



**Venus Alchemy  
Capricorn  
Morning Star**

**2nd Chakra 6th Gate  
Releasing Distortions and Blocks  
In Our Physical Bodies  
with Cayelin K Castell and Sheridan Semple**

# Grandmother Goddess Prayer

## Releasing Distortions at the Sacral Chakra

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Beloved Wise Grandmother Goddess of Magical Embodiment  
You Who Know the Ways of Ecstasy and Pleasure in the Physical Body,  
Mistress Of Intimacy And Satisfier Of Desires  
Guide Me In Releasing all that prevents me from Joyously Receiving  
More Beauty, More Love, More Pleasure, More FUN, More Joy, More Health And Wealth  
Than I Have Ever Previously Imagined  
Guide Me To Face and Release any Fear I may still have around Deep Ecstatic Intimacy  
So That I Experience Its Deepest Gifts And Transformation

Oh Mighty Loving One Anchored In The Wise Use Of **Get It Done** Life Force Energy  
Including Healthy Expressions Of Personal Value And Self Worth  
Oh Beloved And Adored Goddess - Guide Me To LET GO  
Of all the ways I have ever believed I am NOT Worthy,  
NOT Valued and NOT Valuable Just the Way I AM  
Help Me Release ALL the Distortions within ME  
Including whatever prevents me from Truly Feeling Ecstatic Life Force Energy In My Body  
So I am Living My Life in Ways that are genuinely Pleasurable, Magical and FUN!

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





# Ode to Sirius and the Sun As Seen from Earth

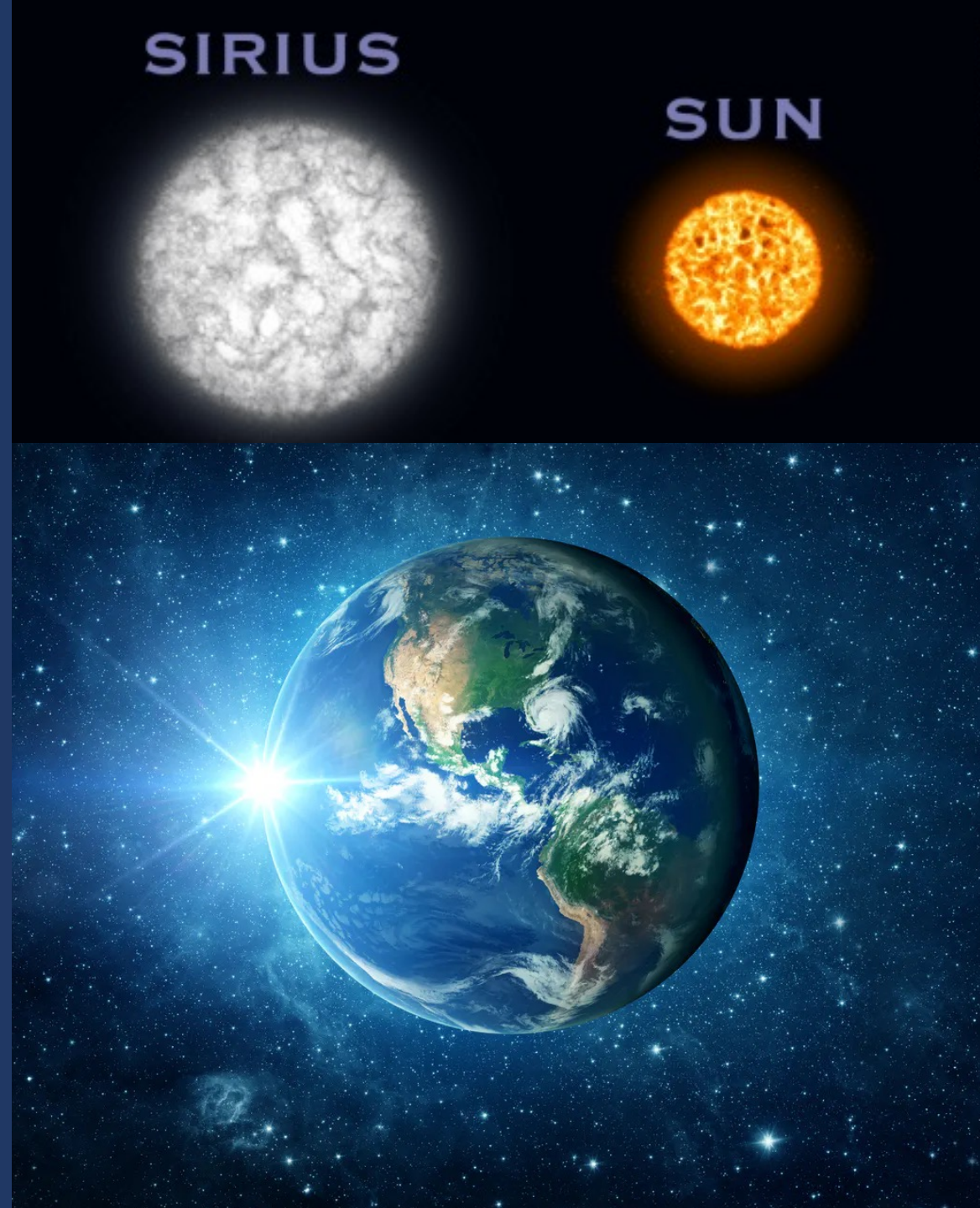
By Cayelin K Castell

Each year the Sun and Sirius Meet  
For 70 days in the Summer Heat  
Illuminating a Time out of Time  
Where magic and mystery miraculously align

The Dog Days are filled with Glorious Light  
When we might receive Deep Profound Insight  
Look toward the Luminous Bright Shining Sun  
Where All that Was IS Now Being Redone

As we focus on this wondrous creation portal  
It helps us remember we are divinely im-mortal  
AND we are co-creators of Magical Delight  
Imagining a New World Now within our Sight

In this New World we surely will find  
Wisdom that goes beyond linear time - AND  
the challenging limits of our rational mind  
Transforming ourselves in ways that are loving and kind



