



**Venus Alchemy
Capricorn
Morning Star**

**1st Chakra 7th Gate
Releasing Distortions and Blocks
Around Our Feeling Safe and Supported
with Cayelin K Castell and Sheridan Semple**

Charge of the Crone (author unknown)

Hear the words of the Crone Goddess who stands within the crossroads - her torch illuminates the underworld:

I am the Ancient Wise One having given Birth to all that exists.
I am the Queen of Magic!

I am the Dark of the Moon, hidden in the deepest night. I am the mystery of birth, life, death and rebirth loving and guiding you on your journey.

I give form to the universe. Most ancient are my mysteries.

Therefore, let there be beauty in your strength, compassion in your wrath, power in your humility, and mastery balanced with mirth and reverence. For behold all acts of love and pleasure are my greatest magic.

You who seek to know me, know and remember my mysteries reside within you. If you seek outside yourself - my mysteries will elude you, for they are within you and nowhere else.

Know I have been with you, from the 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 spiral dance.

I am the wise womb of all new beginnings as yet unimagined and unknown.



By [AmberCrystalElf](#)

Grandmother Goddess Prayer

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Releasing Distortions Around Healthy Expressions of Life Force

Beloved Grandmother Goddess, Demonstrating the Wise Use of Sacred Life Force Energy
Wisdom Keeper of Authentic Healing, Alchemy and Transformation
Goddess Of Great Courage and Strength

Thank you for Guiding me to Release Everything that Prevents me from
Trusting I am Safe, Secure, Loved, Supported and Valued Just the Way I AM Now...

Oh Grand and Glorious Ancient Wise One who knows the secrets to Removing Obstacles
Thank you for Guiding Me to Release all that is in the Way of ME Experiencing
Vibrant, Alive, Healthy, Life Force Energy, So I am Thriving in the Best Ways Possible
Thank you for showing me how to Release and Dissolve Everything that Prevents Me
From Creating and Maintaining Healthy Boundaries

Thank you for assisting Me in discovering all the false beliefs and misconceptions that block
me from knowing and trusting my Great Value, Great Strength and Evolving Life Purpose.

Thank you for Helping Me Release Any and ALL Imbalances and Distortions
Including whatever prevents me from Living the Full Power and Wonder Of Who I Truly AM...

Thank you for all your support as I restore radiant health, wealth and well-being within
Myself and the rest of the World.

It is Done, Its is So! And I give Thanks! Blessed Be!



