



**Venus Alchemy
Capricorn
Morning Star**

**3rd Chakra / 5th Gate
Releasing Distorted or Blocked
Personal Power**

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 elude 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 Power Distortions

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**Beloved Grandmother Goddess Within ME - Inspiring My Wise Use of Personal Power
Guide ME in releasing anything in the way of embracing MY authentic and powerful self**

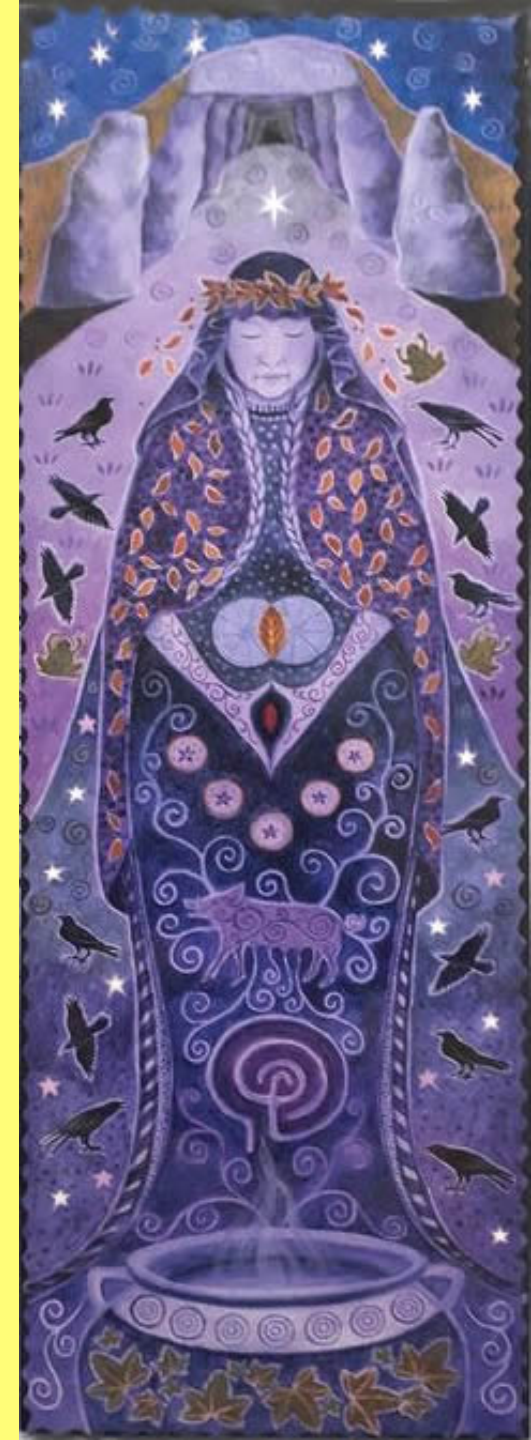
**OH, Mighty Wise One, Responsibly Expressing Your Powerful Divine Feminine Sovereignty
Thank you for helping Me Release All The Ways
I have been Inauthentic and Apologetic rather than
Genuinely and Realistically Expressing from My True Essence**

**Help Me Release whatever is in the way of Truly Trusting Myself
And Clearly Knowing I do NOT need to Have Power Over Others
AND I do NOT need to Give My Power Away
To Live a Loving, Fun, Free and Fulling Life**

**Guide me in taking ALL the necessary Risks
Aligned with Divine Will, Living in the Strength and Magnificence of who I AM
Wisely and effectively expressing myself in ways that are Productive, Joyous and FUN.**

**OH, Mighty Sage Goddess, Living in the Sensible Use of Great and Exquisite Power
Guide Me to Release all that is Unwise or Unsupportive - From this and all other Lifetimes
So I am living from Confidence, Courage and Strength
Actively co-creating a New World of Loving Abundance for All.**

It is Done, It is So and I give Thanks! Blessed Be!