# Overview

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Sky Magic

Capricorn Meta Goddess – Gemini, Cancer

Connection Groups

Pleasure is Medicine and the Money Mysteries

Honoring the Crones

Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

The Grand Finale with Tami Brunk

Q and A





December  
Solstice  
SW



March & September  
Equinoxes  
W



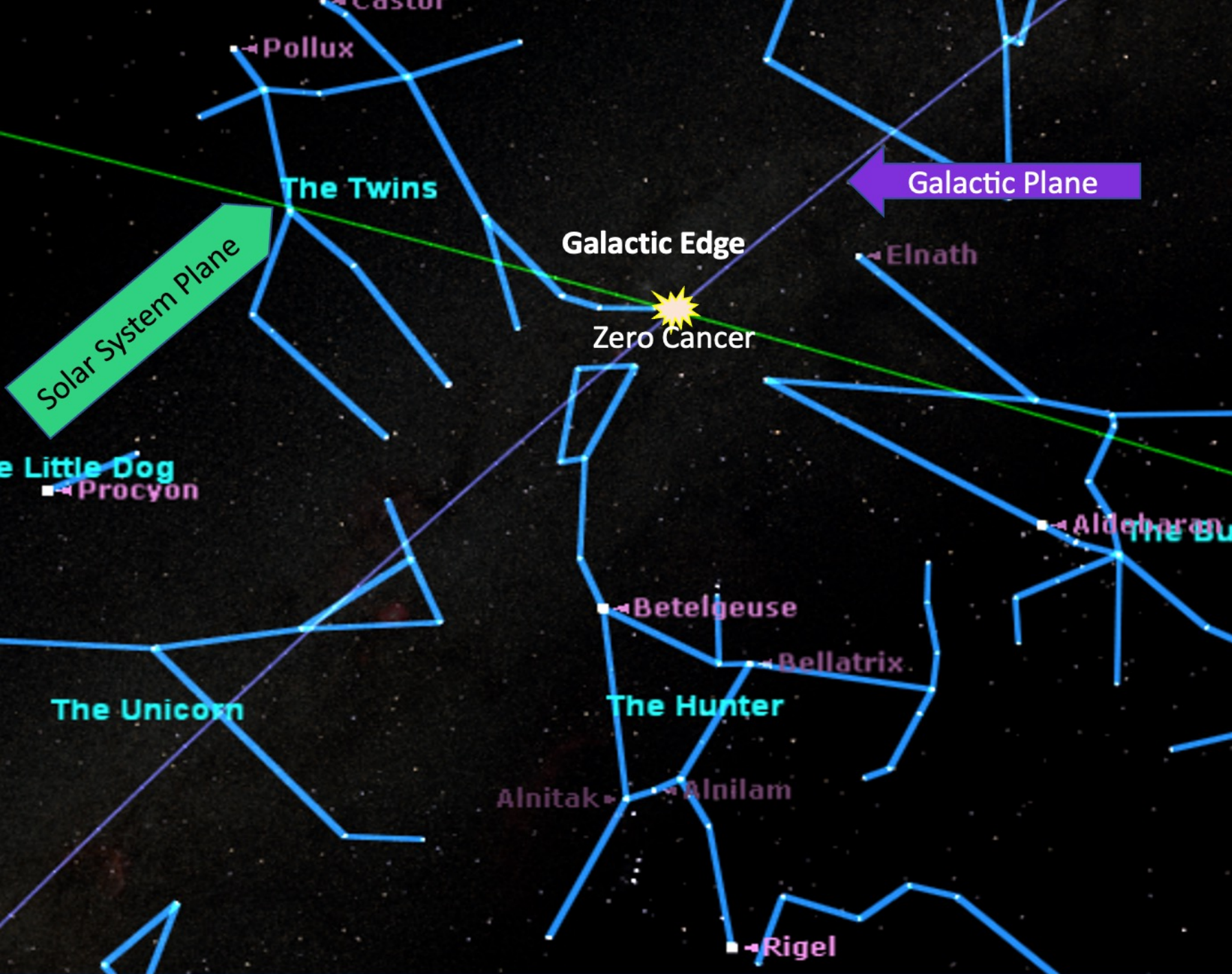
June  
Solstice  
NW











**The Galactic Cross at the Galactic Edge where the June Solstice Sun Rises between the Twins and the Horns of the Bull**

**The Milky Way is fainter at the edge than near the center but we have Orion, the hunter reaching up to the Galactic Cross!**



# June 2022 Morning

"Pleiades"