Overview

Sky Magic

Capricorn Meta Goddess – Cancer & Leo

Connection Groups

Healing for the Root Chakra

Honoring the Crones

Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

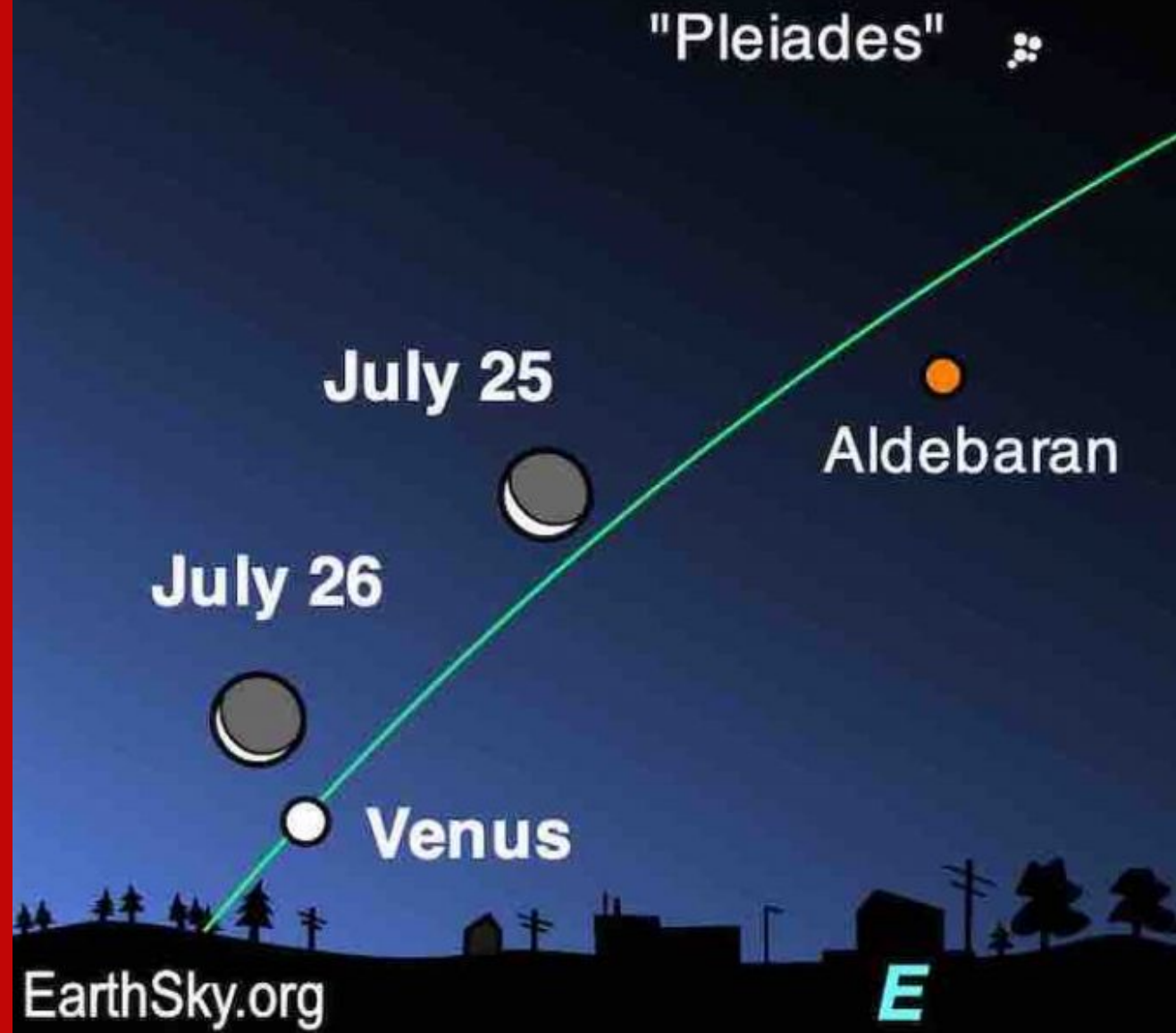
Q and A



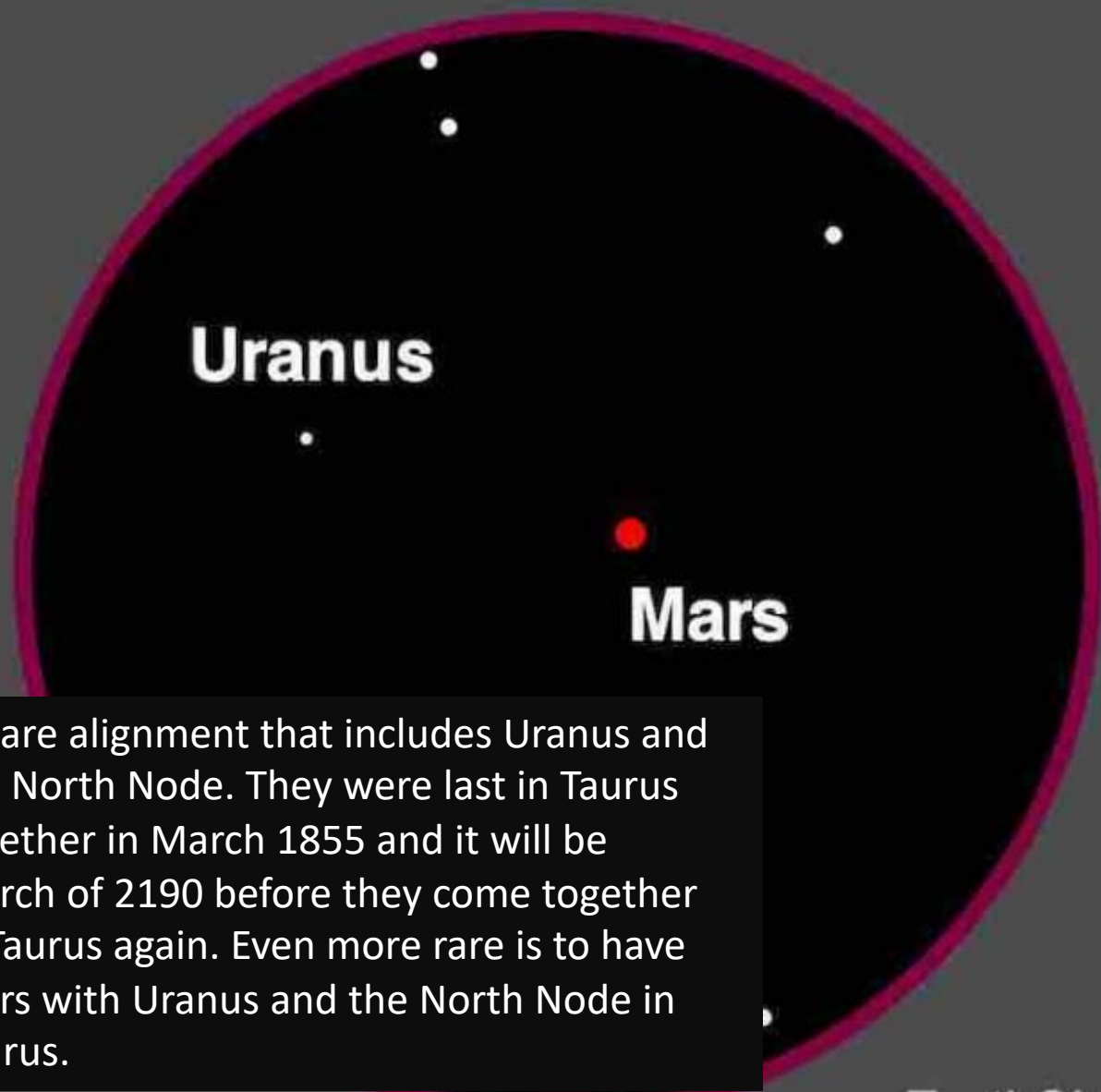
Waning Crescent Moon, morning



July 2022 Morning

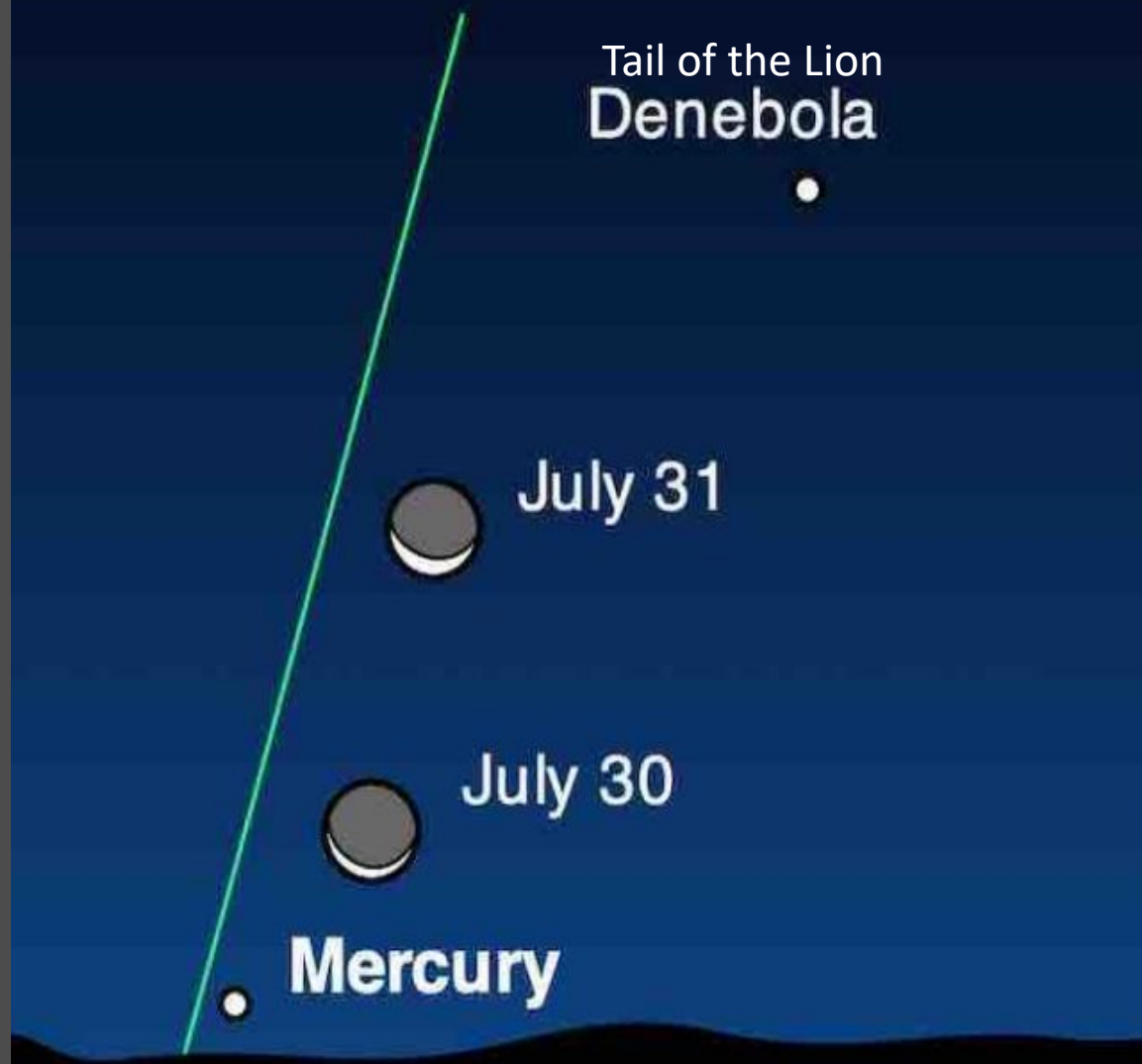


