



**Venus Alchemy  
Capricorn  
Morning Star**

**Earth Star Chakra/Death by Intent  
Releasing Distortions and Blocks  
Around Conscious Death and Rebirth  
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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Choosing to Die to Who we think we are to Be reborn to who we truly are

**Wondrous Wise Grandmother Goddess**

**Thank you for all the ways you inspire me in experiencing total Alchemy and Transformation**

**Here in the Womb of Creation, Where I AM Lovingly Held, Supported And Safe**

**I Wisely Allow myself to Face My Fears And Shadow Side**

**Thank You for helping me Transmute All That Holds Me Back**

**From Truly Knowing And Expressing My Authentic Divine Wise Self**

**Thank you for Supporting Me as I Embrace Feeling All My Uncomfortable Feelings**

**Including Uncertainty, Inadequacy, Arrogance, Self-Hatred, Negative Self-Effacement, Self-Doubt, Rage, Anger, Fury, Pain, Indignation, Violation, Self-Judgement and Judgment of Others**

**Thank you for assisting me in transmuting these feelings Into Loving Confidence And Courage**

**So I no longer project these fears and feelings onto others**

**AND I am no longer blaming others for what I am experiencing within myself**

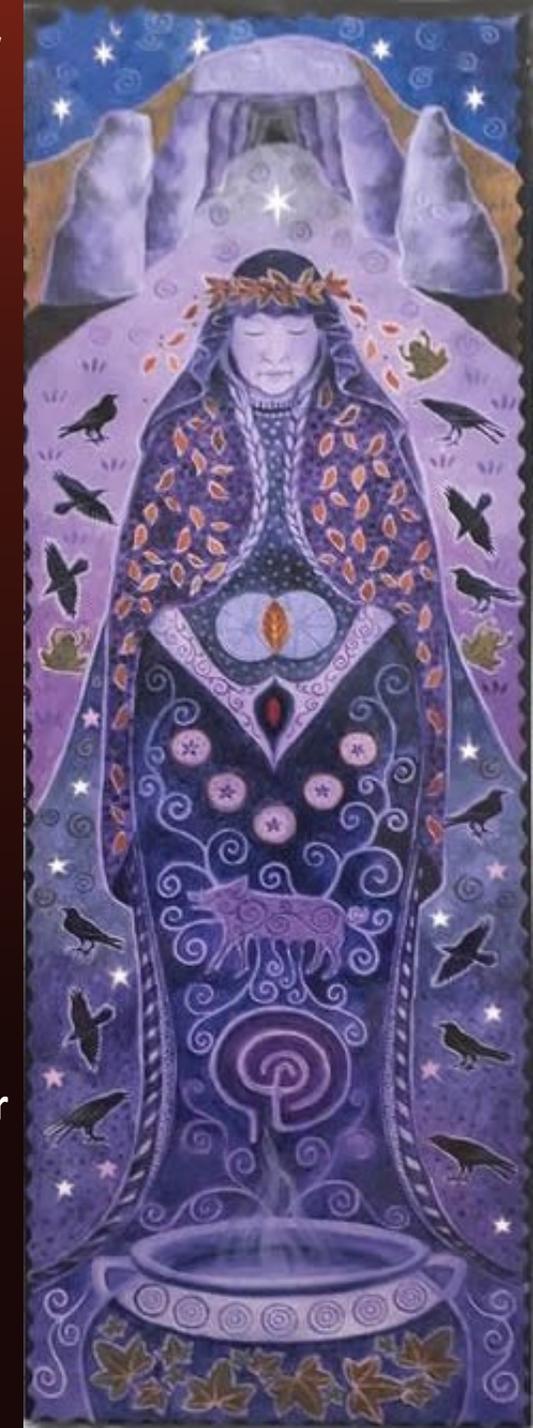
**O Mighty Wise Inner Self, Thank You For Showing Me the Precious Secrets Of Empowered Surrender**