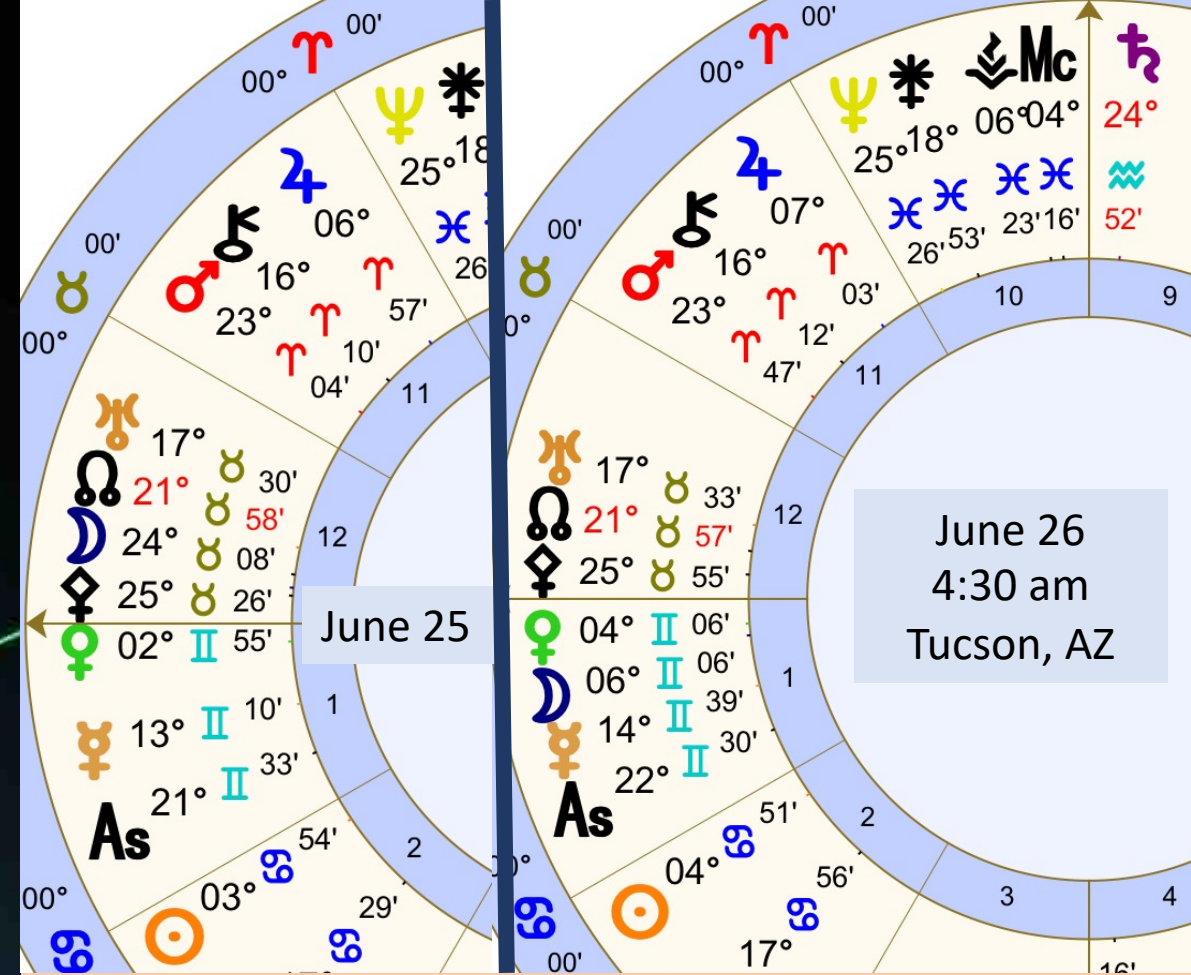
June 26



Venus

Mercury

June 25

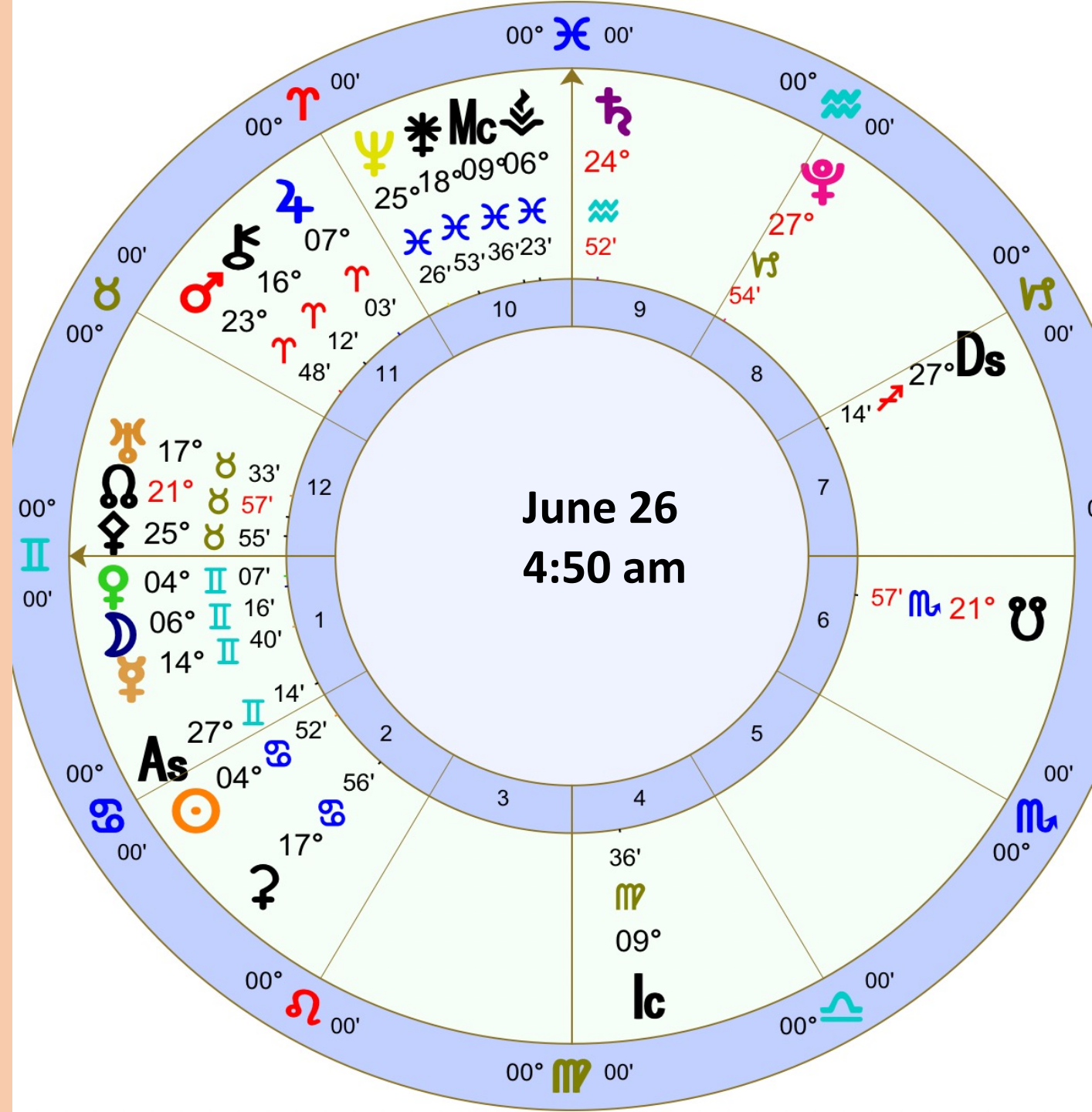


Moon approaching the Pleiades and Venus on Morning of June 25 and has passed the Pleiades though very close to Venus within 2 degrees on the morning of June 26.