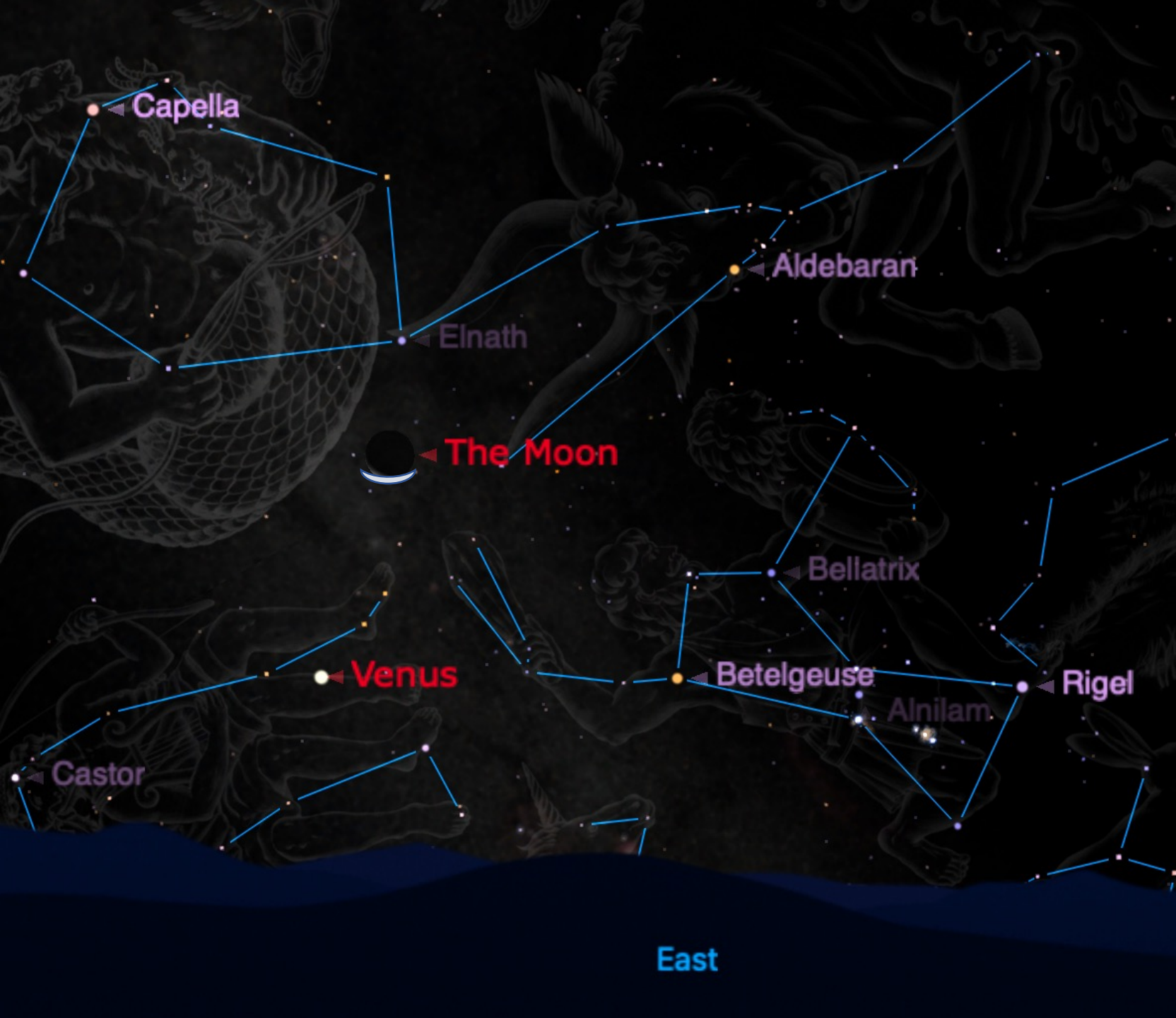
Late July 2022 Morning Binocular view of Mars and Uranus



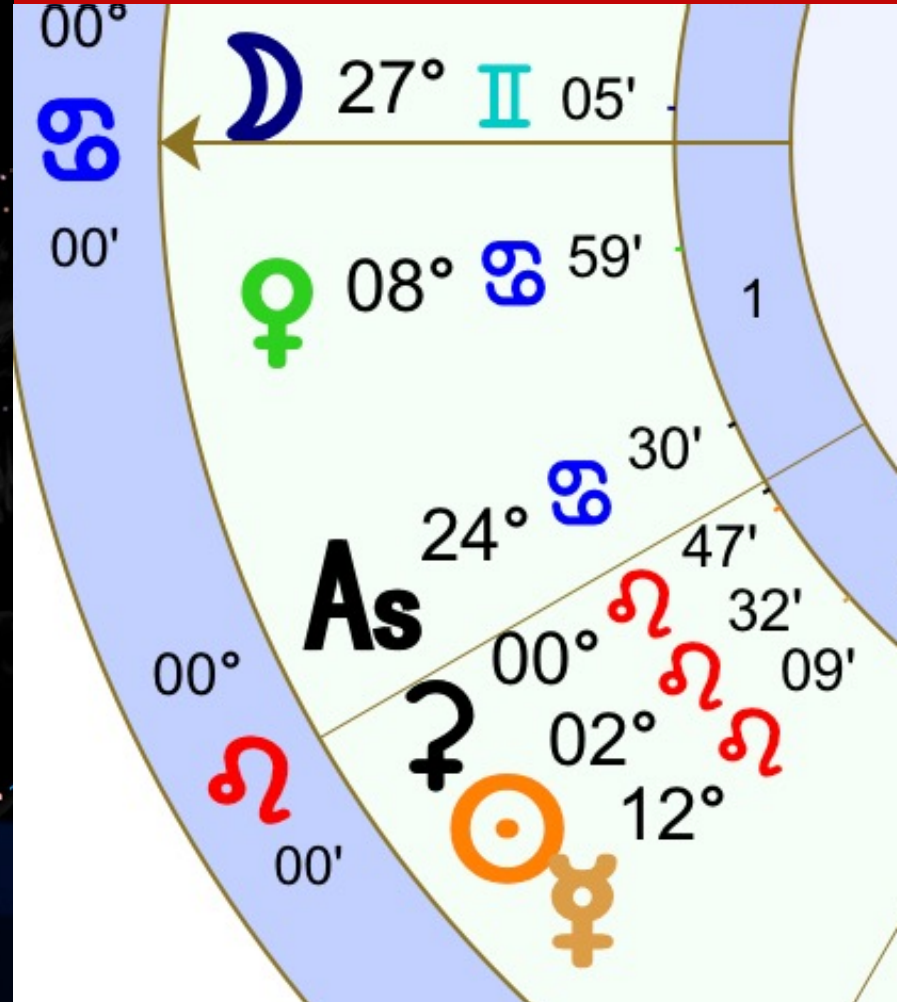
A Rare alignment that includes Uranus and the North Node. They were last in Taurus together in March 1855 and it will be March of 2190 before they come together in Taurus again. Even more rare is to have Mars with Uranus and the North Node in Taurus.

