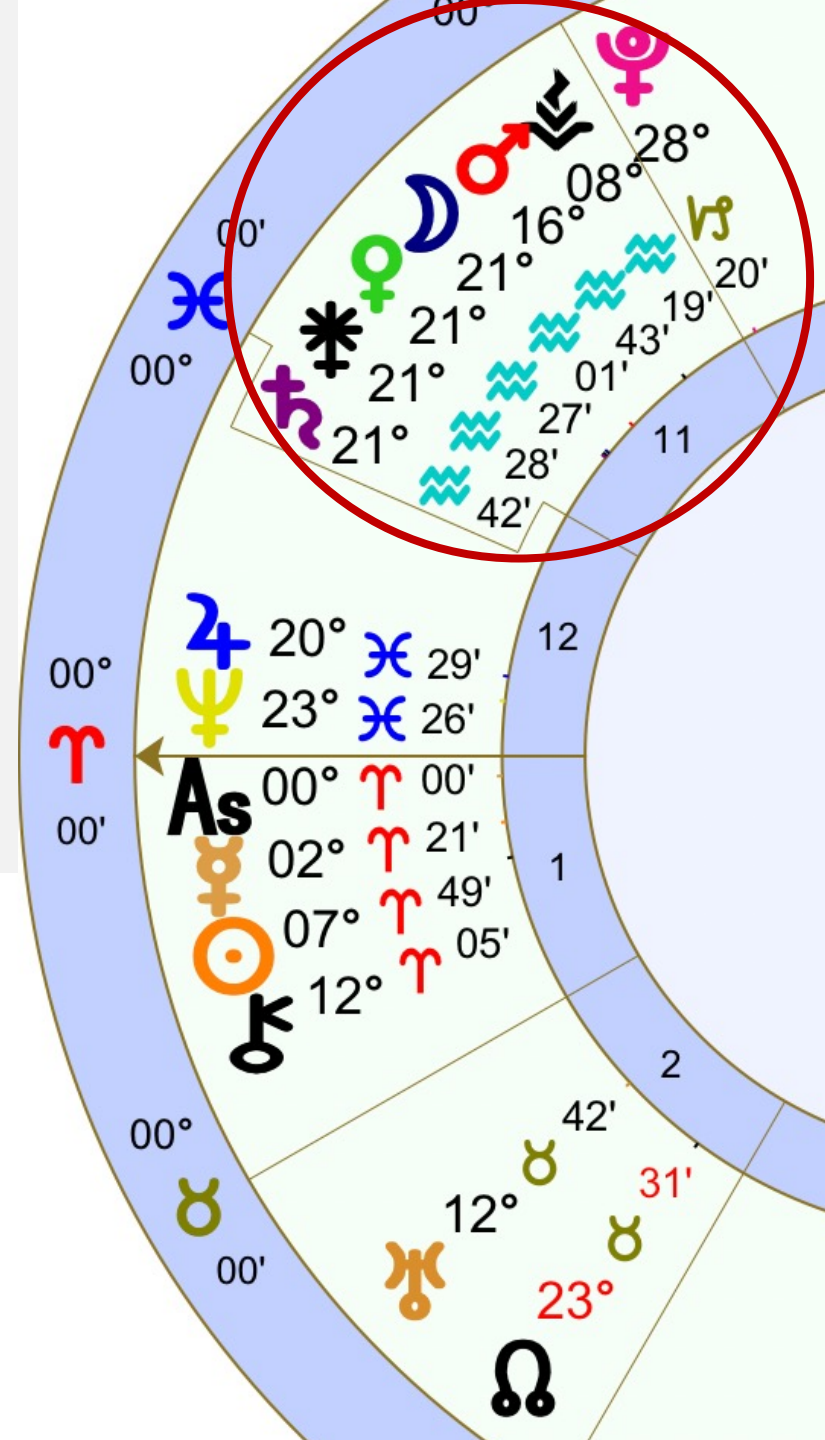




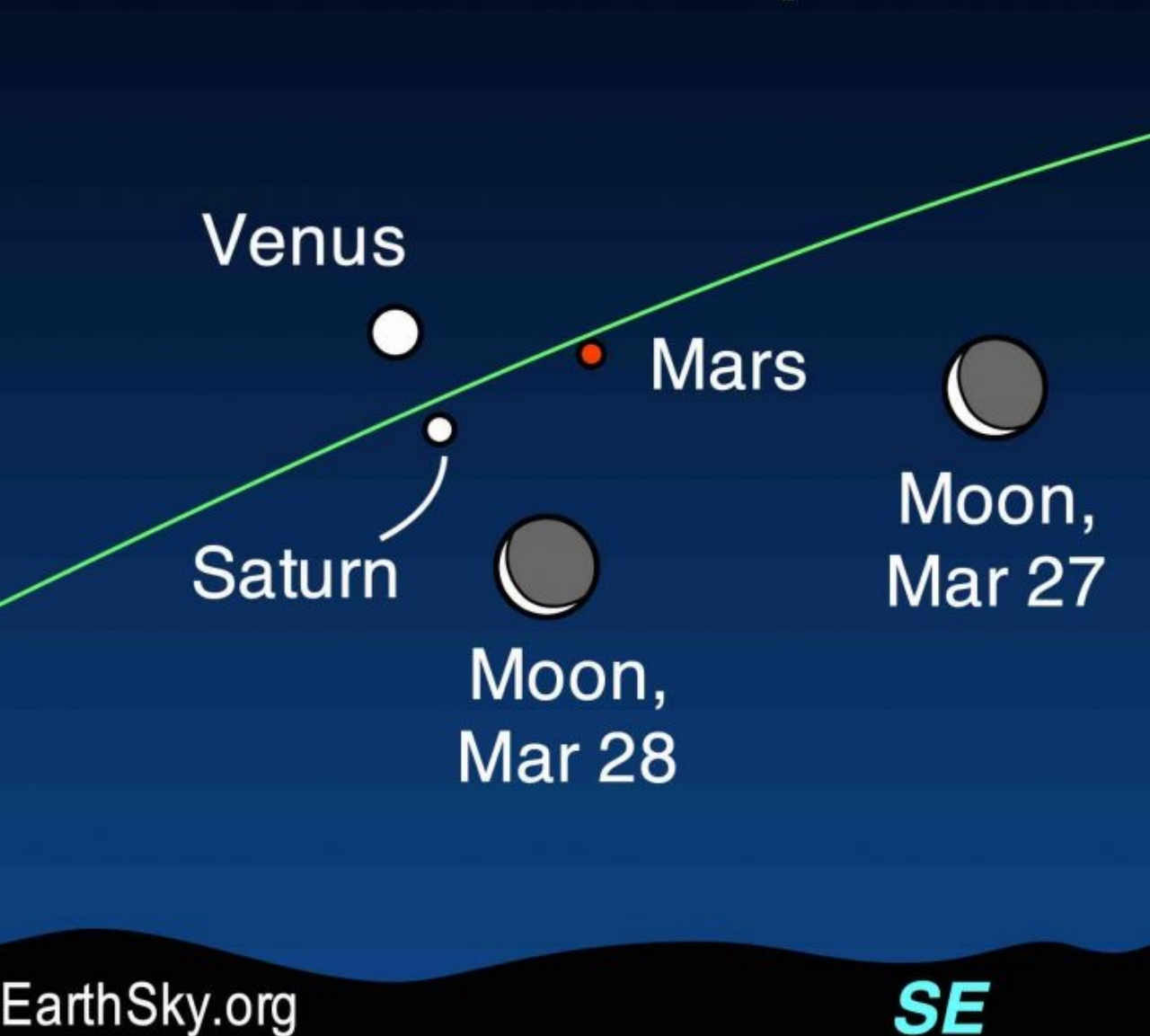
March 28, 2022
6 am
Tucson, AZ

Moon with
Venus, Juno
and Saturn

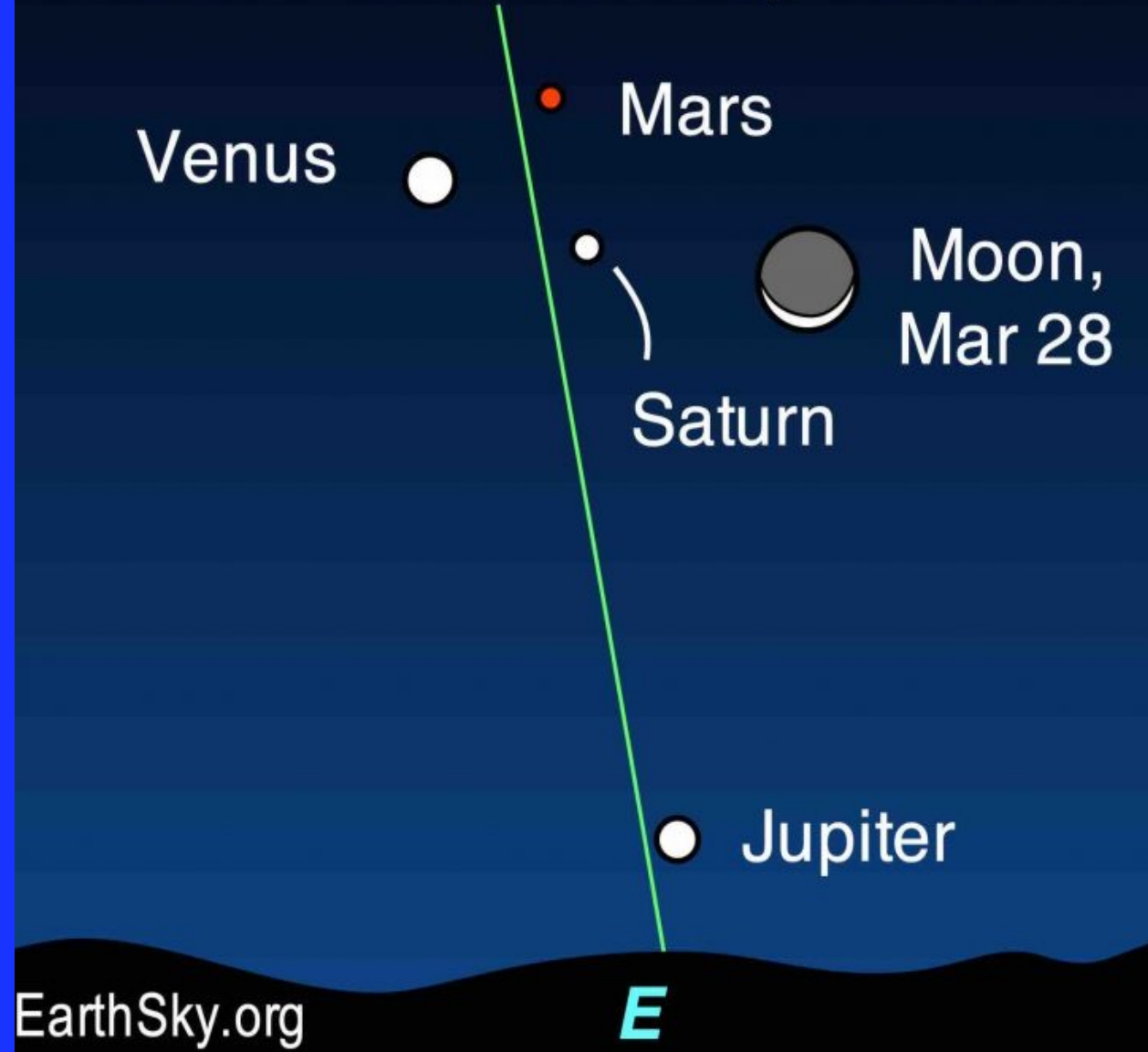
Near the
Magical Star
Deneb Algedi



March 2022, Before Sunrise Northern Hemisphere



March 2022, Before Sunrise Southern Hemisphere



March 2022, Before Sunrise Northern Hemisphere