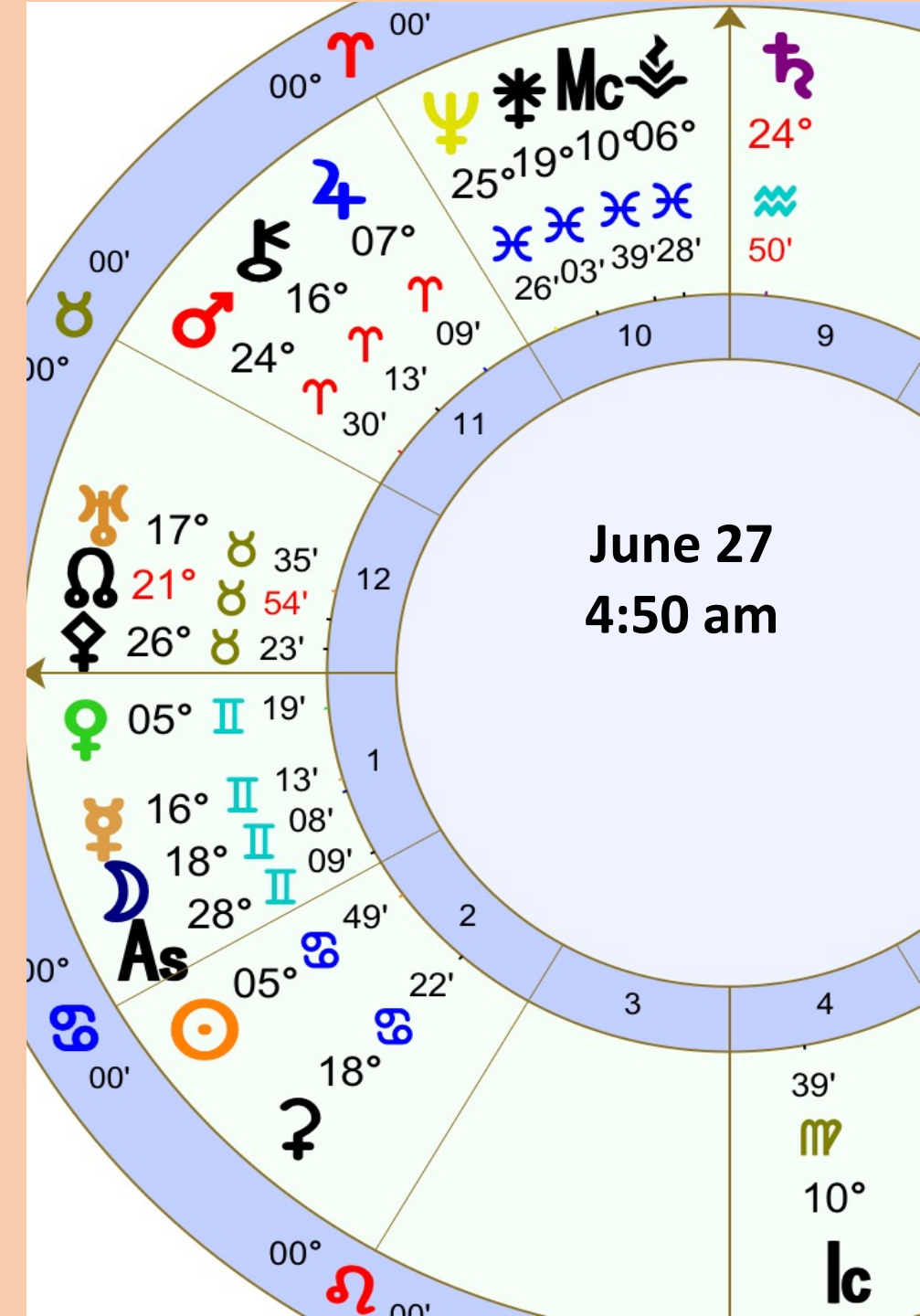
Mercury low on the horizon is near Aldebaran. This Royal star is likely not visible in the dawn light.