Overview

Sky Magic

Capricorn Meta Goddess – Aries, Taurus, Gemini

Distorted Solar Plexus Chakra

Doing Addiction

Connection Groups

Honoring the Cronos

Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

Q and A



May 2022 Before Sunrise

Mars
May 24
Moon is
24 Pisces 27

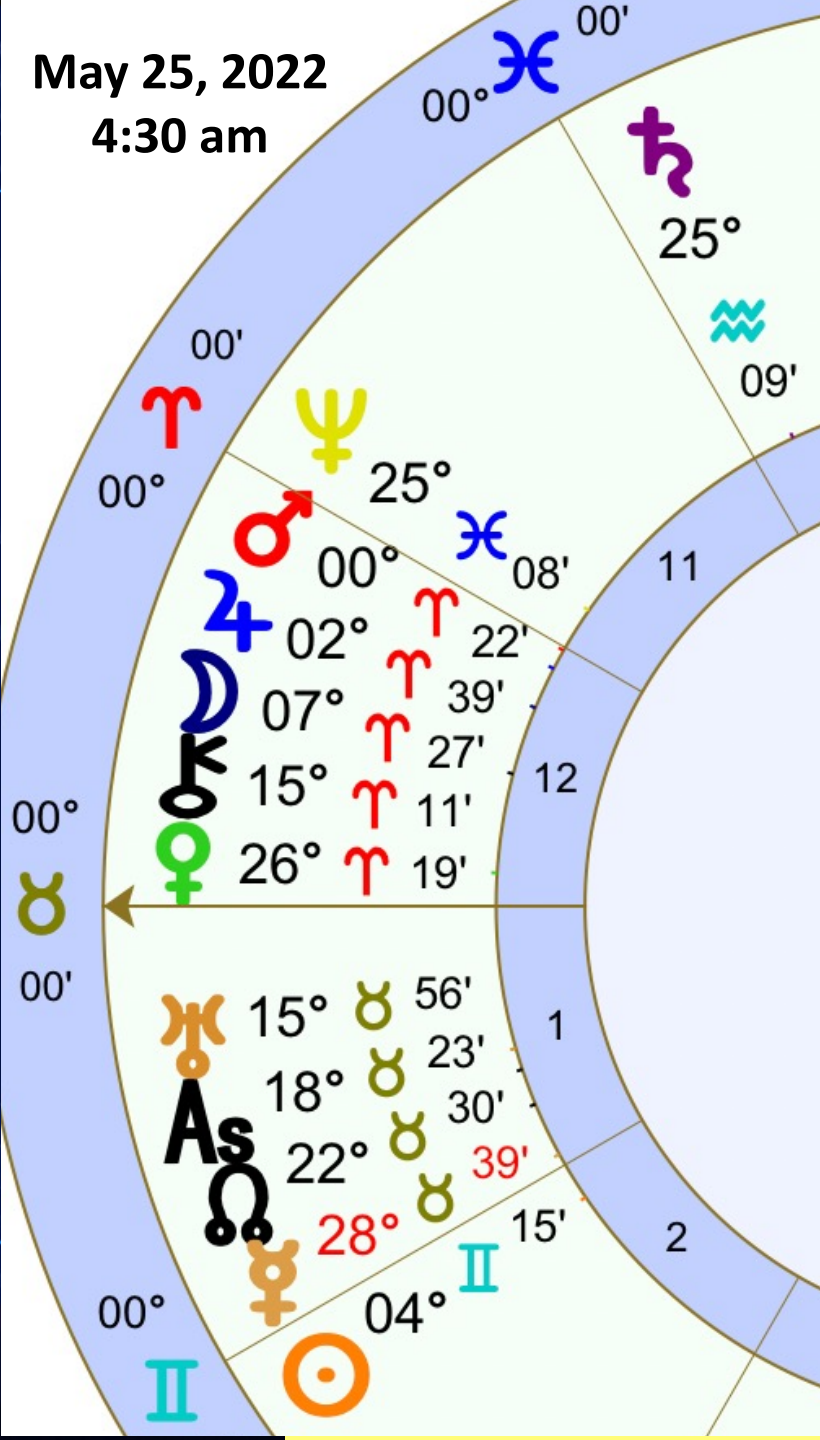
Jupiter
May 25
Moon is
07 Aries 27

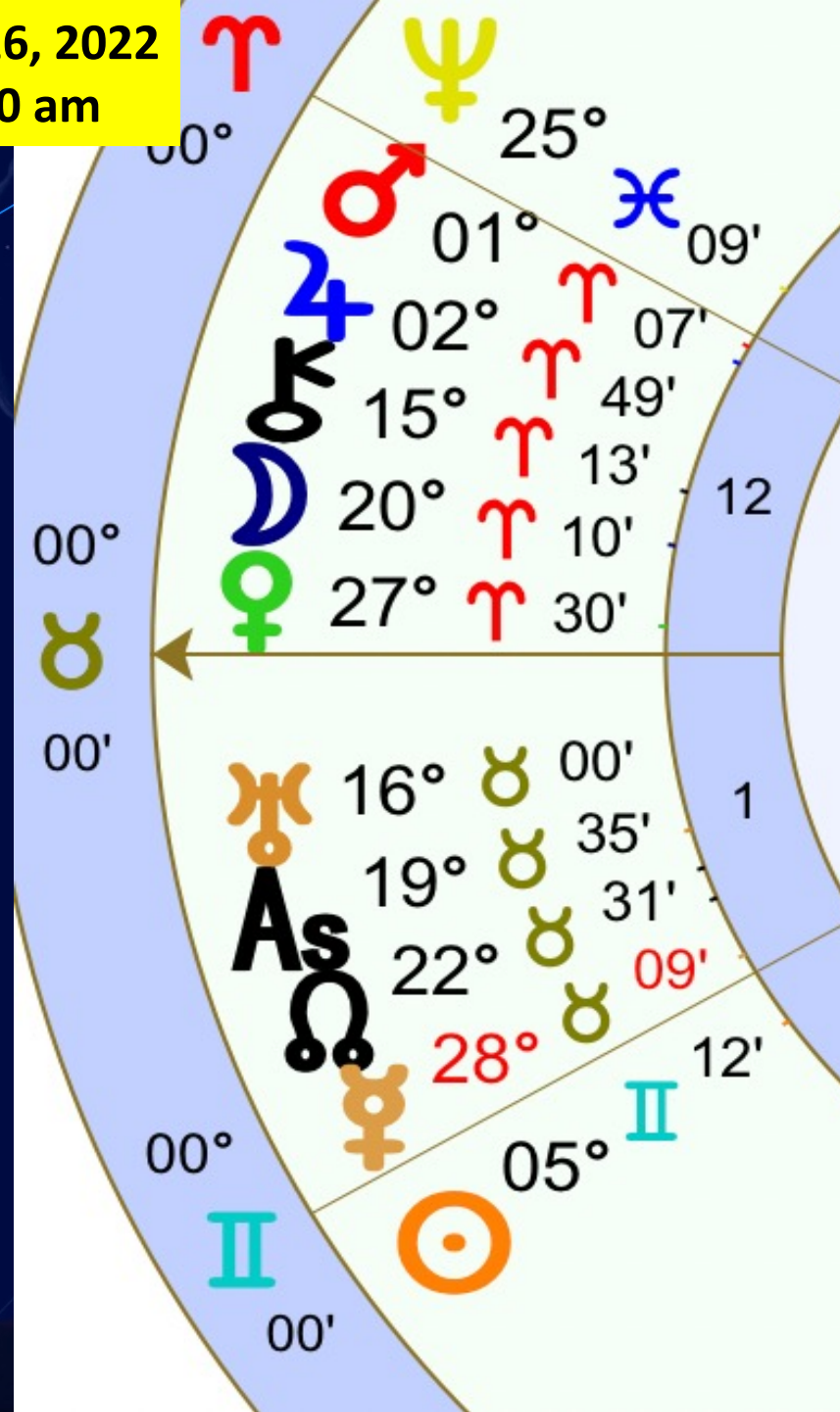
May 24
about
4:30 am

Moon
moves 13
degrees
from
4:30 am
May 24
to 4:30 am
morning of
May 25

Every 24
hours the
Moon
moves
about
12 to 15
degrees
varying
slightly as
we we here