Venus



Mars



Moon,
Mar 27

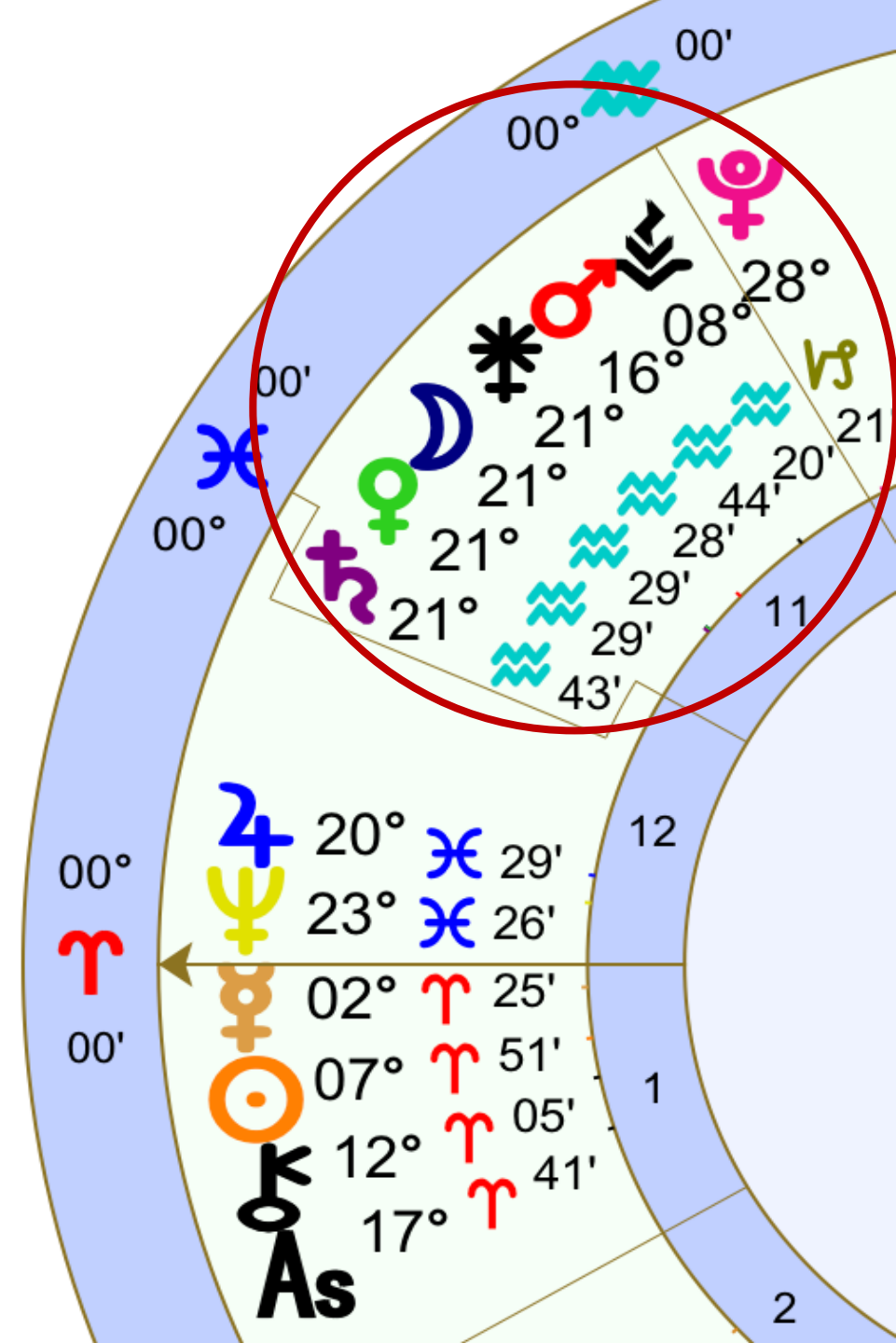
Saturn



Moon,
Mar 28

March 28
6:47 am
Pacific
Time
Tucson

Moon
exact
with
Venus
and same
degree as
Juno and
Saturn



Once upon a NOW Time/Throat Chakra

Hera (a.k.a Juno) and Zeus (a.k.a Jupiter) committed to their personal growth and relationship from the inside out.