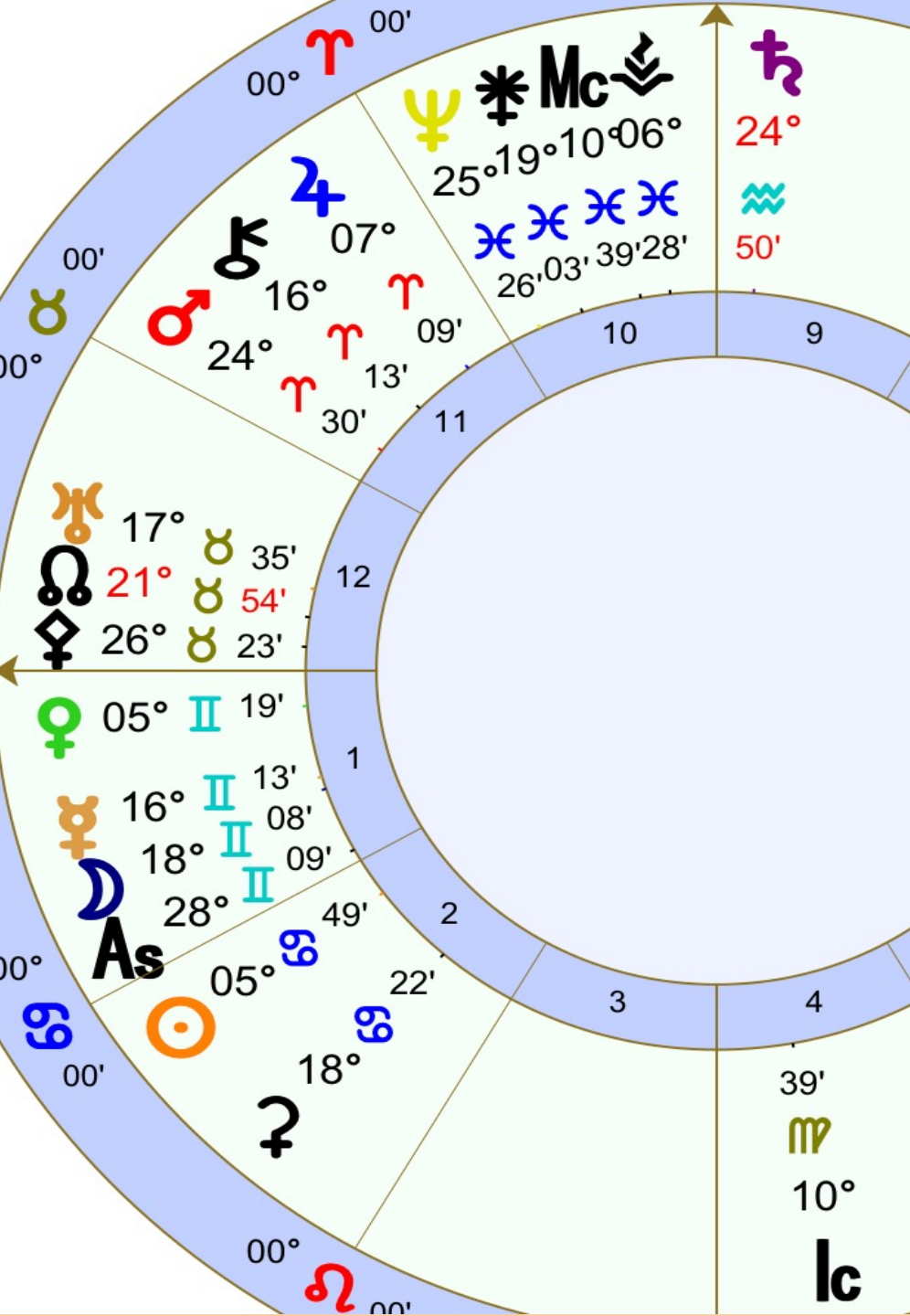




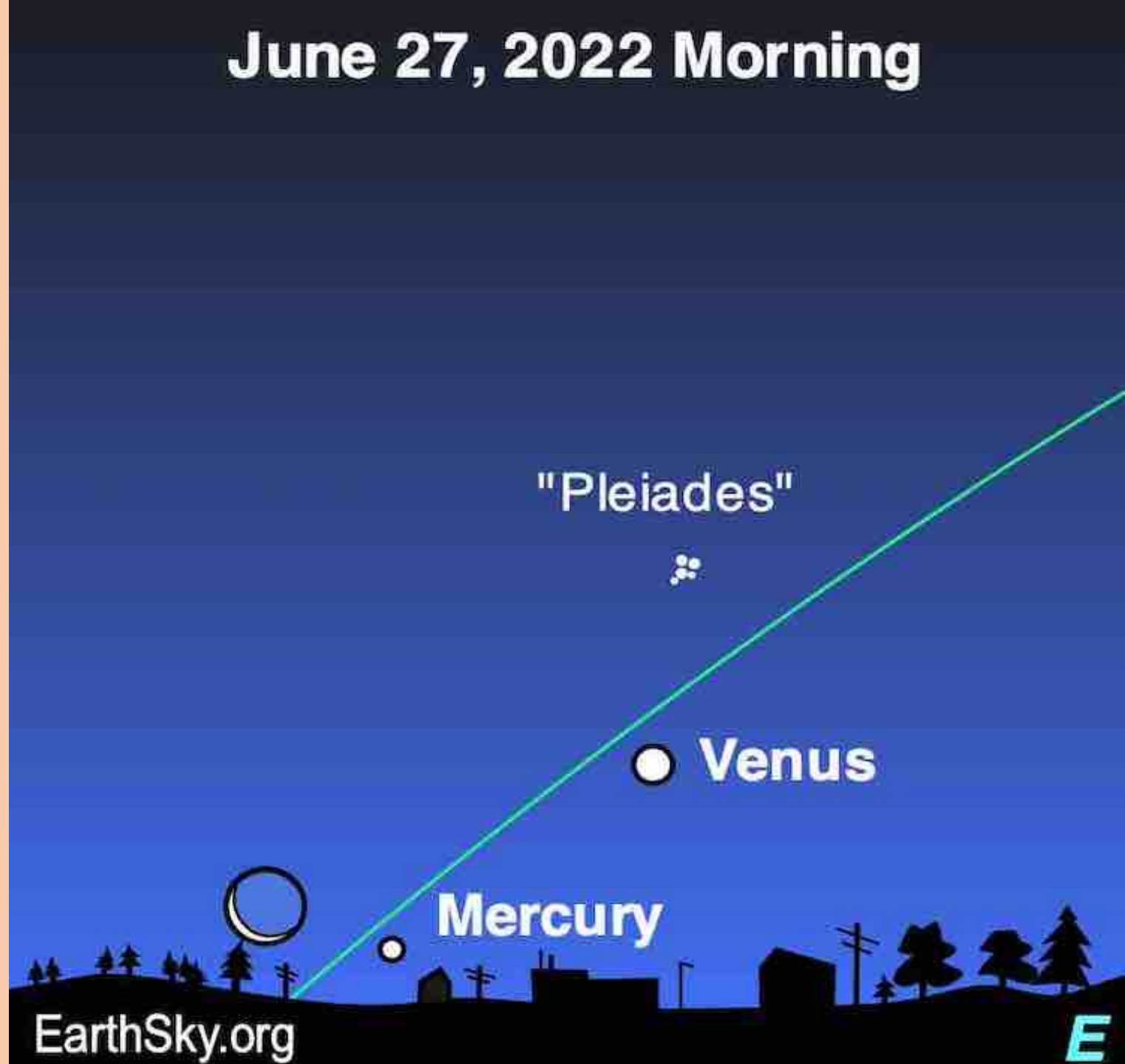








# June 27, 2022 Morning







## Capricorn Morning Sacral Chakra Gate 2022

June 21 June Solstice Sun on the Galactic Cross at the Galactic Edge

June 22 Venus entered Gemini

June 26 Moon conjunct Venus (03 Gemini) at the Sacral Chakra Gate with Pleiades

June 28 Cancer New Moon (07 Cancer 23) Neptune stations Retrograde (25 Pisces)

July 01 Mars (27 Aries) square Pluto (27 Capricorn) at 7:14 pm

July 04/05 Mars enters Taurus at 11:04 pm and Mercury enters Cancer at 11:25 pm

July 04 USA's 246th year birthday (Sirius) and Pluto Return is exact again on July 11

July 17 Venus enters Cancer at 6:32 pm passing the Galactic Cross at the Galactic Edge

July 19 Chiron stations Retrograde at 8:21 am and is conjunct the Moon at 9:57 am

July 19 Sun is Opposite Pluto at 6:39 pm

July 20 Moon conjunct Mars at 9:06 am and Uranus at 11:14 pm

July 22 Magdalene Feast Day Sun enters Leo at 1:07 pm

July 25 The Mayan Day Out of Time

July 26 Venus and the Moon (10 Cancer) at the Root Chakra gate & the Mayan New Year

July 28 Leo New Moon (05 Leo 39) at 10:55 am, Jupiter (8 Aries) stations retrograde at 1:37 pm

July 31 preview of the Root Chakra Gate Uranus and the North Node Meet at 18 Taurus 41



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Venus and the Moon  
are aligned with the  
Pleiades.