Late July 2022 Evening Southern Hemisphere



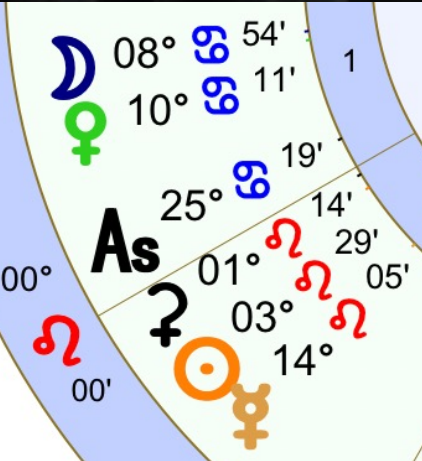


July 25, 2022
5 am
 About 4 degrees from alignment with Sirius

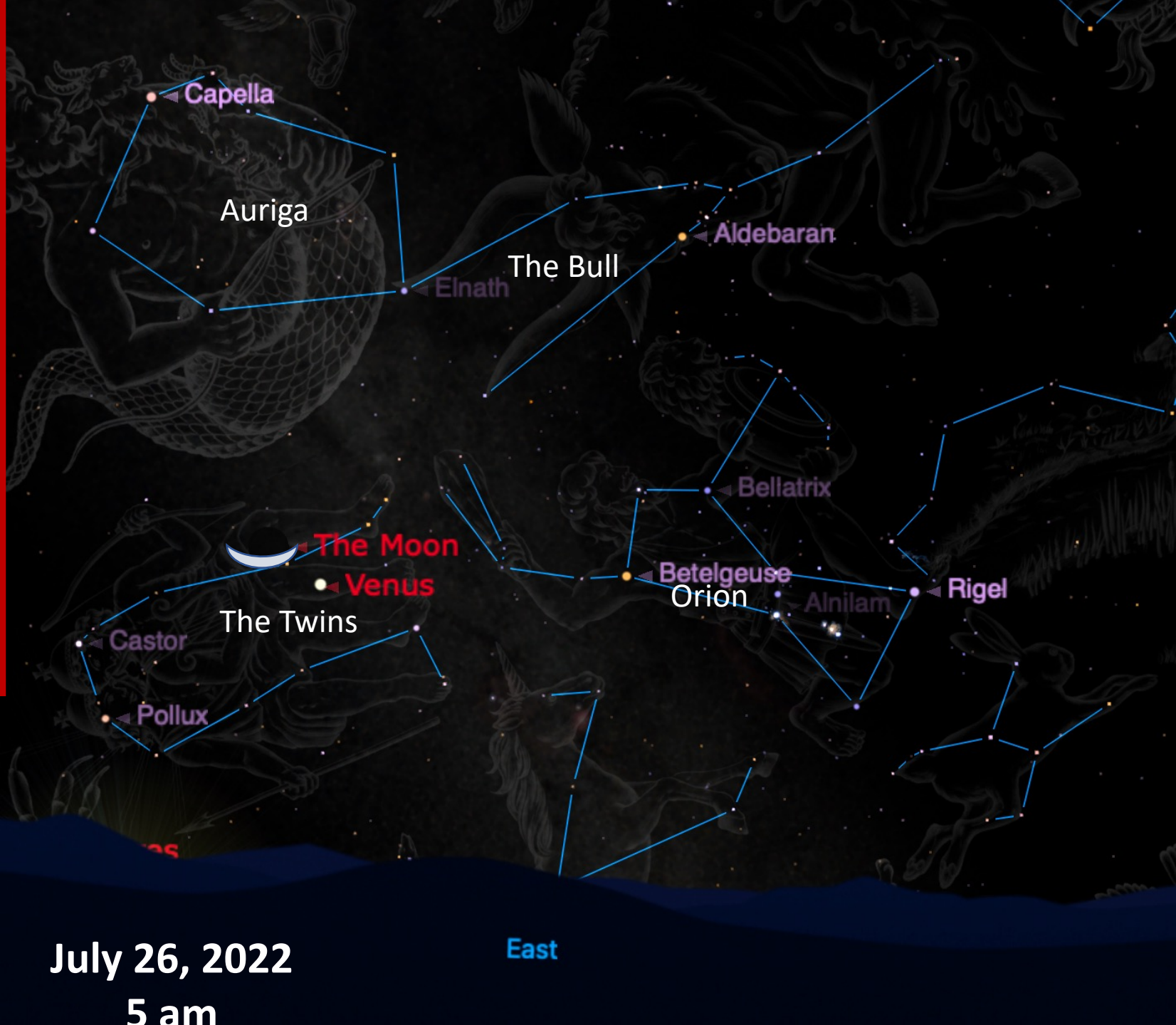


July 26, 2022

5 am



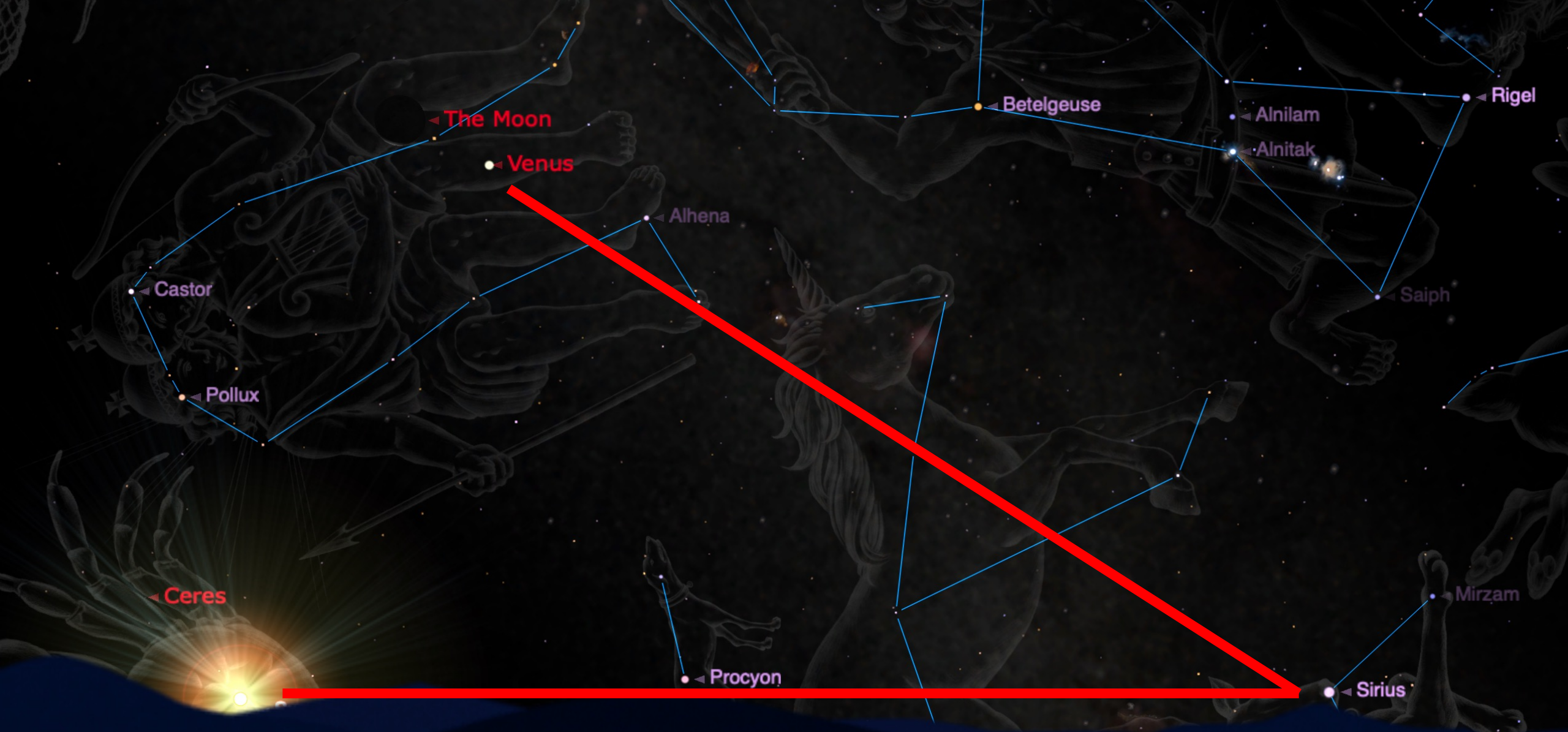
July 26, 2022
5 am
Venus & Moon
 Zodiacally Aligned
 with Sirius within
 about 3 degrees