They stopped looking outside of themselves for answers, validation and fulfillment.

They took responsibility for their own experience, realizing they were mirrors for each other including their shadow and their gifts.

They committed to creating a Magical, Loving, Fun, and Fulfilling relationship first with themselves and then with each other.

They practiced: Self-forgiveness and forgiving each other

Compassionate Communication and Active Reflective Listening

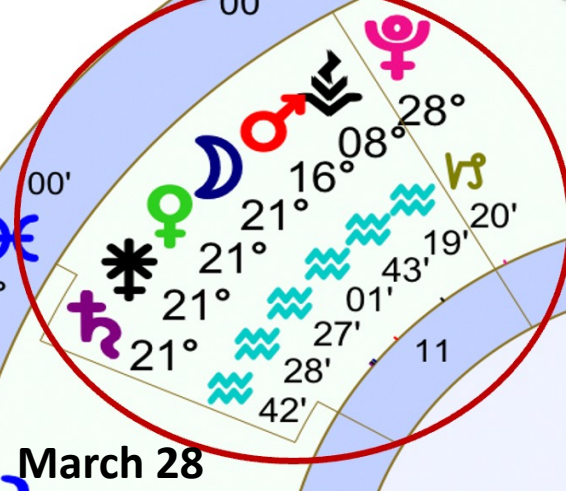
They shared Daily Gratitude and Appreciation

They honored and practice each other's love language and much more...

And they lived Happily Ever After!

Zeus and Hera
Artist Frans Christoph Janneck
who lived from 1703 to 1761





Deneb Algedi (23 Aquarius 50) marks the tale of the Goat Fish. Its one of the 15 Magical Behenian Stars of the Ancient Alchemists.

The Sea Goat or Goat Fish represents an alchemy between the elements of Earth (physical, stability, groundedness) and Water (nurturing, feeling, flowing)

One version of the mythic story is Zeus (in the guise of a goat) was trying to escape the monster Typhon by jumping into a river and turning himself into a fish to get away. However, he was moving too fast and only his lower half turned into a fish.

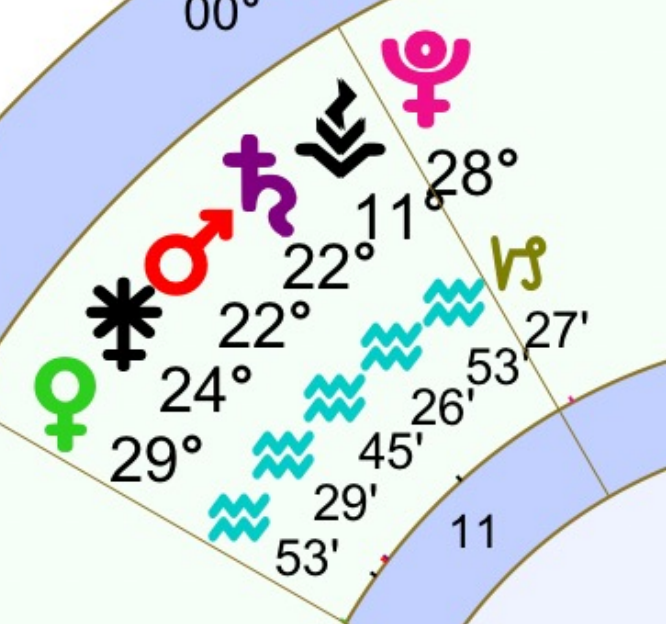
Deneb Algedi helps heal money wounds so money becomes a tool for evolution, by developing understanding and working with the bigger picture.

~ **Starlight Elixirs and Cosmic Vibrational Healing** by Michael Smulkus and Fred Rubenfeld



According to *The Starlore Handbook* by Geoffrey Cornelius the Goat Fish as seen from ancient Persia was linked with **Mermaid** imagery who taught humans the arts and sciences....

Deneb Algedi (the tail of the Sea Goat or mermaid) links with crazy wisdom and innovative inner perspectives - assisting in claiming the good fortune that is ours to experience.