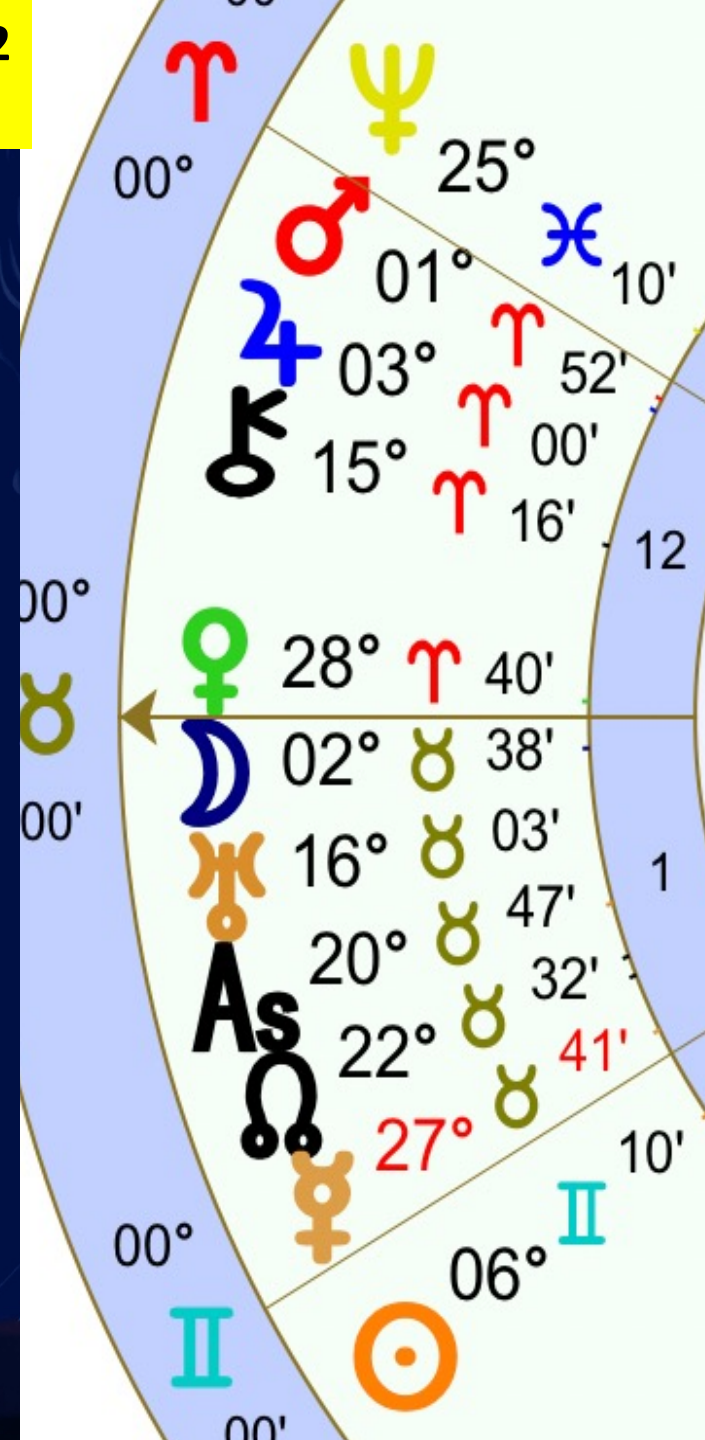




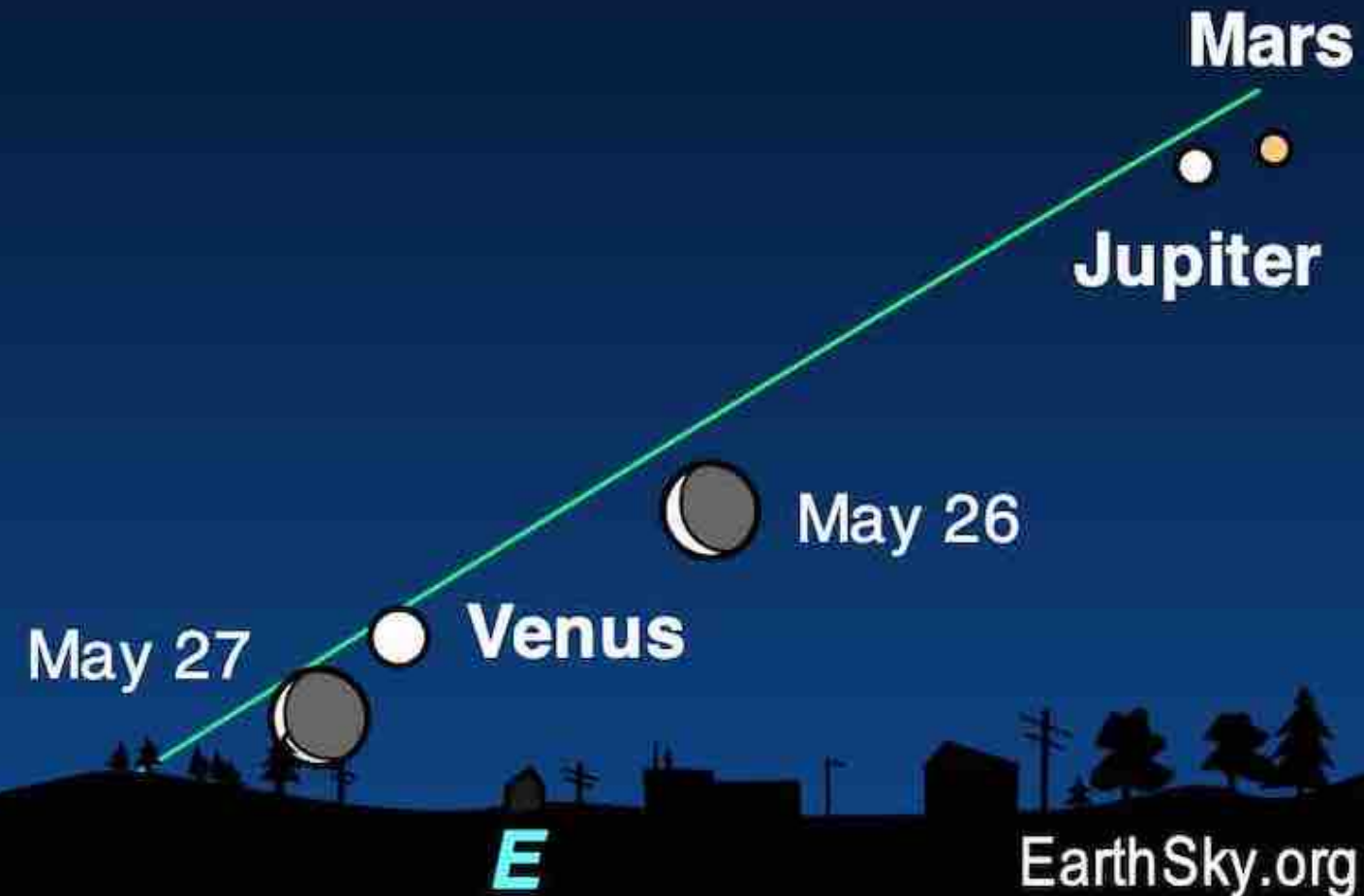


**Exact Gate is at 28 Aries 15 8:00 pm Pacific, 11 pm Eastern
 More Eastern Time Zones this Chakra gate is in the early morning hours of May 27**

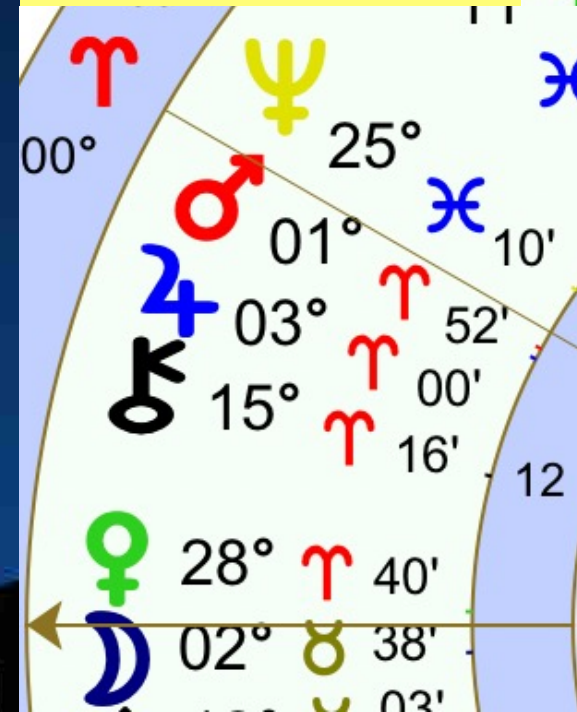
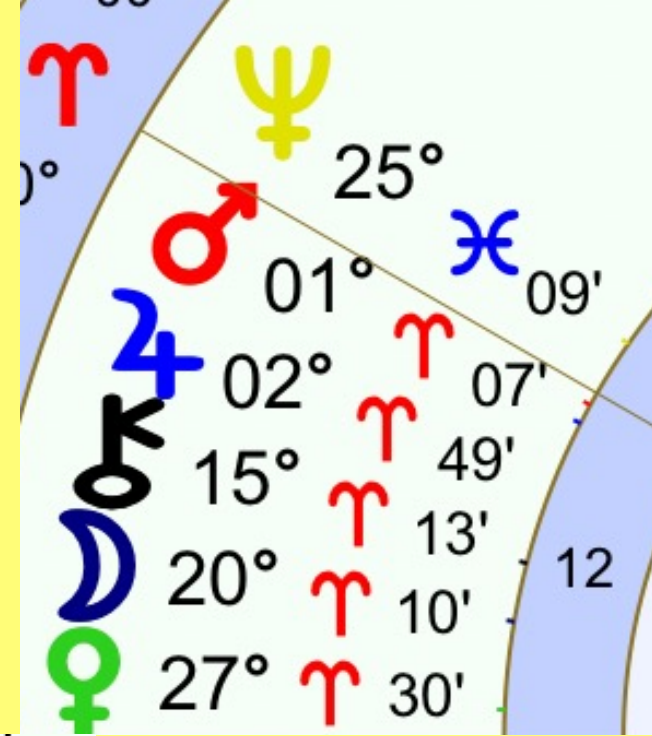
East