July 26, 2022

5 am

East

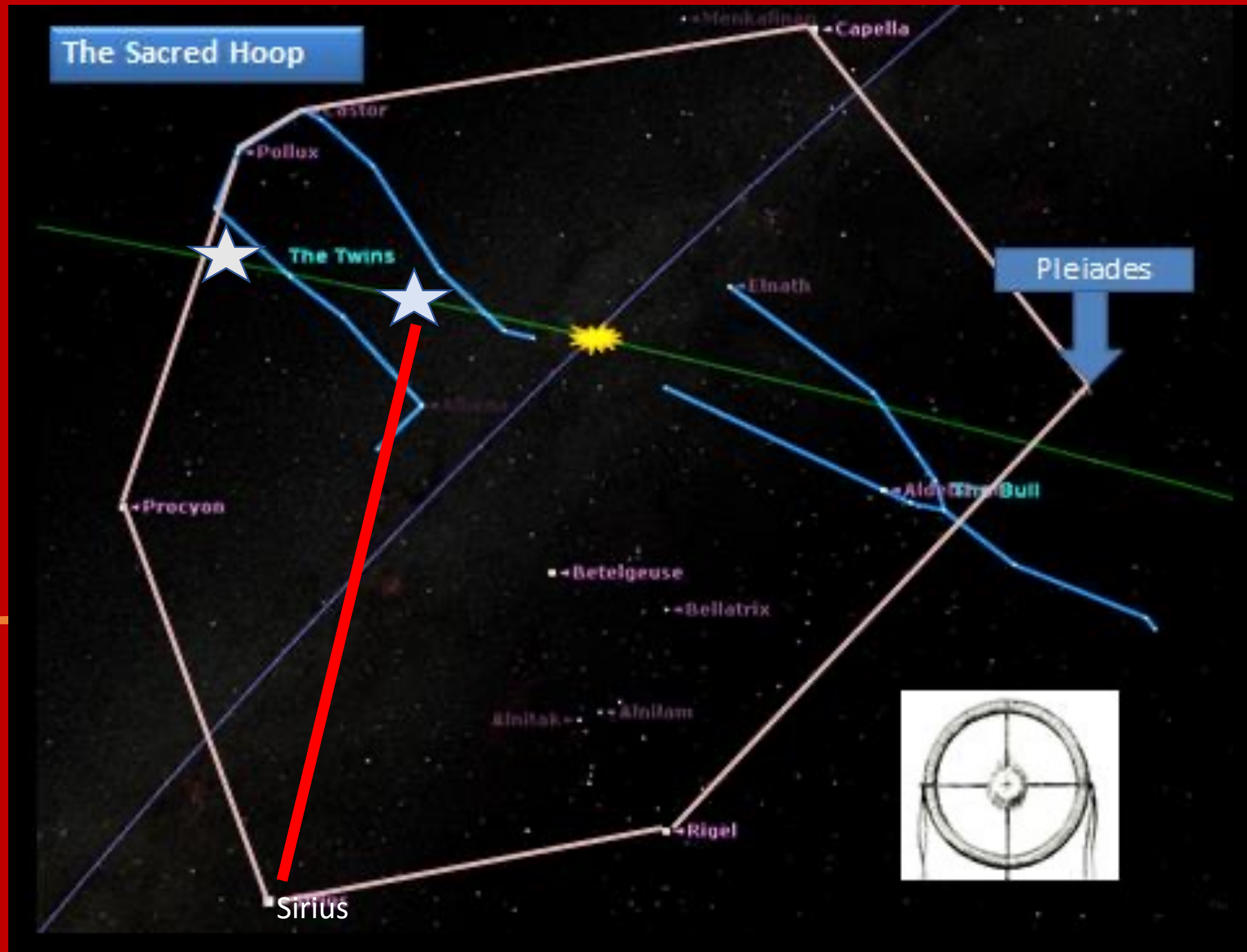


Sun and Sirius Rising together July 26
And for about a week before and after

Sirius Zodiacally aligned with Venus and Moon
But not visible due to its proximity to the Sun...

East

Venus
Exits the
Sacred
Hoop on
August 06



July 27

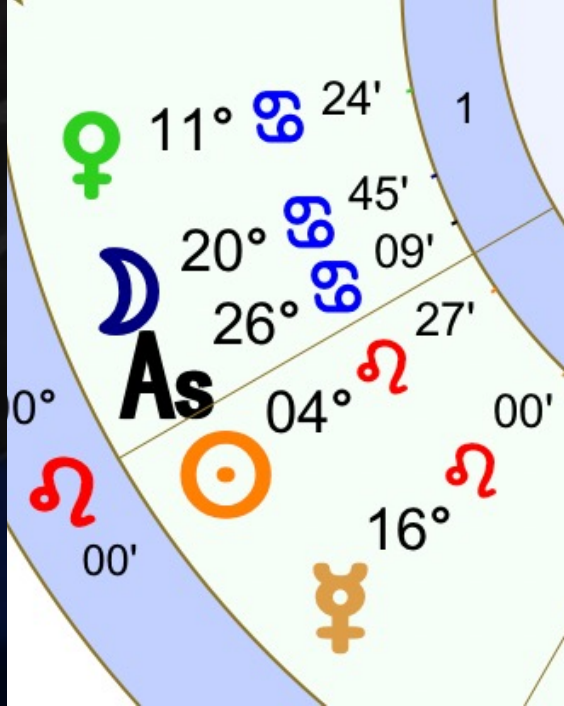
at 5 am

Venus

Castor

The Moon

July 27, 2022 around 5 am





Capricorn Morning Root Chakra Gate 2022



- July 22 Magdalene Feast Day Sun enters Leo at 1:07 pm
- July 26 Venus and the Moon (10 Cancer) at the Root Chakra Gate & 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 North Node Conjunct Uranus (it's been 167 years) and with Mars (18 Taurus) adds to how rare this is
- July 31 Venus (16 Cancer - near Sirius) Square Chiron (16 Aries) 7:04 am & Uranus NN exact conjunction
- Aug 01 Mars and Uranus exact (almost 19 Taurus) at 4:53 pm
- Aug 02 Venus (19 Cancer) sextile North Node, Uranus and Mars (19 Taurus)
- Aug 03 Mercury enters Virgo
- Aug 07 Venus (25 Cancer) trine Neptune (25 Pisces)
- Aug 07 Astrological Cross-Quarter with Mars (22 Taurus) Square Saturn (22 Aquarius)
- Aug 08/09 The 8.8 Infinity Time Gate and Venus (27 Cancer) opposite Pluto (27 Capricorn)
- Aug 11 Venus enters Leo
- Aug 18 Venus (8 Leo) trine Jupiter (9 Aries) and Aug 20 Mars enters Gemini
- Aug 22 Sun enters Virgo and passes Regulus the Royal Heart Star of the Lion
- Aug 24 Uranus Stations Retrograde (19 Taurus)
- Aug 25 Moon Venus at the Death by Intent or Earth Star Chakra Gate

Venus Moon Gate
aligned with Sirius in
the Sacred Hoop.

All Times are
Pacific Time Unless
otherwise noted.



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

July 17 – August 11

Grandmother Goddess, please show me the nourishing pleasure of connecting with and grounding into Mother Earth. Show me the path to nurturing and finding safety through grounding my root chakra.

Help me to feel a solid foundation within the entirety of me and all emotions. Help me to release any insecurities, that push my over-giving.

Teach me how to let go of any distortions that prompt my not feeling secure, and then help me to provide that for others. Show me how to create a safe space within myself that spills out into my community.

Please help me release any fears of connecting into the Earth and experiencing her unconditional love and always-present support. Please support me in letting go of any distortions I may have to being mothered by the Earth and her abundant beings.

What would it take for me to feel safe grounding?

What would it take for me to prioritize my own needs?