The Fish

The Goat Fish

The Water Bearer

April 5, 2022
6 am
Saturn & Mars
with Deneb Algedi

Microscopium

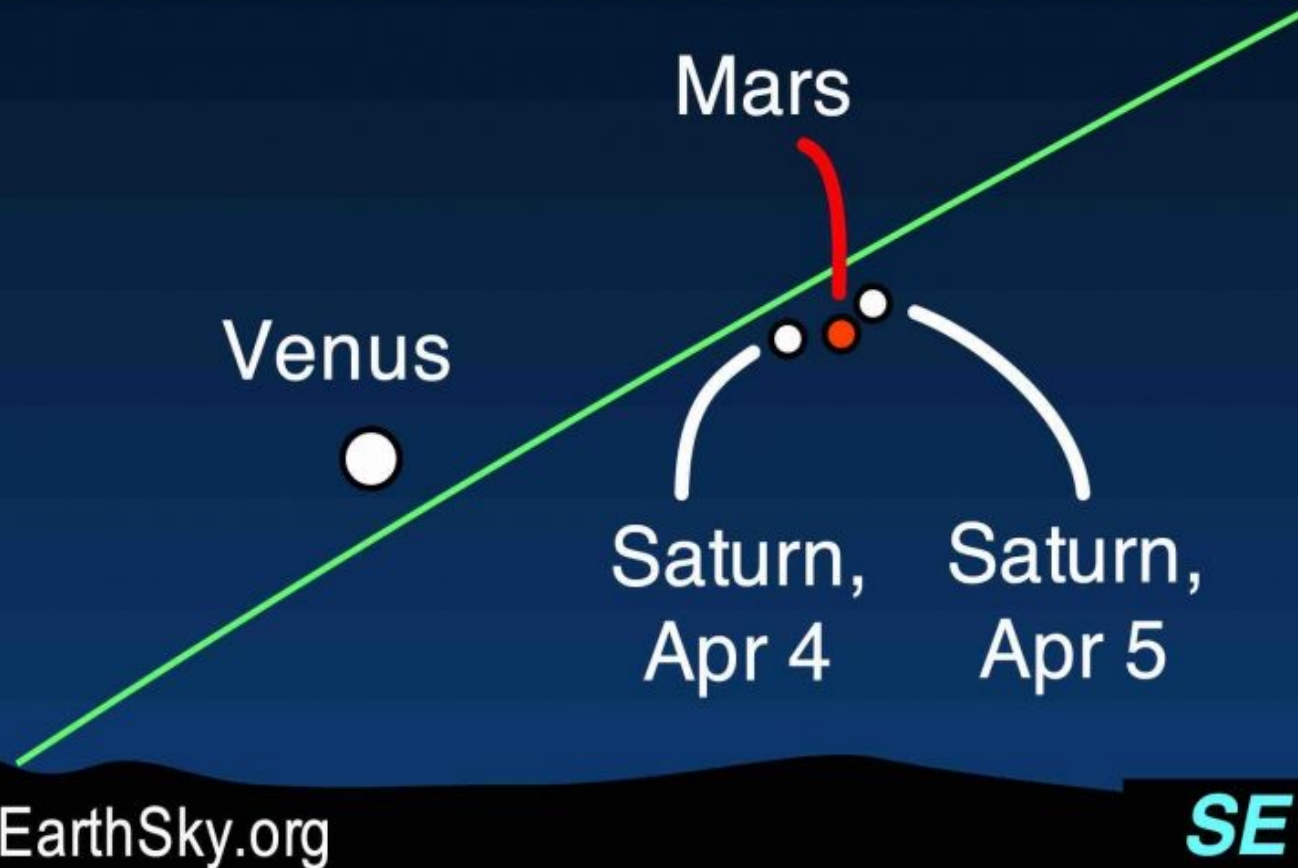
Piscis Austrinus
Or Southern Fish

Megaclite
Jupiter
Neptune



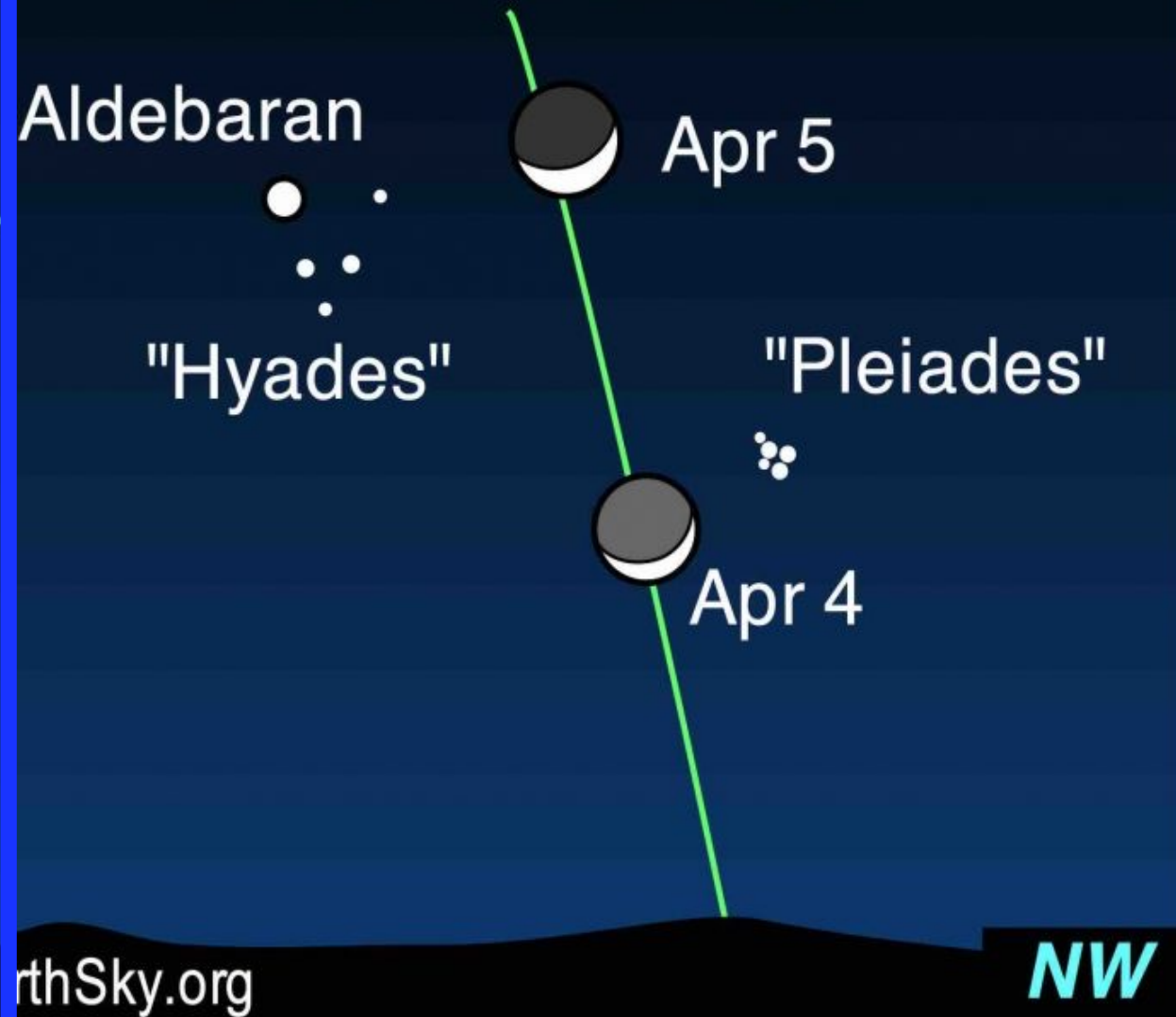
April 4 & 5

**60 minutes before sunrise
East-Southeast**

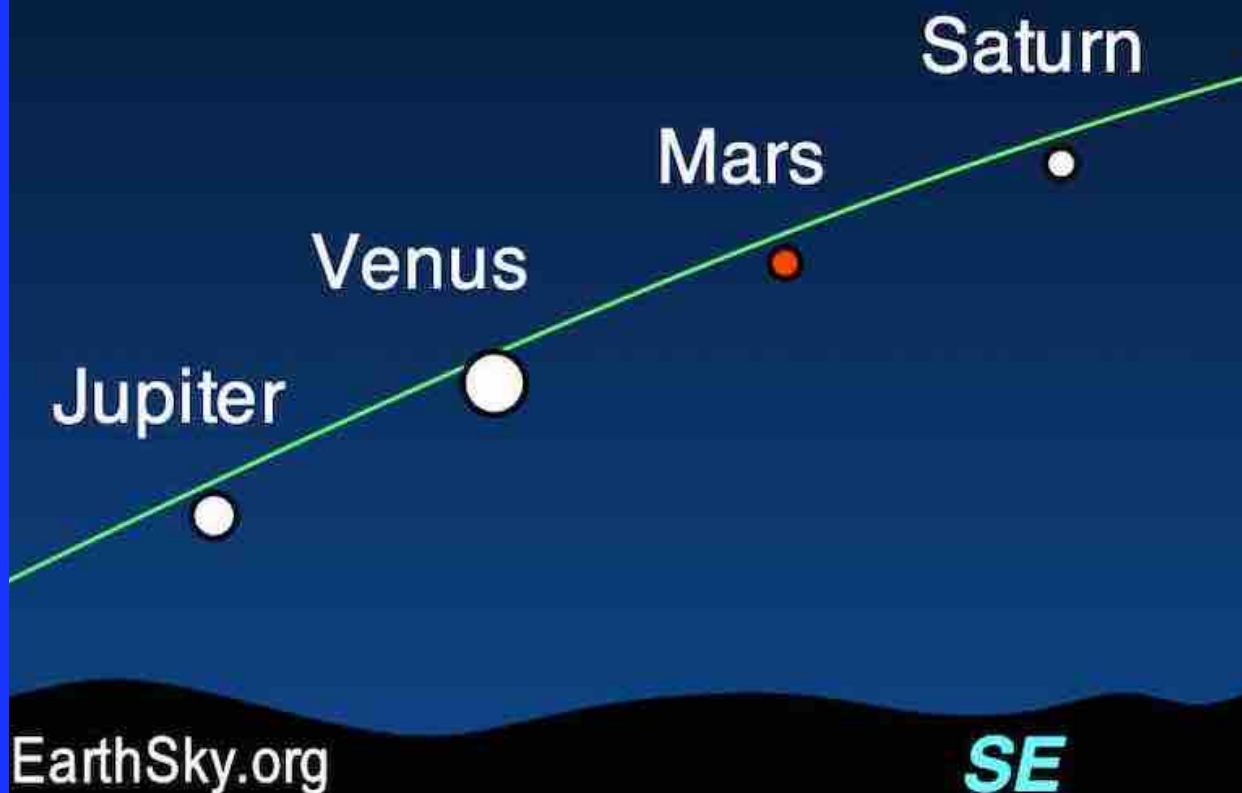


April 4 & 5

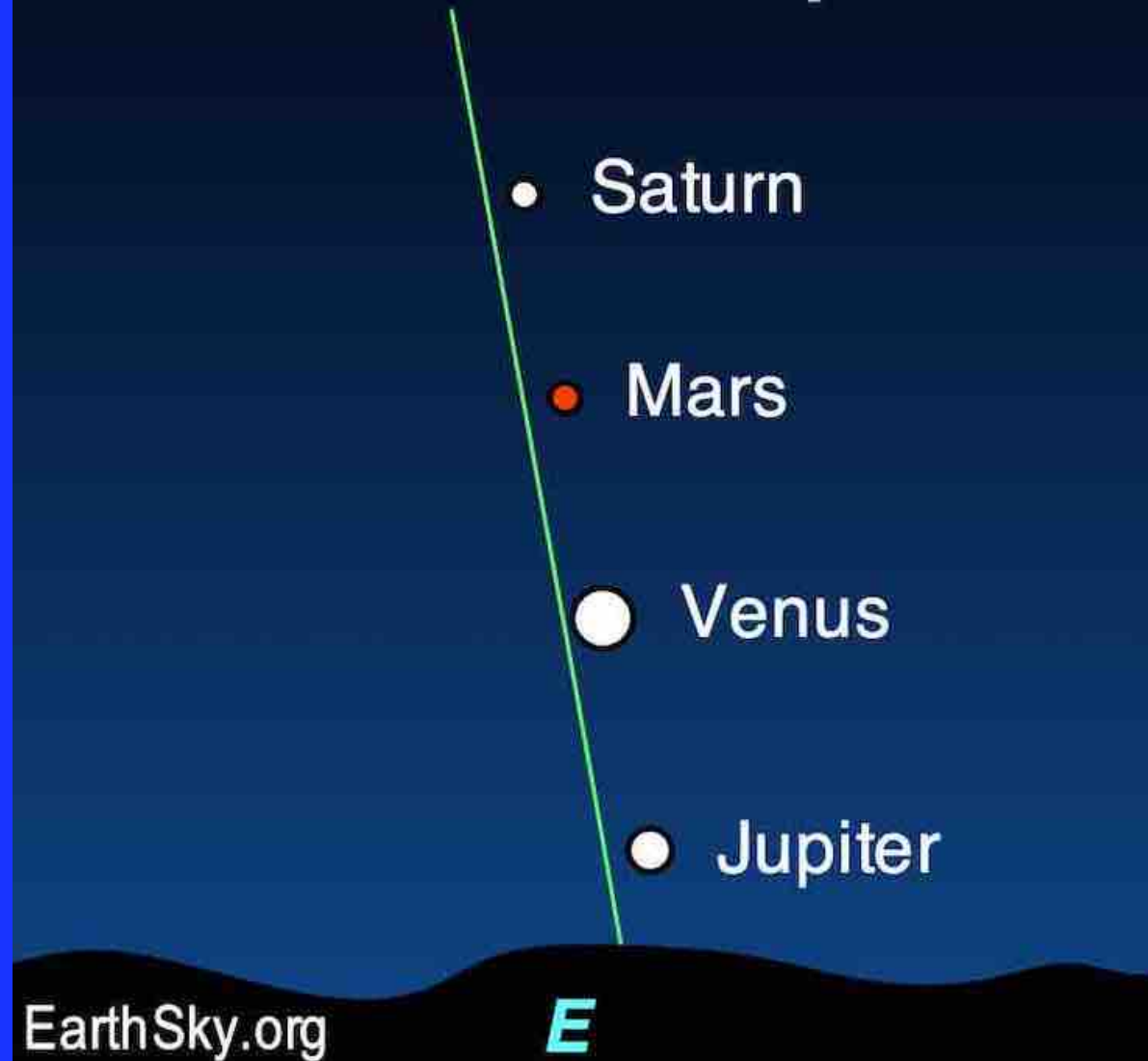
**60 minutes after sunset
West-Northwest**



April 2022, Before Sunrise Northern Hemisphere



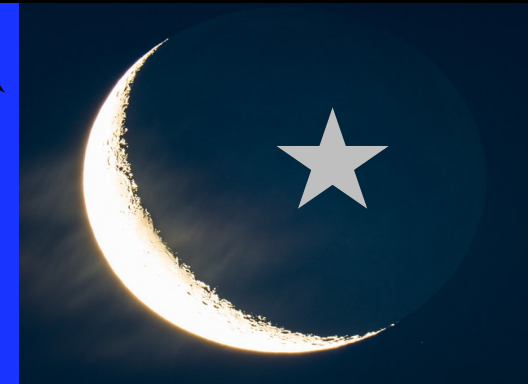
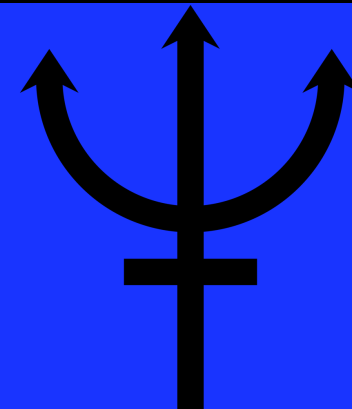
April 2022, Before Sunrise Southern Hemisphere





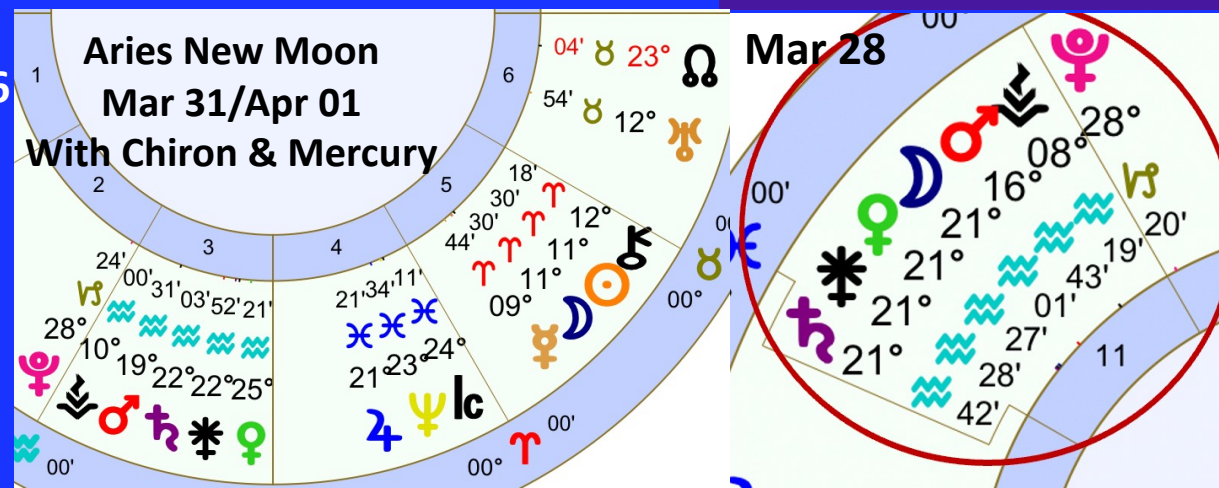
Capricorn Morning Star Throat Chakra Gate 2022

Mar 27/28 Moon conjunct Mars (16 Aquarius)
 Mar 28 Moon conjunct Venus (21 Aquarius) and Saturn (22 Aquarius)
 at the Third gate/Throat Chakra Morning Star Descent
 Mar 28 Venus catches up to Saturn exact at 12:27 pm Pacific Time (22 Aquarius)
 Mar 30 Moon passes Jupiter (21 Pisces) and Neptune (23 Pisces)
 Mar 31 Aries New Moon (11 Aries 31) at 11:24 pm Pacific/Apr 01
 Apr 01 Aries New Moon at 12:24 am Eastern. Both Sun and Moon near Chiron
 Apr 02 Mercury conjuncts Chiron and Sun conjuncts Mercury
 Apr 04 Mars conjunct Saturn (22 Aquarius 21) Venus is nearby at 28 Aquarius
 Apr 05 Venus enters Pisces
 Apr 10 Mercury enters Taurus
 Apr 12 Jupiter conjunct Neptune (23 Pisces 58) last was 3/17/1856
 Apr 14 Mars enters Pisces
 Apr 17 Mercury conjuncts Uranus (13 Taurus 48)
 Apr 18 Sun square Pluto (28 Capricorn 34) and Moon catches
 up to Pluto on Apr 22, Earth Day
 Apr 19 Sun enters Taurus
 Apr 26 Moon conjunct Venus and Neptune 4th Gate