All Times are Pacific  
Time Unless  
otherwise noted.





## Releasing at the Sacral Chakra Capricorn Meta-Goddess with Venus in Gemini

June 22 – July 17

Earth Goddess Crone, please help me to express my creative power in fun, playful ways that bring me pleasure. Teach me to find joy in the brilliance of my womb. Show me how to stand in my abundance, with gratitude and see beyond duality.

Please help me to release any distortions to my sensuality, including disruptions within my sexuality. Help me to let go of wounds that stand in the way of my enjoying the fullest expression of my womb of possibilities.

Show me the path to stop holding myself back within the box of my own making, fearing my creative power instead of joyously generating with it.

What would it take for me to release any fears of not being enough?  
What would it take for me to allow my creative juices to flow?  
What would it take for me to play with and enjoy my sexuality, instead of fearing it but instead have fun with it?  
What would it take for me to allow unfettered abundance and joy in my life?





## Releasing at the Sacral Chakra Capricorn Meta-Goddess with Venus in Cancer

July 17 – August 11

Grandmother Goddess, please show me the divine pleasure of motherhood, regardless if I have biological children, no matter how I identify in gender. Help me to allow myself to feel my emotions and find love within the whole of me. Show me the path to nurturing and finding nourishment within my womb.

Help me let go of any fears that I am not enough, that then push me into over-giving. Teach me how to let go of the distortions that prompt my not nurturing myself first, then allowing that abundance to fuel my giving to others.

Please help me release any fears of unconditionally loving myself and others, even when I do not understand myself or them. Show me how to create a safe space within myself that spills out into the world.

What would it take for me to release any fear of taking care of myself and allow self-love to flow?

What would it take for me to not put others needs before my own?

What would it take for me to stop criticizing myself and trust my needs?

What would it take for me to create safe space for myself?



# **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 Solar Plexus Chakra Gate?
- What are your intentions for the Sacral Chakra Gate?
- Do you hold back your creative powers?



# Sex, Pleasure, Creativity and Life Force

*How does the Capricorn Meta Goddess block pleasure, intimacy, and sexual aliveness?  
For what reasons?*

*What would it take for the Capricorn Meta Goddess to release and heal these blocks and experience genuine pleasure and deep intimacy?*

*How does Healthy Pleasure, Creativity and Life Force energy serve Capricorn values of effectiveness and productivity?*



**Sensual Pleasure for Capricorn  
Is Resting after Productive Work.**



**Pleasure is Medicine, Pleasure is Empowering**

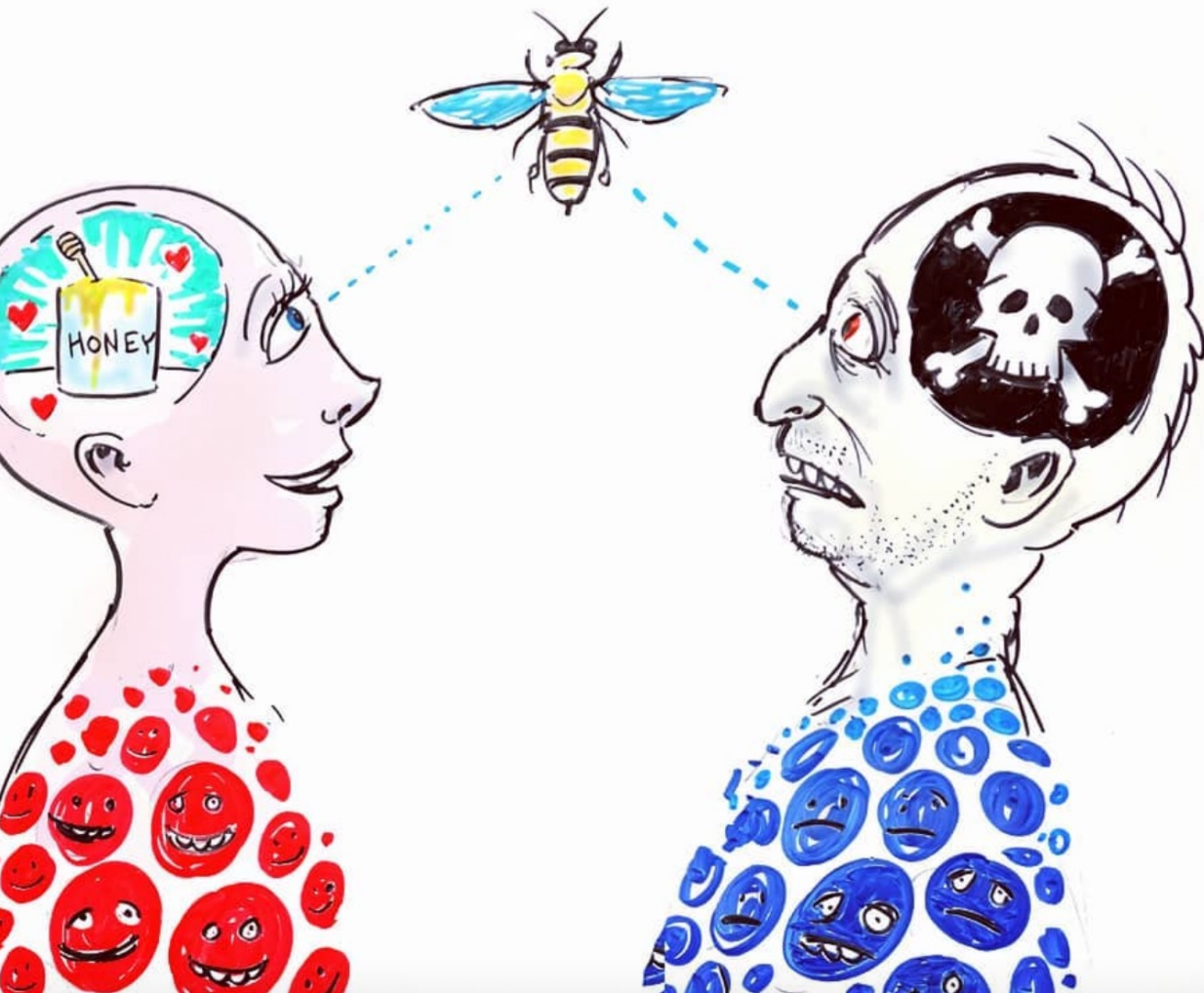


**Pleasure is Sacred**



the moment you change your perception,  
the moment you rewrite the chemistry  
of your body.