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

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



Releasing at the Root Chakra Capricorn Meta-Goddess with Venus in Leo

August 11 – September 4

Earth Goddess Crone, please help me to express my creative power in ways that bring me into deeper self-love. Teach me to find joy in grounding into our Mother Earth. Show me how to share my abundance, with gratitude and know I am safe and always supported by the Earth.

Please help me to release any distortions to my knowing I am secure, safe and stable within myself. Help me to let go of wounds that prevent me from knowing I am the Creator embodied. Assist me in radiantly loving myself.

Support me in releasing the blockages to knowing who I really am, overflowing with so much self-love it spills forth, paving the way for others to feel the same.

What would it take for me to act with my full creative power?

What would it take for me to deeply love all of myself?

What would it take for me to make my life up as I feel called to do?

What would it take for me to know I am truly safe and secure because I am Spirit incarnate?



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

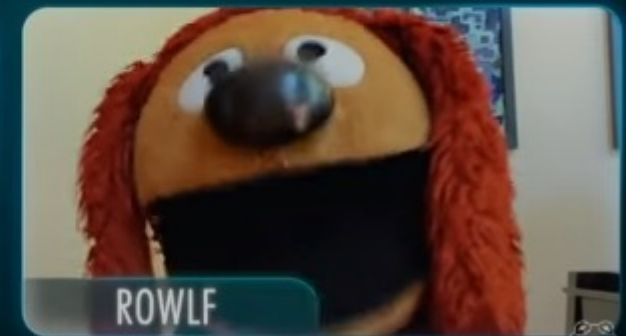
Connecting Conversation

Start with Your Name

Where You are From

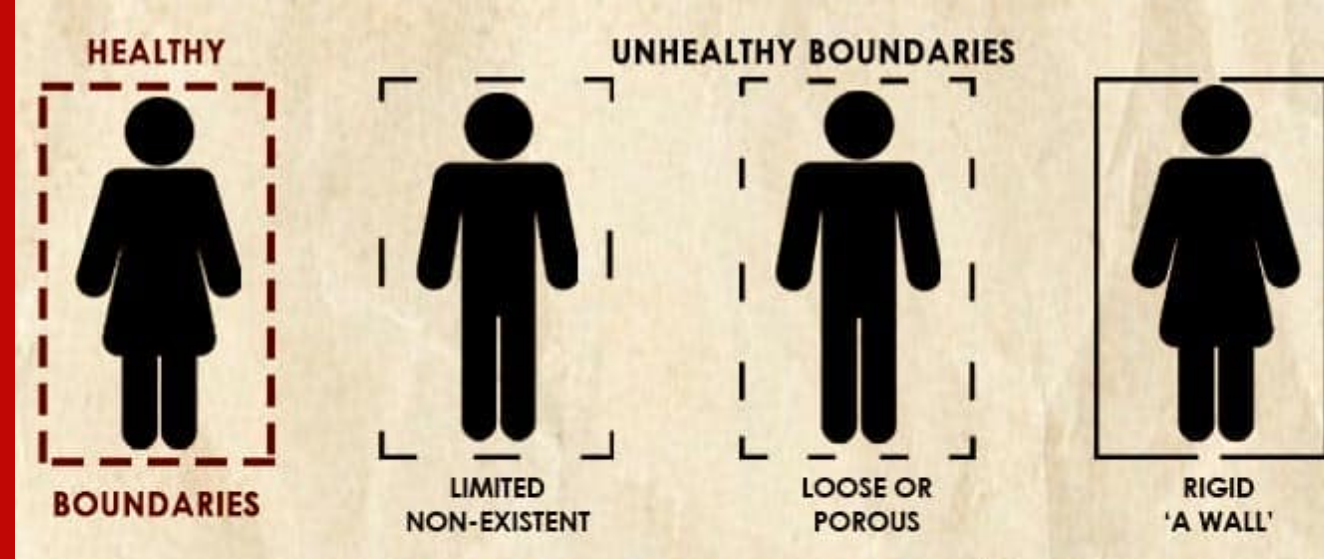
Suggested Topics:

- What has been your experience with the Sacral Chakra Gate?
- How is the Crone showing up in your life?
- What are your intentions for the Root Chakra Gate?



Root Chakra & Healthy Boundaries

- Know Yourself – What you like, What you want, What works and What doesn't work for you
- Saying YES to what feels good (increases Oxytocin)
- Saying YES to your happiness and taking responsibility for the actions that support your happiness
- You are NOT responsible for the happiness of others
- Say NO to all that doesn't serve you without feeling guilty – it's a practice
- Asking for what you want and need
- Taking care of yourself through diet, exercise, plenty of sleep, rest when needed, positive activities (see summary slide 25)
- Acting in ways that Honor your values
- Creating ways to Feel Safe – including feeling safe in expressing difficult emotions
- Asking for support in pursuing what feels most alive
- Insist on being treated (and treating others) as equals



Ways to Create Healthy Boundaries

- Define what You Need
- Set Priorities
- Eliminate Distractions
- Communicate Clearly
- Don't Overshare

A Few Immune Boosting Supplements at the Root of Radiant Health

Be sure to do your own research and check with your health care professional

Pro and Prebiotics to support gut health. Most health issues start with gut dysbiosis.

Some Teas and Herbs to support the immune system and better overall health:

Fennel, Star Anise, Pine Needle, Comfrey, Dandelion, Black Cumin, Curcumin, Cinnamon, Nutmeg, Sage

Magnesium: Improves the white blood cells' ability to seek out and destroy germs. Low magnesium leads to a cytokine storm, when the body attacks its own cells and tissues instead of fighting off infection increasing inflammation, cell and tissue damage, narrowed blood vessels, and blood clots.

Omega-3 Fatty Acids: helps resolve inflammation and positively influences the functioning of immune cells (white blood cells) known as B cells.

Vitamin A, C, D, Zinc, Selenium: Anti-inflammatory, anti-oxidant super powerful immune enhancers supporting a healthy microbiome.

Melatonin Extended Release: Anti-inflammatory and anti-oxidant that helps regulate mitochondrial function and deep sleep.

Quercetin: An anti-inflammatory that boosts the immune system. Use with caution and consult your health care provider especially if you have hypothyroidism

Fasting Practices for the Root Chakra To Strengthen the Body and Immunity

Time Restricted Eating (TRE) or periodic daily fasts gives the body a chance to cleanse and heal. Cayelin has done this for several years now.

Fasting has a profound effect on promoting immune system homeostasis, partly by stimulating the removal of damaged cells and mitochondria and clearing misfolded and foreign proteins from the body.

Intermittent Fasting promotes the breakdown and elimination of toxins (including heavy metals) from the air we breath, the water we drink and the food we eat.

Fasting is contraindicated in patients under 18 (impairs growth) and during pregnancy and breastfeeding or other health conditions.

Be sure to do your research and consult your health care professional and find what works best for you.

5 Intermittent Fasting Schedules

16:8 Intermittent Fasting

Eat within an 8 hour window and fast for 16 hours. For example: Your eating window might be from 10 am to 6 pm each day.

18:6 or 20:4 Intermittent Fasting

Eat within a 4 to 6 hour window and fast for 18 to 20 hours. For example, start your fast after dinner and wait 18 to 20 hours until you eat again. For example: Eating window 11 am to Noon to 4 or 5 pm.

5:2 Intermittent Fasting

Eat Normally for 5 days a week and on 2 non-consecutive days consume only 500 calories.

24 Hour Fast

Fast for 24 hours twice a week. For example, start your fast after lunch and wait 24 hours until you eat again. This means you are eating one meal a day on your fasting days.

36 Hour Fast

This could start after Lunch or Dinner. For example: Say you have a meal at 6 pm. By 6 pm the next day you have fasted 24 hours. If you wait until 6 am the next morning to eat you have fasted 36 hours.