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Vesta and Juno with
the Aquarius Line-Up





Releasing at the Throat Chakra Capricorn Meta-Goddess with Venus in Aquarius

Mar 28 – Apr 5

Desiring to speak our vast knowledge into the world, we let go of the perceived wounds that prevent sharing ourselves fully. Grandmother, guide us to increase our awareness of any stagnant energy in our throat chakras. Eagle, help us to see what we haven't before. Assist us in releasing the energy in the uprising winds you float upon. We allow ourselves to be conscious of the hurts holding us back from expressing our Divine Truths.

Crone Goddess, please walk with us on our paths to wholeness. We listen to your teachings in the wind's whispers that blow us towards ourselves. We hear your Saturnian call to make sound and use our voices here in the middle world in order to restore our collective throats.

Where do we silence first our inner voices? Then, quiet our outer voices? When do we speak over when we really need to listen? Where do we hide our true selves in muteness? How do we use our voices to make ourselves smaller?

We think and understand. Then, we feel and release...



Venus in Pisces • Apr 5 – 27

Sage Goddess bring forth the emotions hidden in our subconscious so we can feel them and release them. We allow ourselves to experience the sorrows held in our throats, our thyroids, our voices, our sounds. Through feeling, the energies are released. Once freed they transform into the fluid field once again. We speak our truths through tears and laughter, held safe in Spirit's watery depths.

We swim with Grandmother Whale in the Piscean ocean of feeling all the feels, tasting the salt of the water and our tears. No longer swallowing ourselves in order to fit into our misperceptions of life's expectations. We take up our full space, the size of a blue whale space, in our throat chakras, allowing ourselves to share fully again.

Where do we swallow our pain and pretend not to feel? How do we choke back our words and hide ourselves from being felt? Where are we afraid to express our true sound? When do we feel others pain and bury our own?

Trusting we are held in the Heart of the Goddess, we brave our pain and let go. The Capricorn Crone teaches this is the path to fullness, to wholeness, so we listen. We allow ourselves to first understand and then finally to feel. In the feeling we are healed.

Seeing Our Venus Journey as The Heroine's Journey

“The hero's journey is up and out, with a big splash, to the light, while the heroine's journey is down and in, to the cave.” Maureen Murdock

The Heroine's journey does not end with glory and accomplishments... it is not complete until one accomplishes the integration of our inner polarity.

We all must do the Sacred Marriage work, regardless of gender identification.



The Mermaid Queen by Lisa Thiel

As I went down to the coast on the Isle of Iona
And as I looked out upon the turquoise sea

There on the rocks a shining in the clear light
Was the shimmering form of the Mermaid Queen

Her tail was a glow with a thousand rainbows
Her silver hair with shells and jewels adorned
She looked at me with eyes of emerald and said:
I am the mother from whom all are born

***I am the spirit of the ocean said she
I am the mother of mystery,
And you as all humans are one of my children,
For as you know all life came from the sea.***

***O, remember my child that the sea is within you
And within you the knowledge of all that life can be
And if you know this then you will know me
For I am at the heart of your divine destiny***

O great goddess of the ocean, **Grandmother of the Sea**,
You who are the keeper of the ancient mysteries
I honor you and the wisdom you carry
And honor the part of you that is in me.

And with that she smiled and vanished 'neath the waves
And though her form was gone the light around her stayed,
And many a time I'll think of Iona and
remember the words of the Mermaid Queen.



Hans Christian Andersen's Fairy Tales



The Little Mermaid,

Disney Version of the Little Mermaid Losing Her Voice



The Little Mermaid By Hans Christian Anderson was written in 1836 and published in 1837 along with a collection of other fairy tales. This tale is about a young mermaid willing to give up her life in the sea for the prince she rescued during a storm. She fell in love with the Prince and went to the Sea Witch to find a way to be with the Prince. She is told she must give up her extraordinarily beautiful voice to gain legs to walk on land and she must also marry the prince or she will turn into sea foam.

The prince marries someone else and the Little Mermaid is given the option to kill the prince and return to her life as a mermaid. She chooses not to kill him, resulting in her ascending into the sky, where she is greeted by other souls, who tell her she has become like them because she strove with all her heart to obtain an immortal soul. Due to her selflessness, her voice is restored and she can now earn her own immortal soul by doing good deeds for mankind for 300 years. When her time is complete, she will ascend into Heaven.

Things aren't always what they appear to be.

The Sea Witch in this image sees the Little Mermaid's desire as crazy! And from some perspectives she is correct.

The Little Mermaid is coming from true love. She is willing to pay the high price the Sea Witch demands without any guarantee the Prince loves her back.

Things don't work out the way the Little Mermaid hoped but the ending suggests it worked out better than she had imagined.





03/03/2022
The month (03) and the day (03) = 6
and so is the year 2022 = 6 so a 6.6 Day
The Day before my 66th Birthday
Mermaid Magic Manifested



03/21/2022

The month and the day = 6 and so does the year
Another 6.6 day
The day she found her place to Swim in Casa Milagro
Mermaid Magic Manifested at Home!

Honoring the Crones

Toni Morrison

February 18, 1931 - August 5, 2019



American novelist whose works are praised for addressing the harsh consequences of racism in the United States.

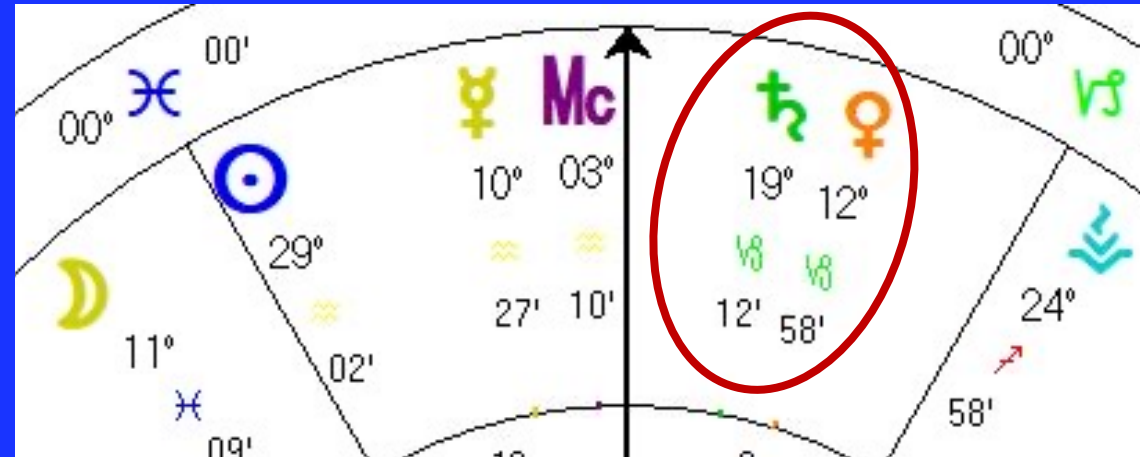
She wrote [The Bluest Eye](#) and the critically acclaimed [Song of Solomon](#) won the National Book Critics Circle Award. In 1988, Morrison won the Pulitzer Prize for [Beloved](#).