May 2022 Before Sunrise



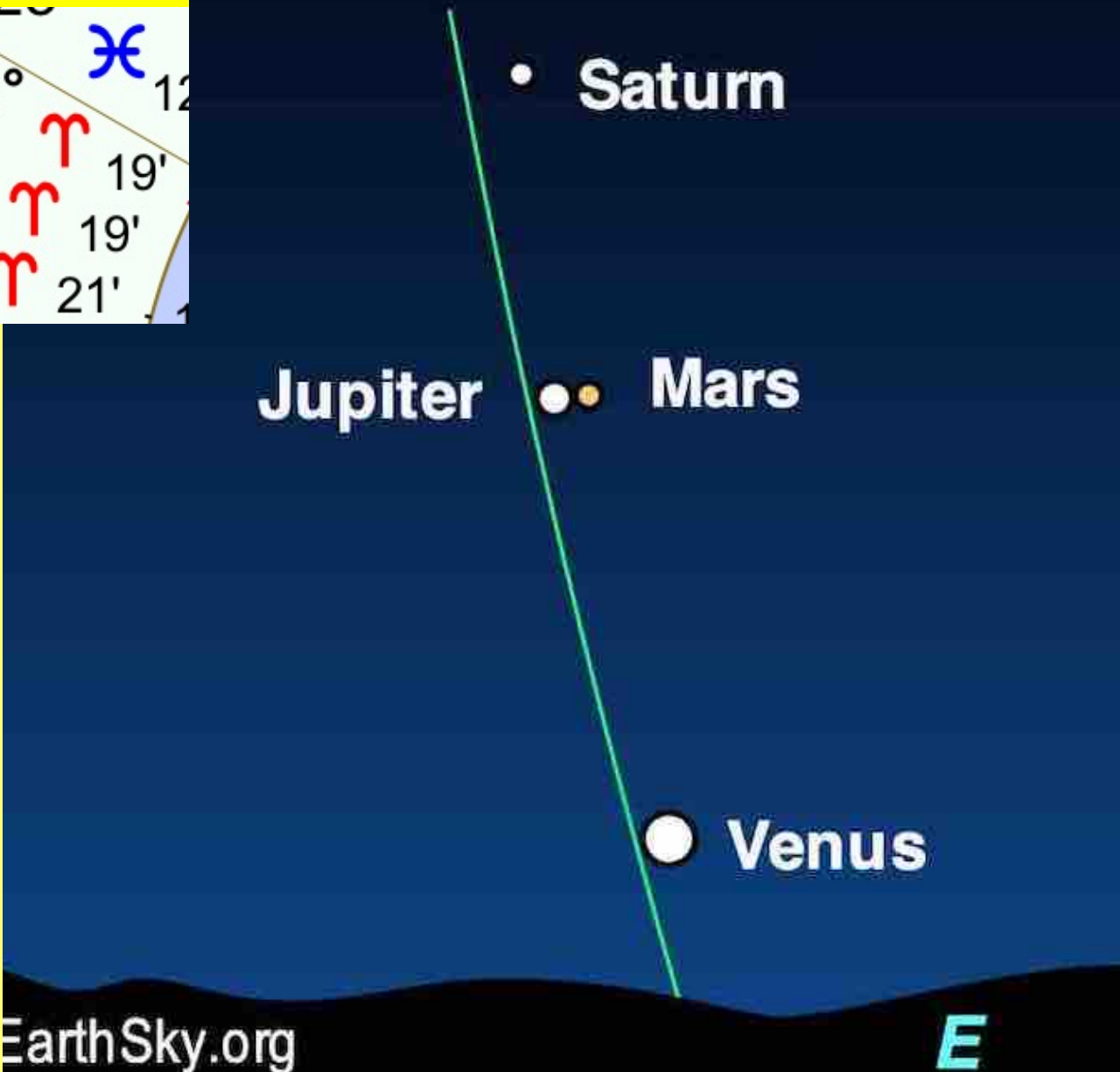
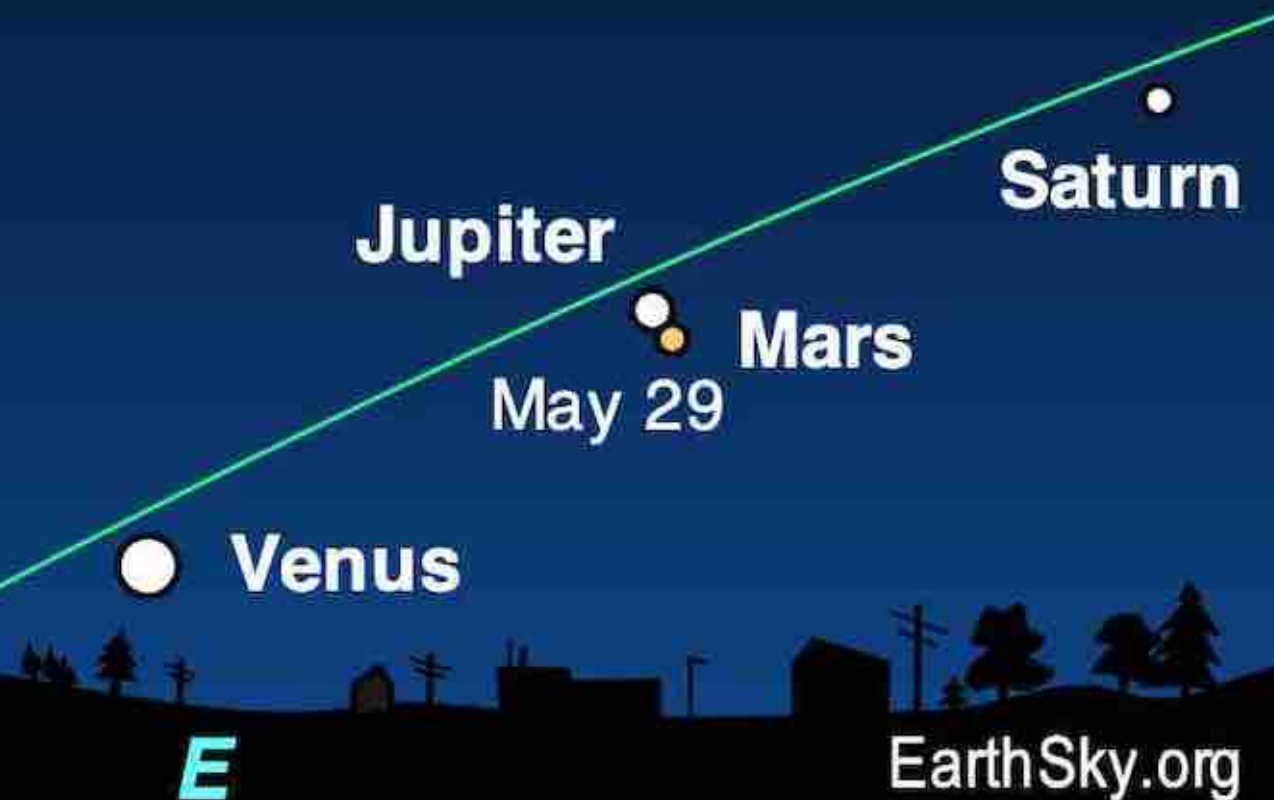
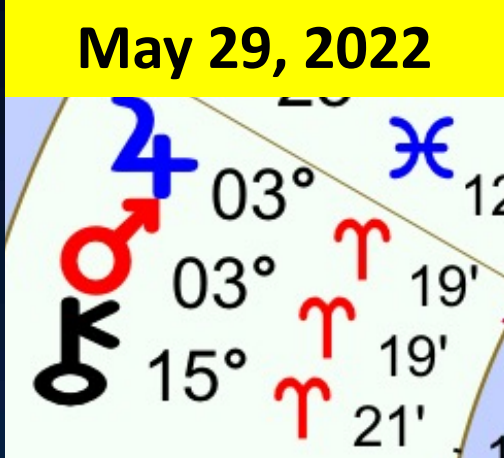
May 26, 2022
4:30 am