One way to support a healthy root chakra and over healthy life force is to eat organic foods grown with loving intention.

[The Subtle Body, by Cindy Dale](#) reminds us we are more than our physical body and the food we eat ideally helps us feel balanced and whole and supports a strong immune system.

Awareness is an Important Key along with asking Questions?

Is the food I am eating grown and produced in a sustainable, loving way?

Our Etheric bodies also need nourishing through the power of loving intentions and spending time in nature or any activities that help raise our vibration and strengthen our bodies.

Focusing on the beauty all around us including places in nature, music, art, poetry, literature and loving interactions with people, plants and animals is ultimately the best food or nourishment for our whole being.

High Vibration Foods



Tree Fruits

Rich In nutrients soaked up from the sun.

Dark Green Leafy Veggies

Full of chlorophyll, which is basically liquid sunshine. It also helps us to oxygenate and breathe life into every cell of our body.

Raw Cacao

Chocolate In its pure form has over 1,200 phytonutrients.

Goji Berries

Packed with antioxidants, which can help minimize free radical damage to our cells.

Cultured & Fermented Foods

A great source of probiotics, which will help your digestion stay on track.



Grounding - for the Root Chakra

Grounding, also called earthing, is a therapeutic technique that involves doing activities that **“ground”** or **electrically reconnect you to the earth** – such as walking barefoot on the earth and using grounding products.

We are electrical beings that need grounding as much as all other electronics.

We benefit greatly by conducting the healing energy (electrons) of the earth through our bodies, as we did before rubber-soled shoes.

Benefits include:

- Reduces inflammation
 - Decreases pain
- Decreases stress response
- Increases heart rate variability
 - Improves sleep
- Improves cortisol rhythm
- Improves wound healing
- Reduces blood viscosity

Resources: [Earthing](#) by Clint Ober – Earthing.com

Tai Chi and Yoga — Tai Chi is a health-promoting, immune system building form of traditional Chinese martial arts.

Yoga has immunomodulating properties building a strong, healthy immune system.

Additional Alternative therapies: hyperbaric oxygen, whole body vibration therapy, cold hydrotherapy, nutraceuticals such as dandelion and broccoli sprout powder.

Behavioral Modification, Mindfulness Therapy, Trauma Release, EMDR (Eye Movement Desensitization and Reprocessing): find the practices and support that work best for you in supporting & improving mental health and overall wellbeing as these will strengthen your entire being.

Embrace the Present
with Mindfulness

Focus on the Five Senses

Detach thoughts from emotions

Focus on the rhythm of your
breath

Movement, walking, hiking,
dancing, etc. strengthens the
mind-body connection



What is Tai-Chi?

Tai Chi is a form of physical exercise that includes a set of movements in a gentle, graceful, and focused manner along with deep breathing. This is a non-competitive, mild physical exercise that is done without pause to keep the body in constant motion.



Benefits Of Practicing Tai-Chi



Increases Focus

Increases Flexibility



Improves balance

Reduces Anxiety & Depression



Boosts heart health



Improves muscle strength

4 Aspects of Health & Wellbeing

1

Physical

- Whole Foods Nutrition
- Hydration
- Exercise
- Sleep
- Time in Nature
- Vitamins, Minerals, Herbs

2

Mental

- Mindfulness & Meditation
- Reading, Learning, Studying
- Goal Setting
- Affirmations
- Reframing Mindset & Beliefs
- Music

3

Emotional

- Supportive Connections
- Gratitude
- Journaling
- Counseling & Therapy
- Essential Oils
- Emotional Freedom Technique (EFT)

4

Spiritual

- Mindfulness & Meditation
- Energy healing -Reiki, Acupuncture, Qi Gong, Chakra Balancing
- Prayer
- Deep Breathing
- Gratitude

**A Brief Summary/Reminder
of Healthy Root Chakra
Healthy Life Force
Healthy Overall Practices**

**Consider Choosing at least
One from Each Category to
Practice during the
Root Chakra Gate**

**And Ideally Find a Way
for whatever practices
you choose to be Fun...**

Honoring the Cronos

Mary McLeod Bethune

(July 10, 1875 – May 18, 1955)

American educator, philanthropist, humanitarian, and civil rights activist. Bethune founded the National Council of Negro Women in 1935.

She also was appointed as a national adviser to President Franklin D. Roosevelt, whom she worked with to create the Federal Council on Colored Affairs, also known as the Black Cabinet.

Bethune was the sole African-American woman officially a part of the US delegation that created the United Nations charter.

She was known as "The First Lady of The Struggle" because of her commitment to gain better lives for African Americans.

In 1904, with only \$1.50 and five students, Bethune opened a school for African-American girls that has grown into Bethune-Cookman University in Daytona Beach, Florida.



Mary McLeod Bethune

(July 10, 1875 – May 18, 1955)

Sources bwcume.org and [Wikipedia](https://en.wikipedia.org)

The daughter of formerly enslaved parents, Bethune lived and worked at the Council House in D.C., serving as a consultant to four U.S. Presidents and befriending First Lady Eleanor Roosevelt with whom she worked as an advisor to and social activist.

Bishop LaTrelle Easterling, the episcopal leader, said, “Mary McLeod Bethune was one of the most brilliant and impactful leaders of the 20th century who saw challenges and always responded with strategic insight and enduring solutions.”

“Throughout 60 years of public service her contributions to education, women’s and civil rights and equity transformed our nation and the world. Her intellectual prowess became the blueprint for the entire civil rights movement and contributed to The United Nations Charter.”



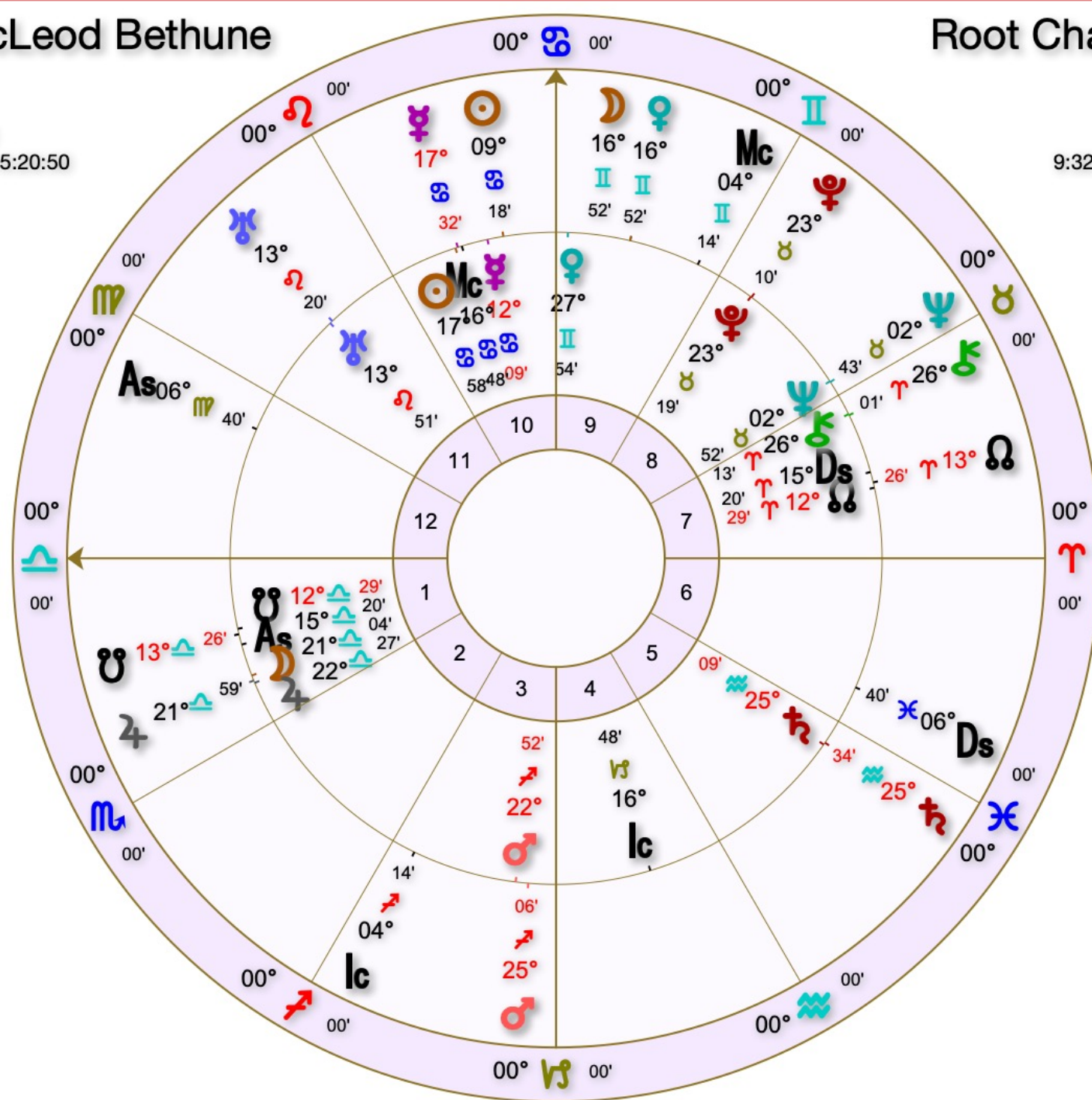
Mary McLeod Bethune with girls from the Literary and Industrial Training School for Negro Girls in Daytona, c. 1905.