**Thank you for guiding Me In Letting Go of Everything in the Way of Successful Empowered Surrender**

**While safely in your Cosmic Womb I Am Clearing Everything in the Way of Experiencing**

**Divine Wisdom and Divine Love within myself AND I am Inspiring Others To Do The SAME!**

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



# Overview

Sky Magic

Capricorn Meta Goddess – Leo & Virgo

Earth Star Chakra

Venus in the Underworld

Honoring the Crones

Plant Spirit Medicine

Home Play - Deepening Exercises

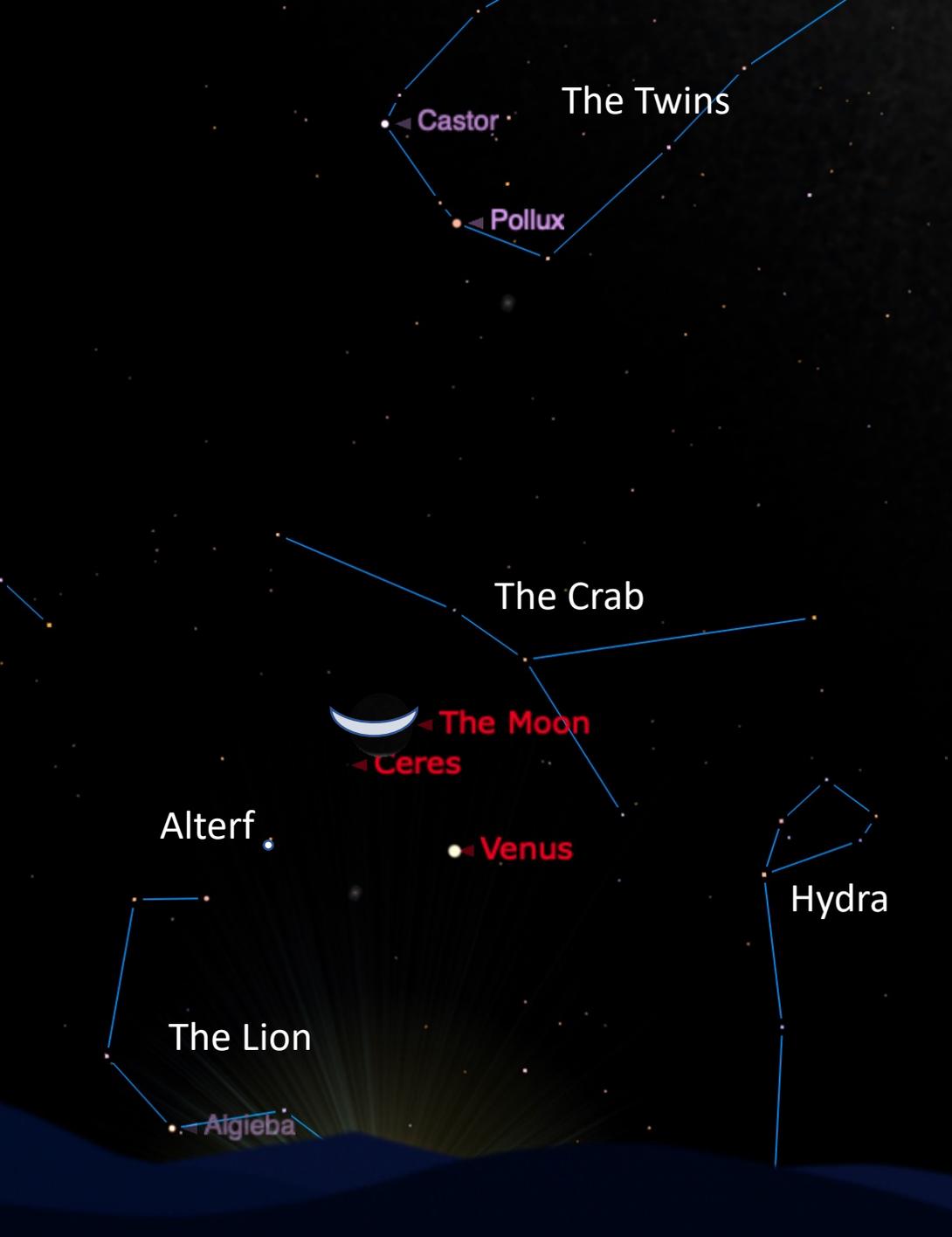
Ceremonial Magic and Activation

Q and A - Followed by Optional Breakout Rooms

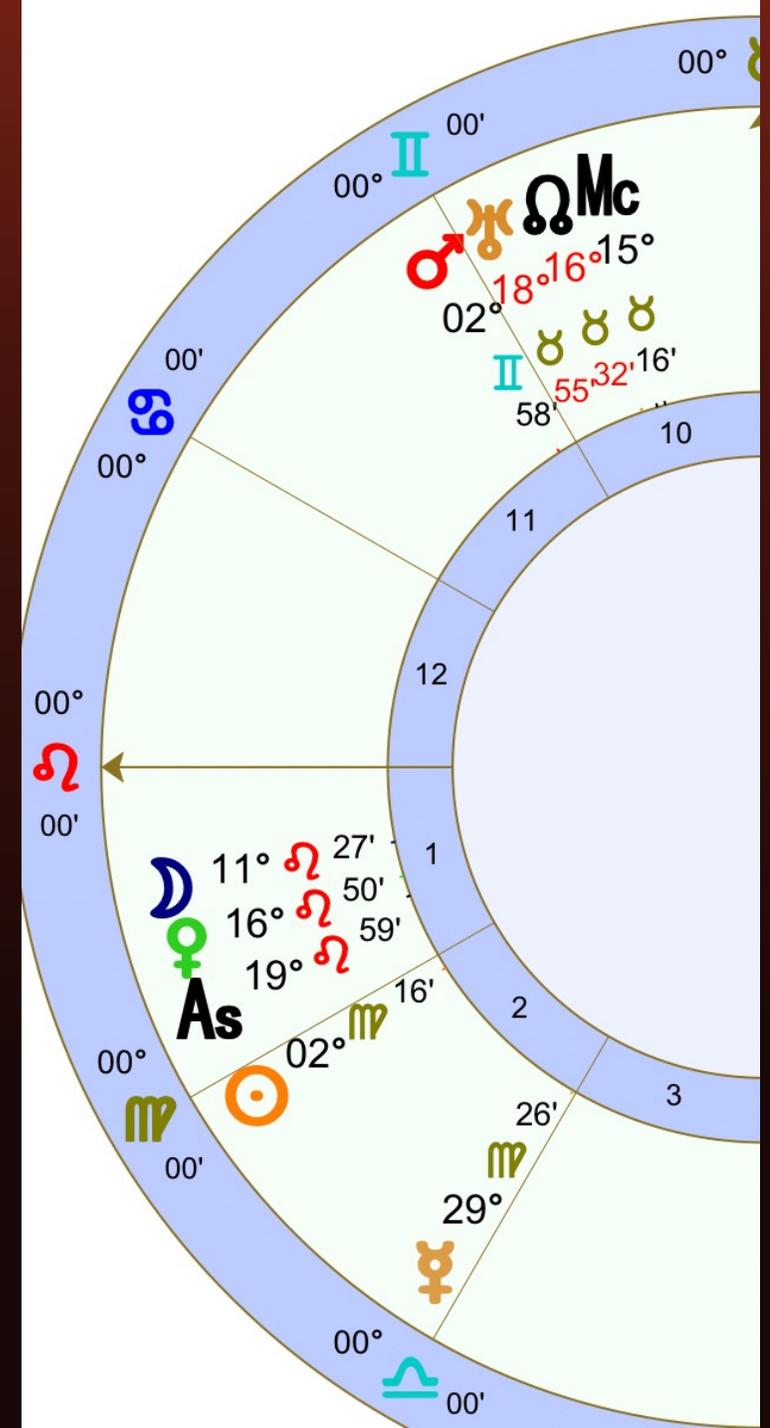
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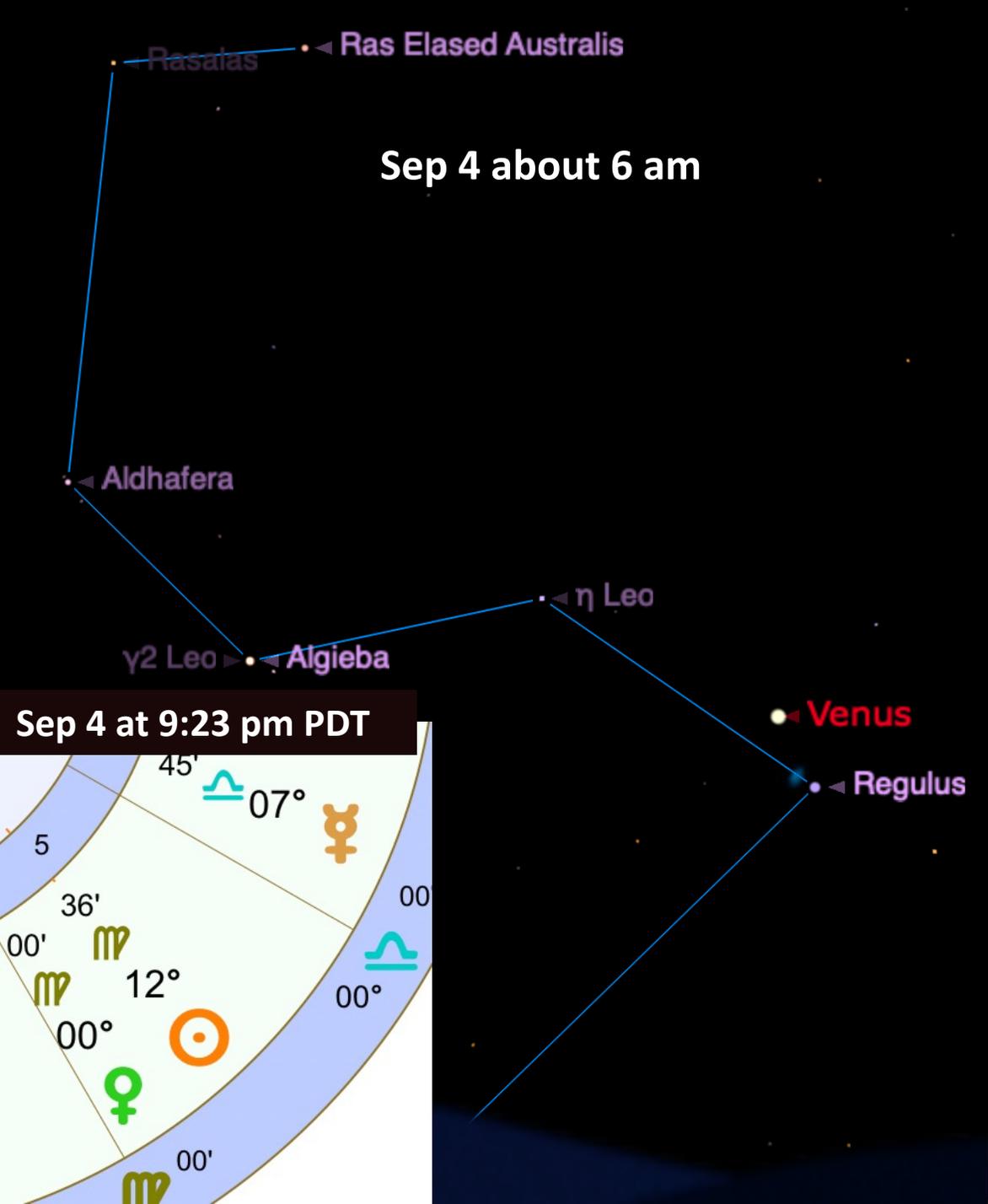