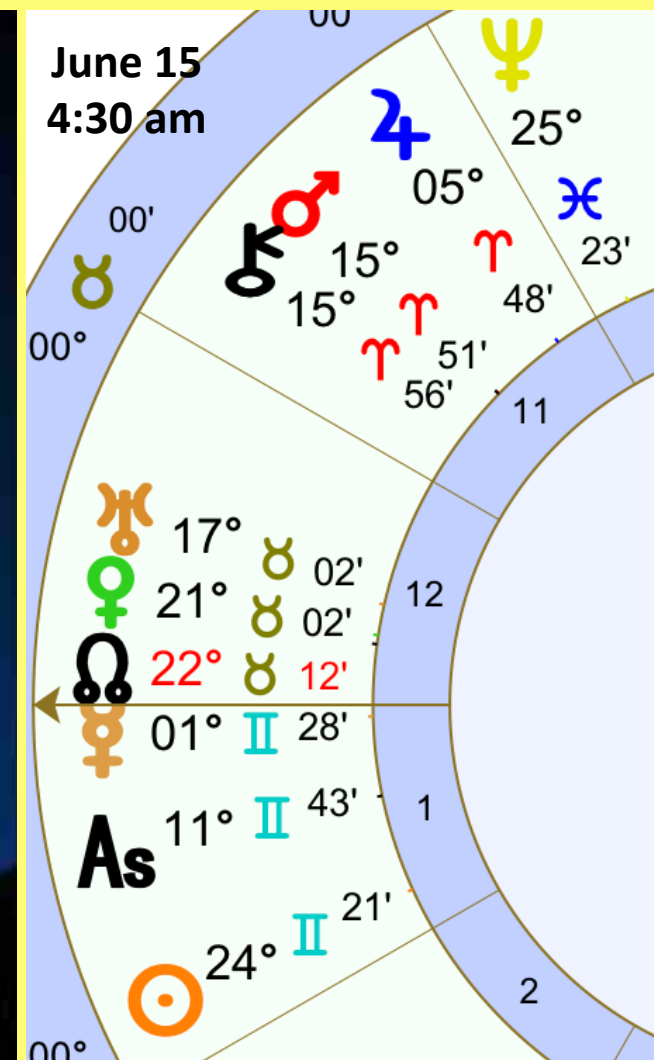
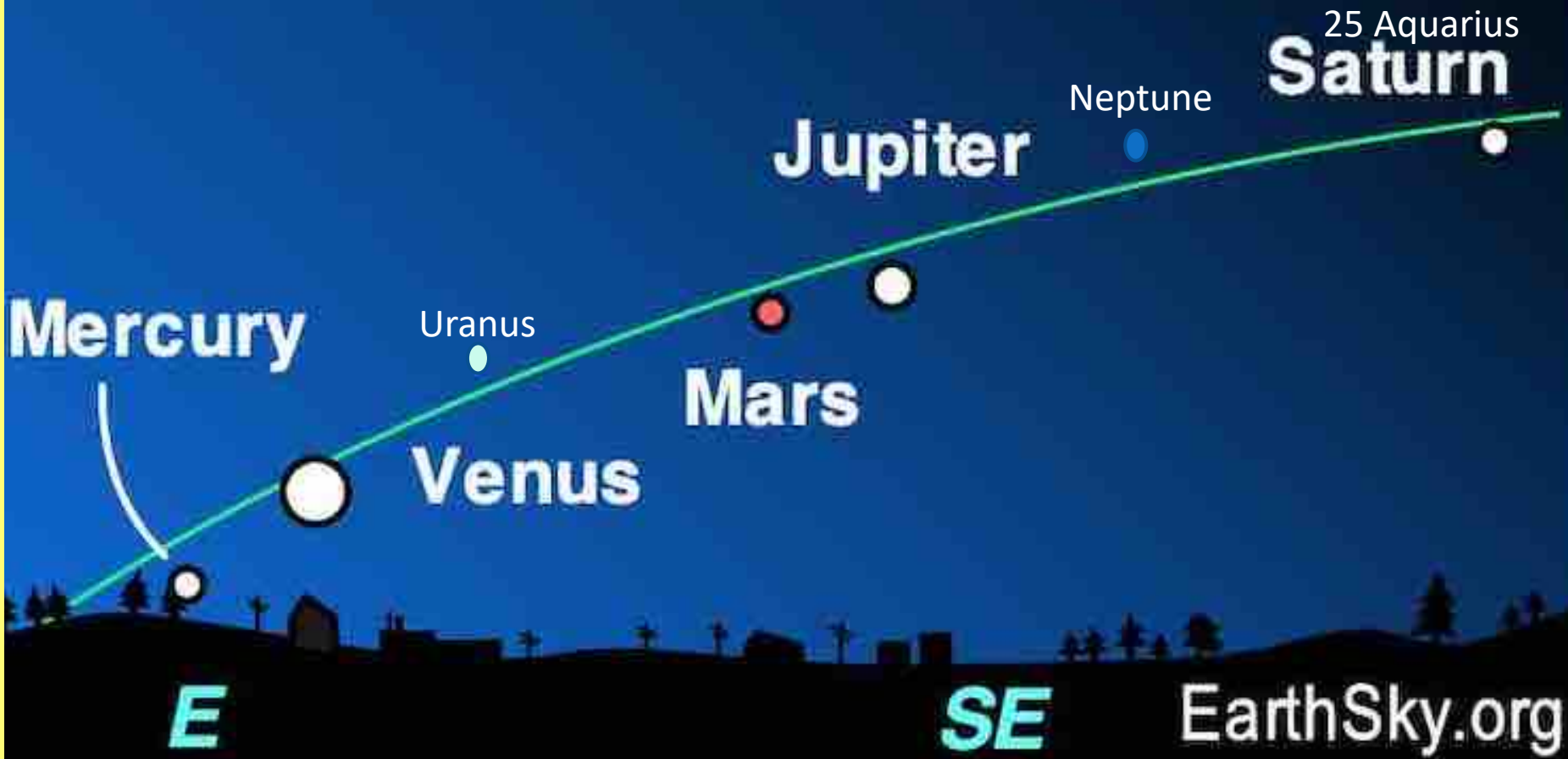
May 27, 2022
4:30 am

Late May 2022 Mornings Northern Hemisphere

Late May 2022 Mornings Southern Hemisphere



June 2022 Mornings



The 5 visible planets are lined up in the morning sky. A rare sight to see.

May 28 Mercury technically enters the Morning Sky but won't be easily seen for at least another week.

Mid-June is the best time to see all the planets with a clear view of the eastern horizon.

Uranus and Neptune are not visible to the naked eye.

Uranus is between Venus and Mars.

Neptune is between Jupiter and Saturn.

June 16, 2022 Morning

"Pleiades"



Venus
22 Taurus



Mercury
02 Gemini

June 2022 Morning Southern Hemisphere

"Pleiades"