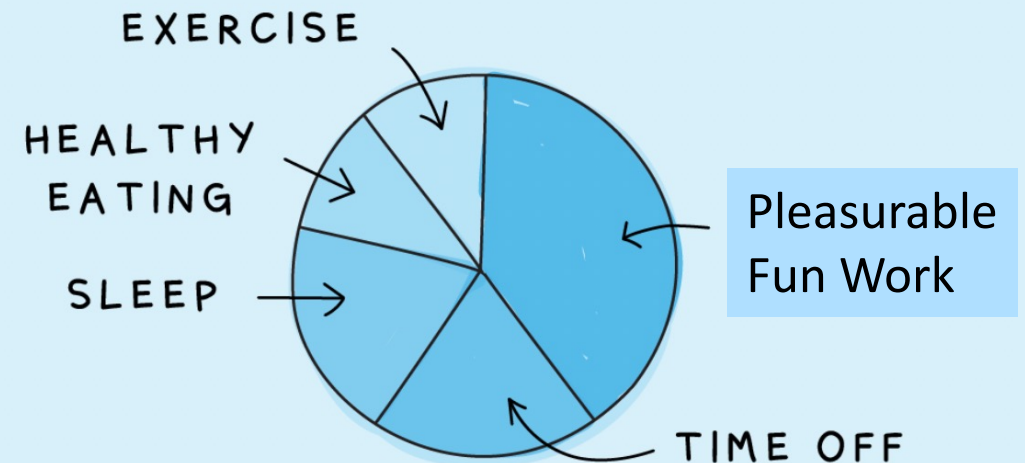
- Dr. Bruce Lipton



WHAT I THOUGHT WOULD  
MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES





# The Pleasure Hormones

## Activating the Medicine of Pleasure

### DOPAMINE

(The Reward Chemical)

Listen to music

Try something new

Do something creative

Tick something off your list

### SEROTONIN

(For Good Moods)

Exercise

Bask in the sun

Practice meditation

Eat a healthy meal

### OXYTOCIN

(The Love Hormone)

Hug someone you love

Spend time with friends

Show affection

Do something nice for someone

### ENDORPHINS

(The Pain Reliever)

Take a hot bath

Create music or art

Yoga

Laughter

## How to Increase Oxytocin Levels

1

#### Socialize

Surrounding yourself with loved ones (including pets) and experiencing physical touch is one of the most effective ways to raise oxytocin.

2

#### Get Some Sun

Vitamin D aids in the production and release of oxytocin, and comes from spending time in the sun.

3

#### Exercise

Many studies suggest exercising for at least ten minutes per day increases oxytocin levels.

4

#### Listen to Music

Taking time to listen to your favorite music often raises oxytocin levels.

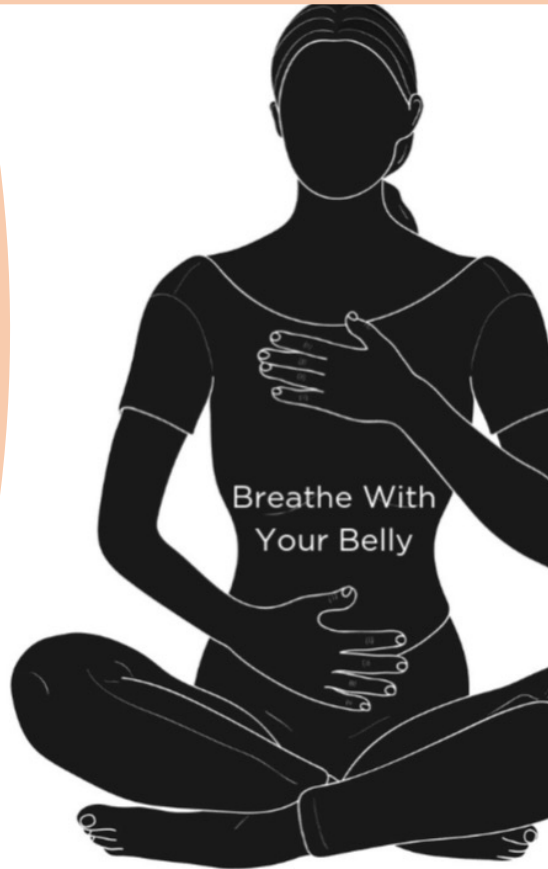
# HAAAA Breathing Stimulates the Vagus Nerve And Increases Oxytocin

Hand on Belly - Breathe In and Feel Your Belly Rise. Release your breath with a pleasurable audible HAAAAAAAAA...for as long as you can sustain it. Repeat at least 3 times.

When exhaling with an audible “HA” allow a smile to help increase the feelings of pleasure.

Tone with a toning app or with any sound or tone that ignites the good feelings you get from oxytocin and endorphins.