**August 25, 2022**  
**6 am**







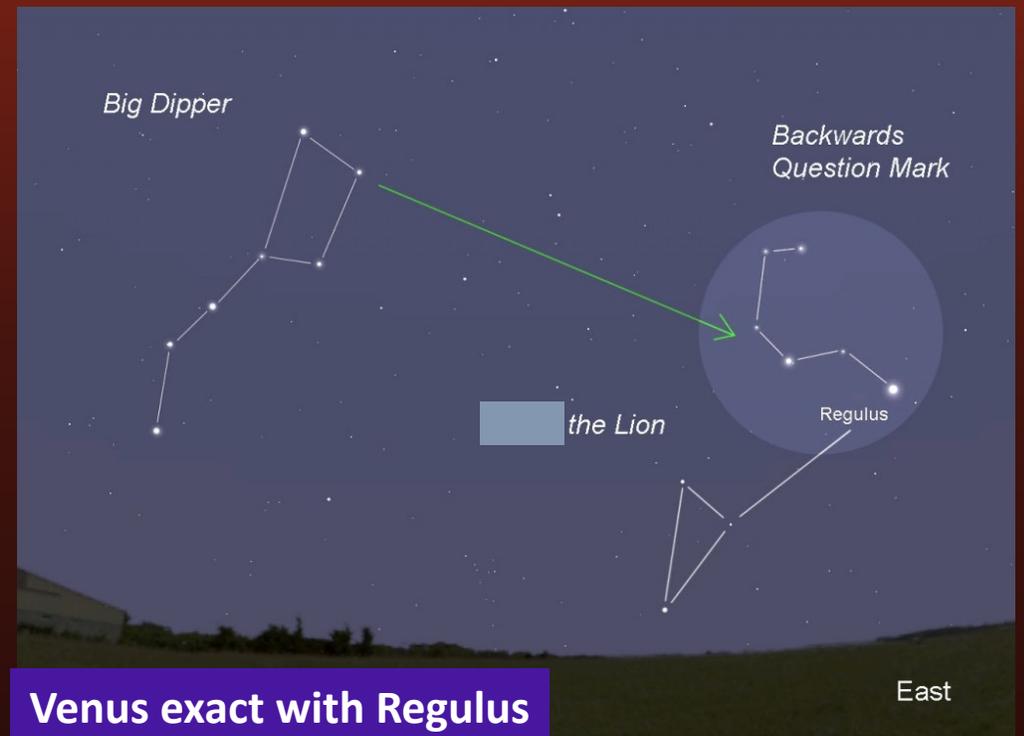
Regulus (a.k.a. Rex meaning King) is a triple white and ultramarine star one of the Royal Stars linked with Archangel Raphael.

In Persia, Regulus was the leader of the Four Royal Stars or the Four Guardians of Heaven during a time when these four stars (Antares, Aldebaran & Fomalhaut) marked the Equinox and Solstice seasonal (Cardinal Points).

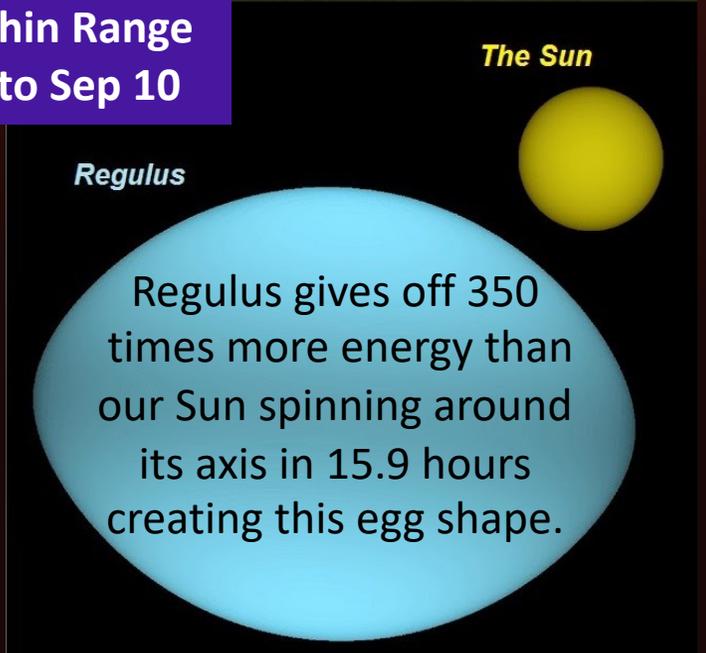
The ancients felt Regulus ruled the affairs of the heavens and was the star of royalty at a time when royalty was about being in service to the people rather than being having about power and control over others.

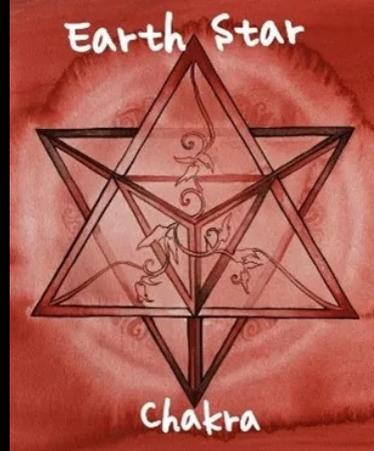
Ancient astrologers regarded this star as portending glory, riches, and power to all born with planets, angels or nodes within 6 degrees of this star.