Venus



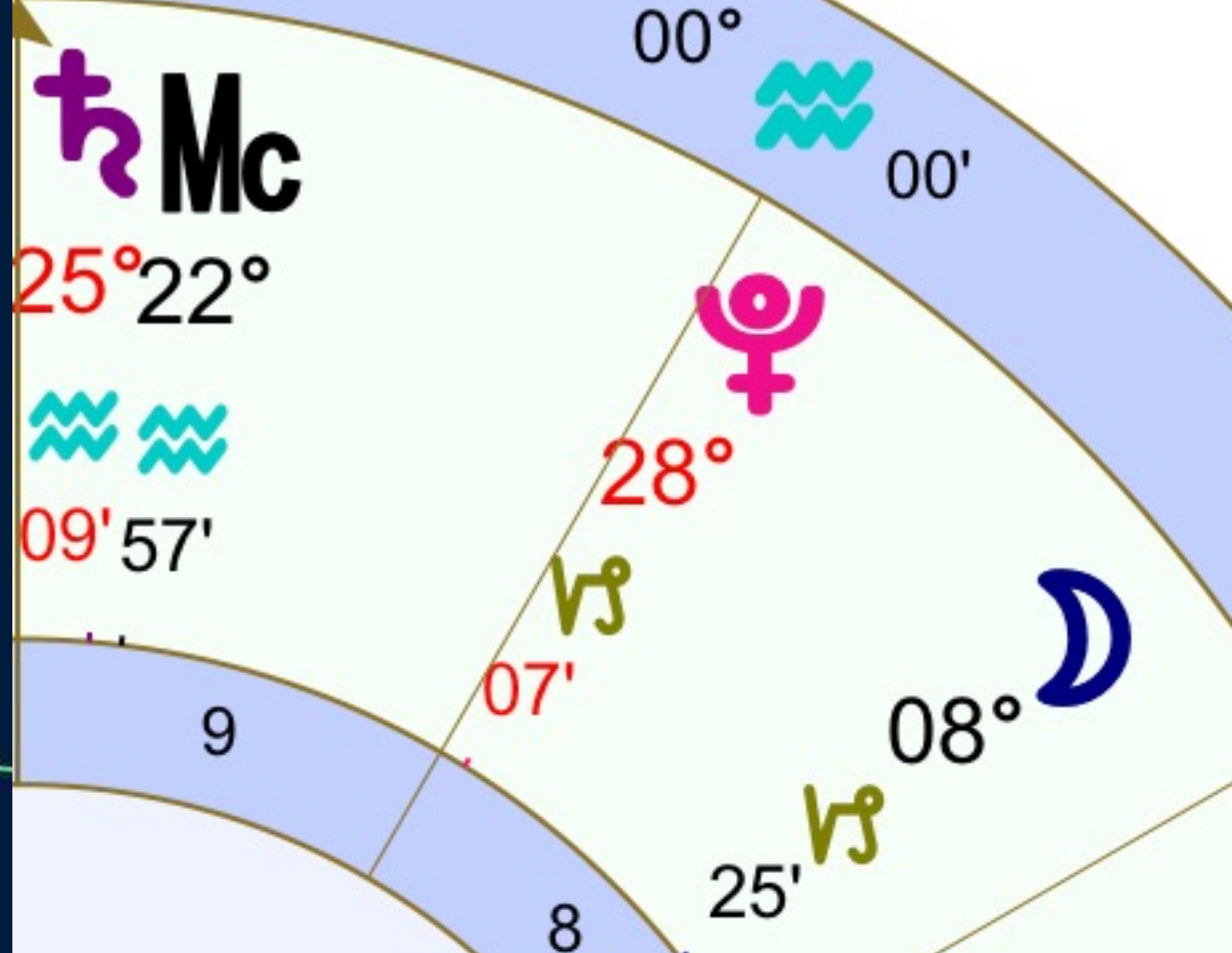
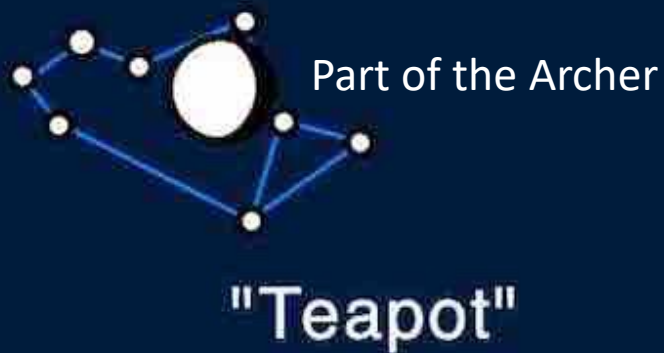
Aldebaran
10 Gemini



Mercury



June 15, 2022
Early Morning



Waxing Out of Bounds Moon in a rare siting within the Archer Constellation and what astronomers like to call the Teapot.

Jun 14 2022 15°Sg55' -24°46'

Jun 15 2022 01°Cp07' -26°42'

Jun 16 2022 16°Cp20' -26°37'

Jun 17 2022 01°Aq24' -24°34'





Capricorn Morning Solar Plexus Chakra Gate 2022

- May 20 Sun enters Gemini
- May 21 Sun conjunct retrograde Mercury in Gemini
- May 22 Retrograde Mercury returns to Taurus
- May 24 Mars enters Aries 4:17 pm Pacific
- May 26 Venus Moon together at the 3rd Chakra/5th Gate (28 Aries 15) 8:00 pm Pacific
- May 27 Venus (28 Aries) squares retrograde Pluto (28 Capricorn) at 2:29 am Eastern
- May 28 Venus enters Taurus at 7:46 am
- May 29 Mars conjunct Jupiter (3 Aries), Moon conjunct Mercury (27 Taurus) very near the Pleiades
- May 30 Gemini New Moon (9 Gemini) within a degree of Aldebaran & its Memorial Day
- June 03 Mercury stations direct (26 Taurus) very near the Pleiades
- June 04 Saturn stations Retrograde
- June 11 Venus conjunct Uranus (16 Taurus 50)
- June 13 Mercury enters Gemini very near the Pleiades
- June 15 Mars conjuncts Chiron (14 Aries 43)
- June 18 Venus square Saturn
- June 21 Sun enters Cancer at the June Solstice on the Galactic Cross at the Galactic Edge
- June 22 Venus enters Gemini
- June 26 Moon conjunct Venus (3 Gemini) at the Sacral Chakra Gate very near the Pleiades



©Venus Alchemy

The 5 Visible planets
in the morning sky.
The Pleiades are
featured in this gate.

All Times are Pacific
Time Unless
otherwise noted.



Moving from Heart into Solar Plexus

- We transition through the Heart
 - where the Above meets the Below
- We move ever downward
 - from the Upper Chakras into the Lower Ones
- We carry all of the previous cleansing and clearing with us
- Allowing Spirit to pour through us more readily

Remember what Cayelin teaches us...

“We inform the mysteries
as much as they inform us”.



Releasing at the Solar Plexus Chakra

Capricorn Meta-Goddess with

Venus in Aries

May 2 – May 28

Wise Capricorn Goddess, help me release the fears and pain that led me to hiding my fierce Power. Guide my inner warrior to free me from the scars that hide my rightful Strength. I release protecting my wounds at all costs.

Teach me to let go of the illusion of control. I allow myself to follow Our flow, guided by my intuition. I turn loose my not trusting myself and the Universe. Help me release where I force my will and instead be in alignment with Yours.

Train me the ways of Strength and Divine Power. Please show me I am safe letting my Power shine through. Through your guidance I release the distortions to being me and standing in my authentic identity.

How do I fear my power? Where do I block the expression of my fullness? How do I make myself smaller to appease others? Where do I allow other agendas and fears to overrun who I am? How do I not express my true identity? Where am I overly identified with my ego at the expense of my soul? How do I dampen and try to manage my power?



Releasing at the Solar Plexus Chakra Capricorn Meta-Goddess Venus in Taurus

May 28 – June 22

Grandmother Goddess, please show me the divine pleasure of standing in my Power. I allow myself to feel pleasure and revel in the Strength of Joy.

Help me to let go of fears around my body that keep me out of my Strength and out of my Solar Plexus.

Help me to breathe, using my diaphragm, releasing any wounding to feeling my belly. Teach me to love my belly in all its fullness and beauty. Allow me to release any judgements I have about my body.

I release my fear of my Goddess-given sensuality. Help me to be truly intimate with myself and accept ALL of who I am. Guide me to find presence with myself, even if it's uncomfortable for me to love certain parts.

How does my fear of my sensuality prevent me from experiencing the fullness of life? How do I discover the Power within my senses? How do I stop myself from sensing and feeling my Power? How does my fear of intimacy keep me separated from my potential? How can I use my inner beauty as a force in the world? How do I dampen and manage my compelling sensuality?



Releasing at the Solar Plexus Chakra

Capricorn Meta-Goddess with

Venus in Gemini

June 22 – July 17

Dipping into Gemini days before our next gate, we ask...

Earthly Crone Goddess, please help me to express my Power. Teach me to find confidence in my expressions of creativity, brilliance and wisdom. Show me how to stand united in my Power, and not split apart into polarity.

Show me the path to move beyond the duality within, holding myself back within the box of my own making, fearing my Power will lead me to not fit in.

Allow me to release all holds preventing the freedom of expressing my Strength.

How do I quiet my brilliance? How do I hide my knowledge because I fear my being different or what others will think? How do I stop myself from playing with my power, fearing it instead of having fun with it?

Sekhmet is ALL about Power

© Venus Alchemy

Sekhmet's name, comes from Sekhem, an ancient Egyptian word meaning "*sacred power*" or sacred energy.

Sekhmet (a Solar Goddess) restores cosmic law (for Maat) and balance through the process of Divine Alchemy - transforming negative energy and returning it to its original Divine expression.