She was awarded the Nobel Prize in Literature in 1993, praising her as an author *"who in novels characterized by visionary force and poetic import, gives life to an essential aspect of American reality."*

She was the first black woman of any nationality to win the prize.

Morrison became the first Black female editor in fiction at Random House in New York City in the late 1960s. In that capacity, Morrison played a vital role in bringing Black literature into the mainstream.

"You are your best thing."



Humor as Medicine And Activating the Throat Chakra

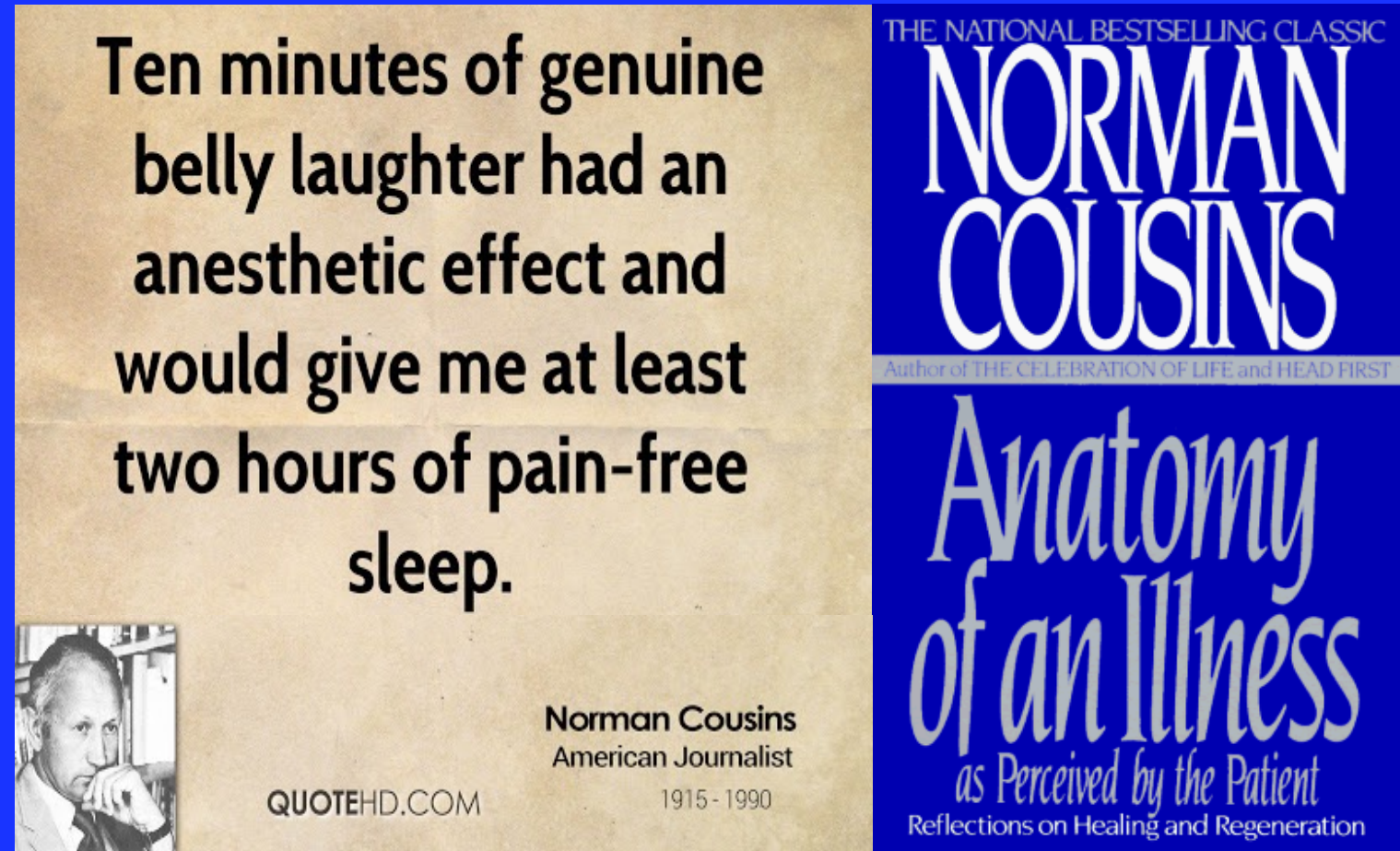
Norman Cousins wrote about his profound healing journey in his 1979 book

“Anatomy of an Illness”

describing how he cured himself of a seriously debilitating disease through humor.

In his book and in a 1984 movie based on the book, Norman insisted on a health protocol that included massive doses of Vitamin C and watching old Marx Brothers movies helping him to belly laugh as a significant part of curing his disease.

The cure worked and he went on to live a long, healthy life to age 75!



In 1984 Ed Asner portrayed Norman Cousins in a TV movie based on the book. You can view this movie on YouTube

<https://youtu.be/OLwKd68S15I>

This movie is also been posted on the Throat Chakra Class Page

Cultivating Laughter

Laughter is natural, innate, and inborn.
It is your birthright.

Infants begin smiling during the first weeks of life and laughing out loud within the first few months.

Seek out ways to experience humor and laughter

Watch a Funny (fun) movie or TV show or read a funny story

Listen to a comedienne

Read Funny Memes

Smile Often – Its Contagious. Smile at yourself in the mirror, smile at those you know and those you encounter and don't know.
Smile for no reason.

Smiling is contagious and often leads to laughter.



Gryffin 5 months old in 2020

Humor Powerful Gemini Medicine Activating the Throat Chakra

Sustained real laughter has been proven to affect the emotions and human body. It is FREE and and FUN to use Laughter as powerful medicine. Laughter:

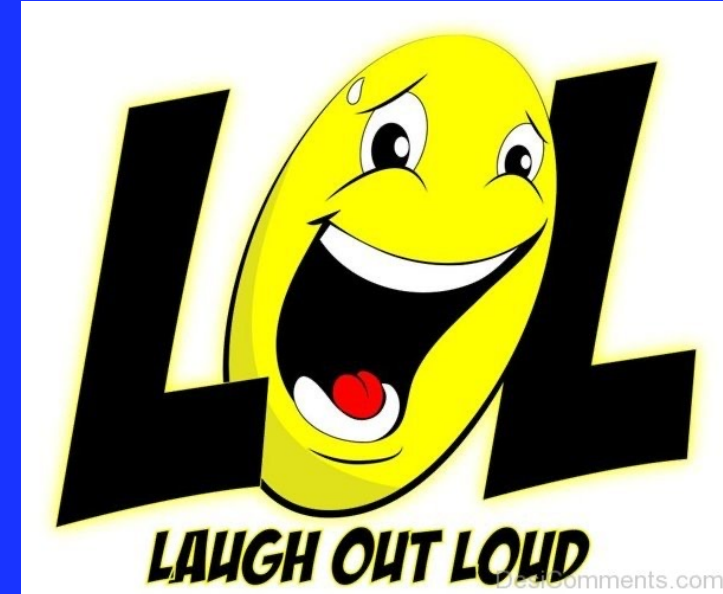
- Strengthens immune function, increasing T-cells, interferon and immune protein proteins strengthening the immune system
- Relaxes the Whole Body for up to 45 minutes by releasing feel good hormones
- Decreases Stress by lowering cortisol and activating oxytocin
- Reduces (can even eliminate) fear, anxiety, and tension
- Reduces Pain by activating endorphins promoting a sense of well-being
- Protects the heart against heart attack - increases blood flow
- Lightens our mood and connects us to others
- Helps us release anger and forgive more quickly
- Keeps us get grounded and Triggers Creativity

Are you finding ways to lighten up?

Do you see the humor even in challenging situations?

Are you willing to laugh at yourself?

How can you turn whatever is happening in your life and turn it into a funny story?



Laughter IS Medicine

When we laugh with one another,
a positive bond is created.