Regulus entered the sign Virgo in November 2011 having entered the sign or season of Leo in 156 BC. It will be 4171 when Regulus is overlaid by the sign of Libra and at that time the September Equinox Sun will be rising with this Star within one degree for 144 years.



Venus exact with Regulus  
Sep 4 and within Range  
from Aug 31 to Sep 10





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**Aug 24 Uranus goes retrograde**

**Aug 25 Moon Conjunct Venus (17 Leo) at the Earth Star Chakra Gate at 4:50 pm PDT**

**Aug 26 Venus (18 Leo) square Uranus (18 Taurus) 9:34 pm PDT**

**Aug 27 Virgo New Moon (04 Virgo) at 1:17 am PDT and Sun squares Mars and Mercury at greatest elongation**

**Aug 28 Venus (21 Leo) opposite Saturn (21 Aquarius) at 11:27 am**

**Sep 04 Venus enters Virgo at 9:05 pm PDT with Regulus**

**Sep 09 Mercury stations Retrograde (9 Libra) at 8:38 pm PDT**

**Sep 14 Venus enters the Underworld at 12 Virgo 02**

**Sep 15 Venus (12 Virgo) square Mars (12 Gemini) at 11:49 am PDT**

**Sep 22 The Equinox Sun enters Libra at 6:04 pm PDT and Sun conjuncts retrograde Mercury in Libra**

**Oct 22 Venus conjuncts the Sun at 29 Libra 27**

**Oct 25 Venus is with the New Moon at 02 Scorpio 44 and Oct 30 Mars Goes Retrograde (26 Gemini)**

**Nov 23 Jupiter Stations direct at 28 Pisces 48**

**Nov 24 Venus is near the New Moon at 10 Sagittarius 25 aligned with Antares**

**Dec 01 Venus technically rises into the evening sky 19 Sagittarius 49 – And is Out of Bounds until Dec 24**

**Dec 24 Evening Star Venus meets with the Moon/Root Chakra at 18 Capricorn as she comes back in Bounds**

**Venus within 6 degrees of Regulus  
Aug 31 to Sep 10**



## Capricorn Grandmother Meta Goddess

### Venus is joined by Retrograde Mercury Sep 25 at 27 Virgo

A psychopomp is a guide for souls to the Underworld. Often represented by Gemini and/or Mercury.

A psychopomp may appear as angel, animal, spirit or deities such as Anubis, Hermes and the Greek Ferryman Charon.

The term comes from Psychopompus and is a lesser known name of the Greek Messenger, Hermes or Mercury.

**Mercury is retrograde** during the time Venus is in the underworld assisting Venus during her underworld Initiation as the Sacred Psychopomp.