Mary McLeod Bethune

Natal
Inner Ring
Jul 10 1875, Sat
12:00 PM LMT +5:20:50
Mayesville, SC
Geocentric
Tropical
Whole Sign

Root Chakra Gate

Event
Outer Ring
Jul 1 1875, Thu
9:32 AM LMT +5:20:50
Mayesville, SC
Geocentric
Tropical
Porphyry



Mary was born at the Root Chakra Gate in a Sagittarius Venus Meta Goddess Cycle that began Dec 15, 1874.

Sagittarius is the cycle that begins when the Capricorn cycle is complete.

She was 79 when she died 67 years ago in her 10th Venus Return.

At the time of her death on May 18, 1955, Venus was a morning star in the Sacral Chakra window in the Scorpio cycle having shifted to Scorpio in 1922.

Mary McLeod Bethune

(July 10, 1875 – May 18, 1955)

On July 13 , her legacy was honored with a monument installed in Statuary Hall in the U.S. Capitol Building in Washington, D.C.

Bethune is the first Black Woman in this collection. Her Statue is replacing a previous confederate statue.

Sources bwcume.org and [Wikipedia](https://en.wikipedia.org/wiki/Mary_McLeod_Bethune)



Painting of Bethune by [Betsy Graves Reyneau](#)



Conifers – Root Chakra

- Grounding
- Centering
- Immunity
- Detoxification
- Boundaries
- Protection
- Safety and security
- Connection
- Rooting



Immune System

- Black Cumin - Black Seed Oil
- All Conifers – trees with cones
- Oregano
- Thyme
- Cinnamon Bark
- Cistus
- Frankincense
- Tea Trees/Melaleucas
- All truly pure and truly clean essential oils



Grandmothers For Peace is founded on activism and empathy. Originally the founders wanted a better world for their grandchildren. Their efforts have now exceeded their grandchildren and moved onto current and future generations.

In Most Cultures around the world, grandmothers are revered as the “keepers of peace.” We are inspired and motivated by that fact but realize that in today’s dangerous world we can no longer keep or promote peace by sitting in our rocking chairs.
~Barbara Wiedner, Founder



GRANDMOTHERS



<https://www.grandmothersforpeace.org/info/history>



Capricorn Wounds Releasing Surviving to Reclaim Thriving

Practice Seeing Where You Unconsciously Judge yourself and others especially around the current cultural conditioning of not Being Enough, Having Enough, and how much you have or don't have determines your safety , security and survival?

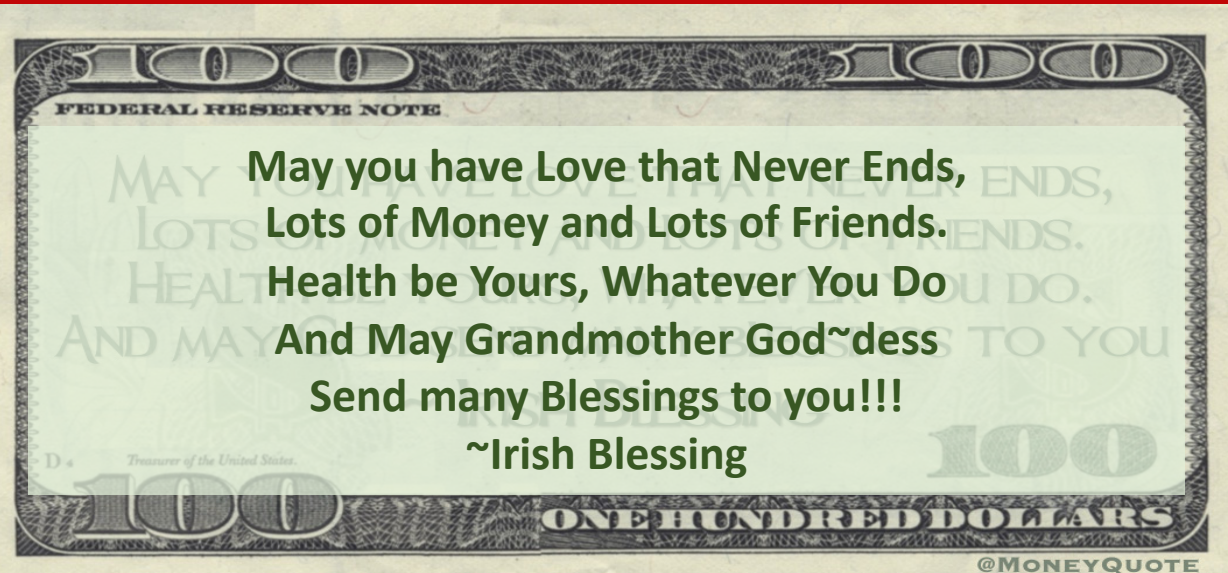
Are you at the affect of Subtle Inner Beliefs around lack and insecurity?

Practice seeing all those in service to you: cashiers, bank tellers, health care providers, repair people, farmers, those providing assistance in any form - as Beings of Power, Purpose, Creative Genius and Abundance.

What would it take to see Acts of Service as Acts of Power?

Bless all Money and Resources You Receive and Give or "Spend"

Invest in, purchase from, and Donate To Businesses and Endeavors that Heal Communities, Earth, Economy.



*"The question is not how to survive,
but how to thrive with passion,
compassion, humor & style."*

Maya Angelou

Home Play

Deepening Practices

- **Connect with Venus Altar and Venus Journal**
- **See if you can see Venus with Moon on July 25 & 26**
- **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 Root Chakra Release**
- **Share your experiences and insights on Facebook or send us an email and we will post it for you.**



Ceremony