In ancient Egyptian times **the first step on the path of initiation to reclaim one's divine sovereignty and power** was to go before a priestess of Sekhmet - in essence standing before Sekhmet herself – to determine if the Initiate was truly willing to let go of negative egoic patterns and step into their power from a place of integrity and humility.

It was important for the initiate to know that this journey was NOT about gaining personal power to rule over others but rather to stand in the strength and power of their divine essence as an inspiration to all those who were seeking healthy personal empowerment to wisely express their divine essence and fulfill their noble cause or purpose.

Anything in the way of healthy personal power would be encountered in this initiation



Creating Our Reality

6th Chakra Our Thoughts, what we Think

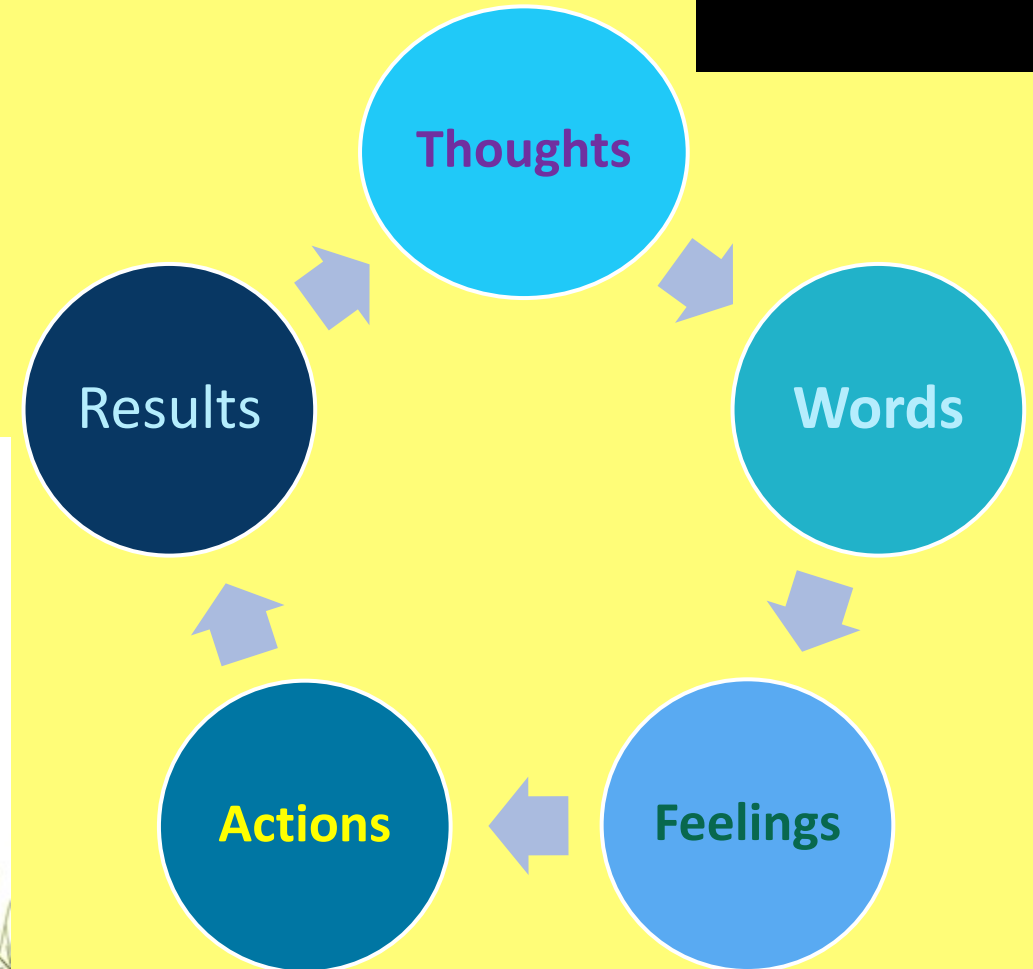
5th Chakra Our Words, what we Say

4th Chakra Our Feelings, what we Feel

3rd Chakra Our Actions, what we Do

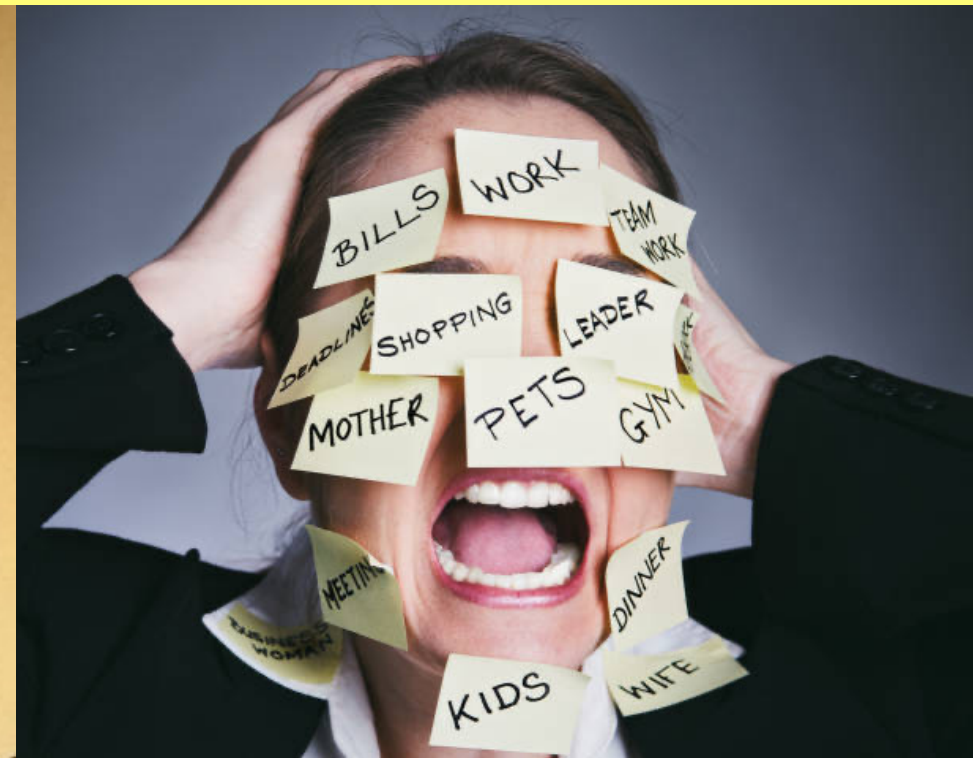
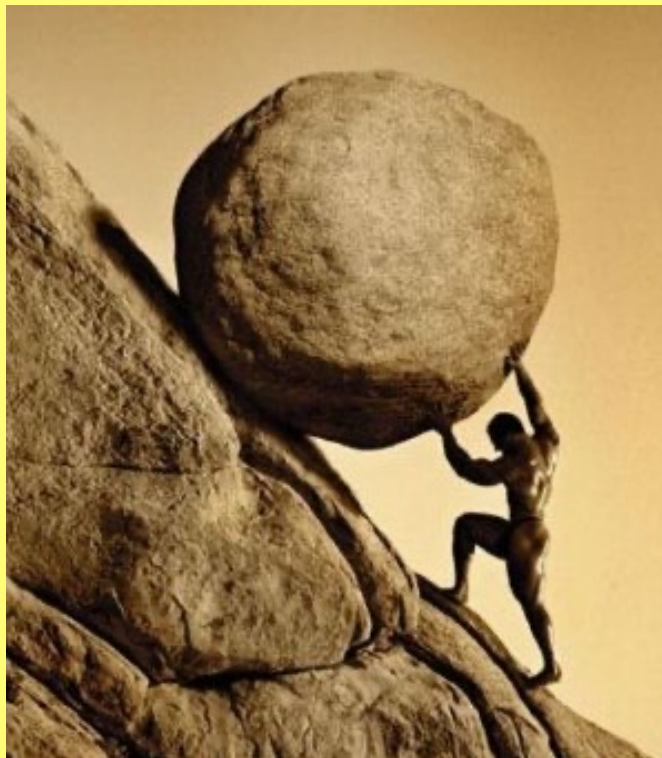
Actions, what we Do

Create the Results we experience.