This Helps You:

Be more spontaneous, getting you out of your head

Let go of defensiveness. Helping you let go of
resentments, judgments, criticisms, and doubts.

Release inhibitions. Relax and Enjoy

Express your true feelings. Deeply felt emotions can
more easily rise to the surface.

**Using humor helps resolve disagreements and
manage conflict with others.**

It lowers stress levels and tension especially when in
highly emotional situations.

Always Find a Reason to Laugh.

**It may not add years
to your life,**

**But it surely adds life
to your years.**



A close-up photograph of a Blue Cypress (Juniperus horizontalis) plant. The image shows several green, needle-covered branches with small, scale-like leaves. The background is a soft, out-of-focus blue, suggesting a clear sky. The plant's structure is dense and branching, with some reddish-brown bark visible on the main stems.

Sacred Aromatherapy

Essences: Consciousness & the Medicine of the Plants & Trees
Bring us into the Vibration of the Earth and the Archetypes

Blue Cypress - Pisces

- Grief and sorrow
- 5th Chakra
- Gently encourages speaking our truth
 - Especially things unspoken for years
- Increase awareness of speaking from Love
- Works on deep emotional levels
- Awakens and promotes awareness
- Skin issues



"Anointing with consecrated essential oils is a tool that each of us can offer to ourselves and to our loved ones as a path of remembrance to the truth of who we really are, that of Divine creatures.

Anytime we seek to remember the truth of who we really are, anointing with essential oils will support our intention in finding Spirit in the body.

Anointing, whether a simple ceremony, or the more complex ceremonies of the Egyptian priestesses, will assist in the sacred declaration and consecration of ourselves as holy vessels or temples of the Divine.

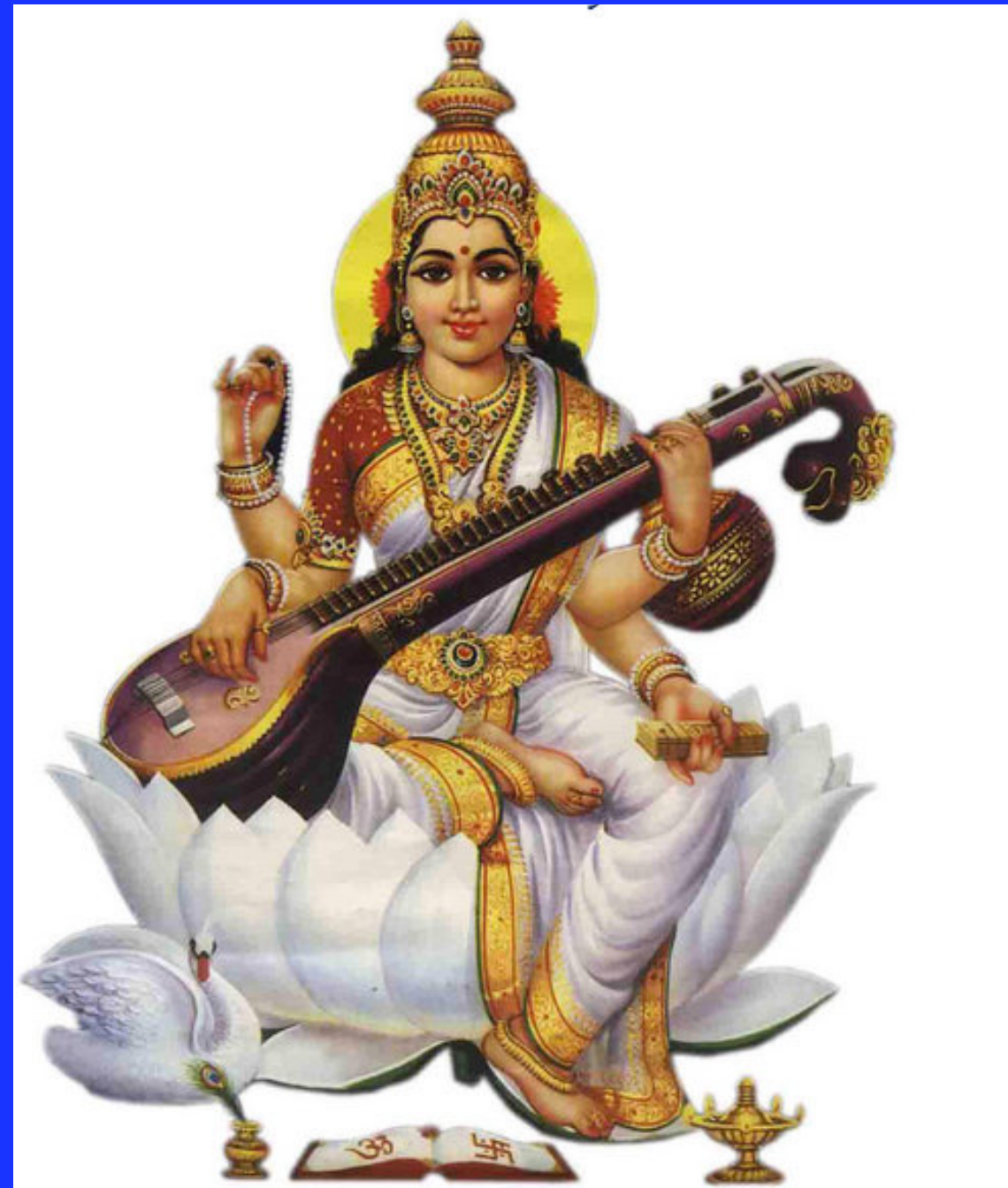
Allison Stillman
The Sacred Art of Anointing

Deepening Practice for the Throat Chakra

- Find a song you love and sing it daily.
It might be the Grandmothers song on the main class page also accessible here
<https://youtu.be/qAjUDET97fI>

And/or Sing the Mermaid Queen Song on the throat Chakra page also accessible here
<https://youtu.be/bq19lekjh1I>

- Find or create a mantra, chant or invocation you love and say it, sing it or chant it daily
- Recite/Read the names of Sekhmet from Document on the Throat Chakra Class Page



Home Play

Deepening Practices

- Venus Altar and Venus Journal
- See if you can see Venus with Moon and Mars
March 27, 28, 29
- Morning Star Venus Buddy Check-In
- Ceremony With Venus & Moon in Morning Sky - BE
- Set your intention for what you are releasing from
your Throat Chakra
- Listen to Guided Journeys and Meditations most
especially the Throat Chakra Release
- Share your experiences and insights on Facebook or
send us an email and we will post it for you.



Additional Resources

Think Before Reacting: How to Use Your Mental Pause Button

<http://tinybuddha.com/blog/think-before-reacting-use-mental-pause-button/>

Instant Gratification and Its Dark Side (Technology & Communication)

<http://www.bucknell.edu/communications/bucknell-magazine/instant-gratification-and-its-dark-side.html>

The Goddess Sekhmet Psycho Spiritual Exercises of the 5th Way
by Robert Masters (find on Amazon or Bookstore)

See Sekhmet Mantras PDF on the Class Page

Sa Sekhem Sahu Chant:

https://www.youtube.com/watch?v=0bclzuf9_Mw

10 Questions that Will Help You Find Your Voice

<https://www.accidentalcreative.com/creating/10-questions-that-will-help-you-find-your-voice/>



Additional Information And Resources

Be sure to add infovenusalchemy@gmail.com to your friends list so class emails don't land in your spam box.

Astrolabe - Cast a FREE Natal Chart

<http://alabe.com/freechart/>

Watch the Current Wise Crone Video and other Bonus Videos on the main class page.

Venus Bonus Package <https://venusalchemy.com/venus-overview/> Password to Access the Page VenusMagic8x8

NEW Venus Study Groups with Sheridan: sheridansempire.com

NEW Chakras, Crystals and Aromatherapy [pdf on class page](#).

Please do not share any of the Content in this Series with anyone outside of the Class



Ceremony