If it feels pleasurable place your hand over your heart



## Vagus Nerve: Information Superhighway

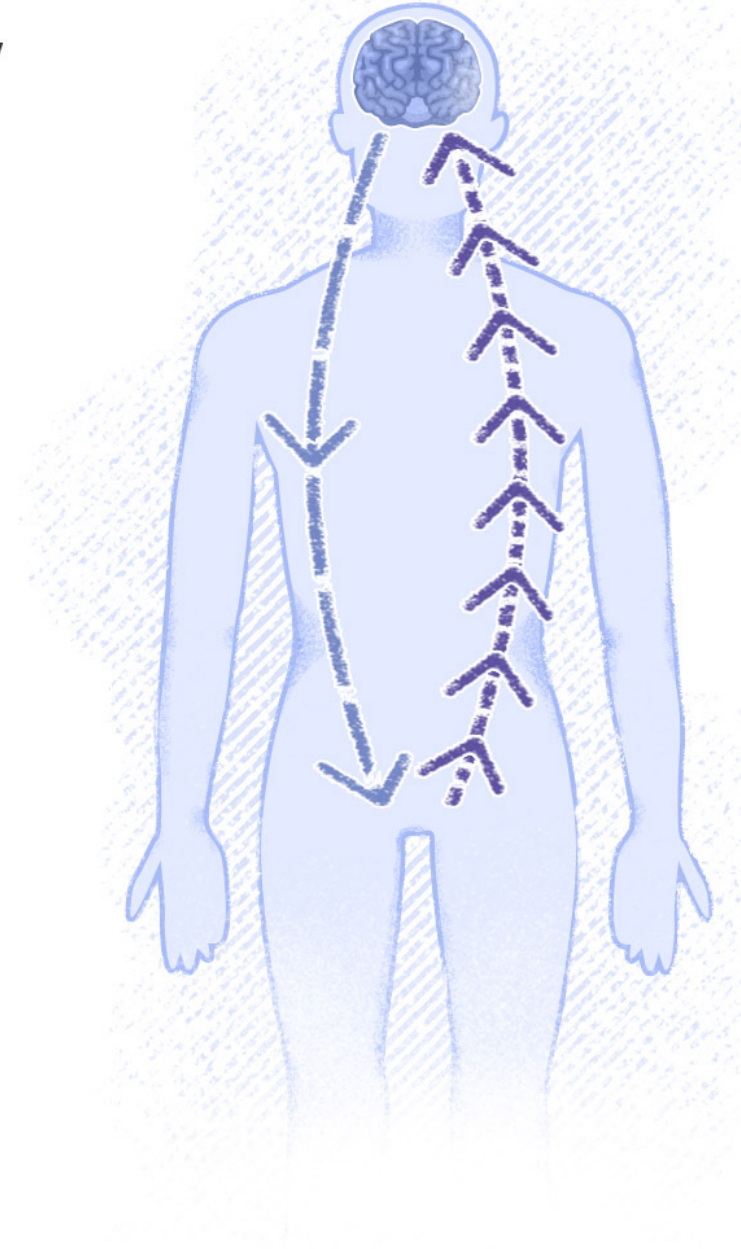
DID YOU KNOW?

80%

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

20%

communicate from  
the brain to the body





# Sheer Pleasure Through Work/Doing





# Similarities between Capricorn and Money/Value

- Both Capricorn and Money take on the “flavor” of the dominant paradigm.
- The paradigm changes as our perspective about Money/Value changes
- The hidden/forgotten essence of both Money/Value and Capricorn is they are Feminine in nature
- As our paradigm shifts and the feminine comes back into balance with the masculine, how might we infuse money with sacred intent and its most effective use in supporting and uplifting all life?





**All Financial and  
Money Resources  
Uplift Each of US  
when used with  
awareness and  
loving intention**



**I gratefully invite  
and embrace  
the power of my own  
inner divine authority  
to assist me in  
cleansing, purifying  
and healing all money  
and financial wounds  
NOW and  
Forever More!  
I am increasingly  
valuing myself and the  
gifts I bring to this life.**

## Mohawk Bear Clan Mother Louise Herne and Professor Sally Roesch Wagner in [\*Without a Whisper\*](#) on PBS

**“The women’s right movement began in Seneca Falls, NY in 1848 ...or did it?”**

Herne and Wagner are setting the story straight by educating us that it actually began with the Haudenosaunee (Ho-de-ne-sho-ne) Confederacy.

Wagner writes, “Women of the six nations Haudenosaunee (Iroquois) confederacy have had political voice on this land for at least 1,000 years. The male chiefs who are the representatives of their clan in the confederacy of the Mohawk, Oneida, Onondaga, Cayuga, Seneca, and Tuscarora Nations are selected, held in office, and removed by women – the clan mothers... this oldest continuing democracy in the world is based on a system of gender balance. The position of the chief is vested in the clan mother, who is the eyes and ears of the people. Women were ‘the great power among the clan, as everywhere else,’ Elizabeth Cady Stanton marveled. Lucretia Mott wrote about listening to ‘speeches of their chiefs, women as well as men’ (clan mothers and chiefs) when she visited the Cattaraugus Seneca community during the summer of 1848 before Mott, with Stanton and Quaker friends, organized the Seneca Falls convention.

While it was illegal for women in every state (of the US) to vote and only white men could vote, women citizens of the six nations of the Haudenosaunee confederacy had full and equal participation in their government, which was based on consensus with everyone having a voice. The suffragists knew that Indigenous women had equal political rights and were inspired to work for their own by seeing the practice of true democracy in action.”

## Honoring the Crones







## Tangerine – Sacral Chakra

- Bright orange in color
- Made from rind, so protects us
- Guardian of Power
- Encourages our Life Force
- Promotes juiciness of life
- Beautiful, refreshing essence that supports happiness
- Anti-depressant
- Calms irritableness and anger
- Working with our inner child
- Helps us with healthy boundaries



## Blue Chamomile – Cancer

- Instills wisdom of peace
- Smooths the flow of the body's Qi – energy
- Spiritual and emotional relaxation that flows into the physical
- Self-nurturing and self-love
- Patience, living in Divine timing
- Receptivity to intuition
- Anti-inflammatory
- Nervine – calms nervous system
- Loosen grip of old habits, ideas and beliefs that are no longer useful in living the life you want to live





# Home Play

## Deepening Practices

- **Connect with Venus Altar and Venus Journal**
- **See if you can see Venus with Moon on June 24, 25, 26 & 27**
- **Morning Star Venus Buddy Check-In**
- **Ceremony With Venus & Moon in Morning Sky**
- **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 Sacral Chakra Release**
- **Share your experiences and insights on Facebook or send us an email and we will post it for you.**





*Ceremony*







Sharing with Tami Brunk  
Co-Founder of Venus Alchemy  
Earth Sky Woman School  
Womb Alchemy  
Earth Pilgrim