How Capricorn May Be at the Effect of the Doing Addiction:

- Addicted Givers: if I give enough I will eventually be rewarded
- Doing so much for others I have no personal life
- If I don't do it - it won't get done
- Addicted to constantly building or creating something to avoid feelings or engaging personally
- Addicted to perfection - doing whatever it is perfectly so it may never be completed
- Addicted to following the rules, even when those rules don't feel good
- Addicted to forcing something to work, despite all indications it isn't working



- Addicted to Being In Control and Being Right
- Addicted to gaining admiration and approval from others through external accomplishments and achievements
- Addicted to creating and running an empire, even if the empire isn't desired or wanted
- Addicted to being the scapegoat and carrying the weight of the world

Capricorn Antidotes for the Doing Addiction

DONE is better than perfect!

Find the most efficient way to accomplish something or complete a project

It is not YOUR job to carry the burdens of the world

Let go of over giving, over working, over doing...

You don't have to be the one to do it all! Delegate

You are NOT responsible for other's choices





Change From the Inside Out

IF there is no transformation inside of us, all the structural change in the world will have no impact on our institutions.

*~Peter Block author of
Flawless Consulting
Stewardship*

*The Answer to How Is Yes
Community*

*The Abundant Community
The Other Kingdom*



Action from Joy, Inspiration, and New Models

You never change things by
fighting the existing reality.



Act as if what you do makes a difference. It Does!
~William James considered the Father of Modern Philosophy

New Perspective
**Act as if what You ARE makes a difference.
It Does!**

**To change something, build
a new model that makes
the existing model obsolete.**
~Richard Buckminster Fuller

Honoring Grandmother Wisdom

How are we healing the power of the inner and outer Grandmother to create change in this world?

How are the Grandmothers (including all wise ones who may not have grandchildren) sharing their wisdom with the younger generations?

- In your Venus Journal, take time to write about all the ways you are acting as a catalyst for change.
- Are you doing too much?
- Less than you wish?
- What old limiting beliefs and habits can you release?
- What wise inspired action are you committed to nurturing within yourself that will support you embracing your own personal power?

THE GRANDMA FORCE

How Grandmothers are Changing Grandchildren, Families, and Themselves



HARRIET HODGSON, BS, MA

Being as a Counterpoint to all our Doing

Being can be Aries actional as well as Taurean presence

The beauty of it is it can be done anywhere, anytime

Includes accepting the wholeness of ALL of ourselves
Wounds, rage, fears, self-judgement, perfectionism, etc. Not
“doing” fixing, changing something.

All of it - the Yin and Yang make the whole.

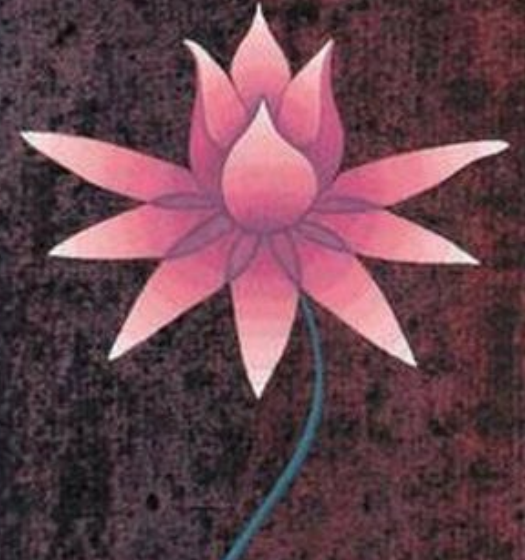
Being present in one of the Secrets of Life.

Being Breathing – using the diaphragm for our solar plexus
chakras

Nothing is more precious
than being in the
present moment.

Fully alive,
fully aware.

—Thich Nhat Hanh



“The concept of mindfulness generally has been conceptualized... as fundamentally involving a highly receptive, nonjudgmental awareness of and attention to whatever is present in the moment – whether pleasant, unpleasant, or neutral”

NIH, National Library of Medicine



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 Heart Chakra Gate?
- What are your intentions for the Solar Plexus Chakra Gate?
- Is “Doing” an addiction for you?



Honoring the Cronos

International Council of Thirteen Indigenous Grandmothers

On **October 11, 2004**, 13 Indigenous Grandmothers from all over the world—the Arctic Circle, North, South and Central America, Africa, and Asia, arrived at Tibet House US Menla Mountain Retreat in upstate New York. Within a few days of convening, the **grandmothers agreed to form a global alliance**; to work together to serve both their common goals and their specific local concerns.

The first council gathering was a time of hope and inspiration. The grandmothers are both women of prayer and women of action. Their **traditional ways link them with the forces of the earth**. Their **solidarity with one another creates a web to rebalance the injustices wrought from an imbalanced world**; a world disconnected from the fundamental laws of nature and the **original teachings based on a respect for all of life**.

<https://cep.anglican.ca/institutions/international-council-of-thirteen-indigenous-grandmothers-the/>



WE, THE INTERNATIONAL COUNCIL OF THIRTEEN INDIGENOUS GRANDMOTHERS, represent a global alliance of prayer, education and healing for our Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come. We are deeply concerned with the unprecedented destruction of our Mother Earth and the destruction of indigenous ways of life. We believe the teachings of our ancestors will light our way through an uncertain future. We look to further our vision through the realization of projects that protect our diverse cultures: lands, medicines, language and ceremonial ways of prayer and through projects that educate and nurture our children.




- Aama Bambo – Nepal
- Margaret Behan – Cheyenne- Arapaho
- Rita Pikta Blumenstein -Yupik
- Julieta Casimiro – Mazatec
- Marie Alice Campos Freire – Brazil
- Flordemayo – Mayan
- Tsering Dolma Gyalthong – Tibetan
- Beatrice Holy Dance Long Visitor Holy Dance – Lakota
- Rita Holy Dance Long Visitor Holy Dance – Lakota
- Agnes Pilgrim – Takelma Siletz
- Mona Palocca – Hopi/ Havasupai
- Bernadette Rebienot – Bwiti
- Clara Shinobu Iura – Brazil

Plant Spirit Medicine

Let the Medicine of the Earth bring you
into the Vibration of the Archetypes and
the Frequencies of the Chakras





Cistus (Rock Rose) – Solar Plexus Chakra

- Feeling Strength when you need it
- Solid friend who shows herself in time of need
- Use when feeling lost, disempowered, low self-esteem
- Empowerment!
- Wound healer – inside and out
- Queen of immune system
- Spiritual and Emotional immunity
- Anti-infectious
- Respiratory system
- All skin issues – cuts to pimples to wrinkles

Four Questions

1. **What would it take** to truly know and live the power of who I am?
2. **What would it take** for me to clear and release all the ways I have given my power away?
3. **What would it take** for me to clear and release all the ways I have asserted power over others?
4. **What would it take** for me to clear and release blocks around my power to influence society?



Home Play

Deepening Practices

- **Connect with Venus Altar and Venus Journal**
- **See if you can see Venus with Moon on May 25, 26 and 27**
See if you can see Venus and Mercury near the Pleiades especially around June 3, 13 and 18.
- **Morning Star Venus Buddy Check-In**
- **Ceremony With Venus & Moon in Morning Sky – BE**
- **Practice Letting go of Addicted Doing (slide 24)**
- **Set your intention for what you are releasing and work with any of the questions listed here that resonate with you.**
- **Listen to Guided Journeys and Meditations most especially the Solar Plexus Chakra Release**
- **Share your experiences and insights on Facebook or send us an email and we will post it for you.**





Ceremony