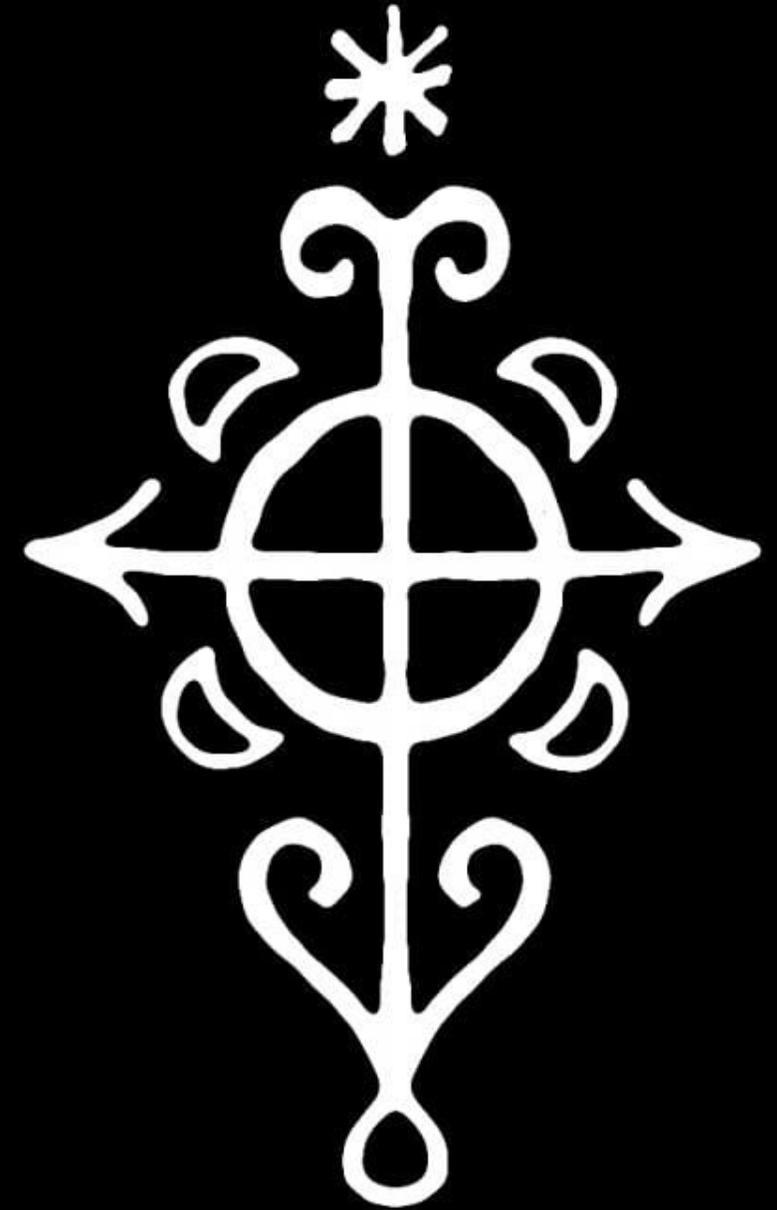
Jung referred the psychopomp as a figure helping an individual move between the conscious and unconscious realms.

In the underworld we have easier access to the wisdom of the unconscious.

The Psychopomp as a guide into the underworld is unscathed – guided by Mercury, our wise woman self is NOW required to undergo a powerful initiatory death so she can be reborn into even greater wisdom.

***It is One Thing to Be a Wisdom Guide - and Quite Another to Allow Ourselves to BE Guided!***

## Psychopomp Sigil





# Releasing at the Earth Star Chakra Capricorn Meta-Goddess with Venus in Leo

August 11 – September 4

Earth Sage Goddess, please help me to express my creative power in ways that bring me more fully into loving myself and who I am. Teach me to find my creative power within connecting into the entirety of the Earth. Show me how to share my abundance, with gratitude, and know I am connected to Source always. Help me to know I am Creator. Show me I am you and you are me and we are the same. Help me to feel your power is my power running through the both of us.

Please help me to release any distortions to radical Self-Love. Help me to let go of wounds that prevent me from knowing I am the Creator embodied. Assist me in letting go of hurts that block my sovereignty.

Support me in releasing the blockages to knowing my true nature of oneness with Spirit, 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 Spirit?



# Releasing at the Earth Star Chakra Capricorn Meta-Goddess with Venus in Virgo

Sept 4 - 29

Grandmother Crone Goddess, please show me the power of the pattern of my connection to you through the Earth. Help me to see that I am a Priestess of the Earth, always serving Spirit with my sacred acts. Allow me to realign the balance of Earth and Sky through the medicines of Gaia that come through me.

Show me the signs, sigils and sacred geometry of the Earth, so I can ground into my place within it and hold the ceremonies to honor you. Help me to dedicate myself to my spiritual calling and path.

Teach me how to let go of any distortions to not knowing my sacred calling. Guide me to release any wounds around aligning to my sacred path. Please help me release any fears of grounding into the center of the Earth for my power, sustenance and guidance.

What would it take for me to know and see my path before me?  
What would it take for me to understand the teaching in patterns I see?  
What would it take for me to serve Spirit in everything I do and am?  
What would it take for me to clearly know my sacred work?

# Death by Intent Gate

## Choosing Shamanic Death for Empowered Rebirth

### Intent

- To Courageously Choose to Die to an Aspect of your Life that is Over
- To Develop Mastery in the Art of Conscious Death
- To Face Life Initiations again and again that demand complete and total surrender
- To Discover the Truth of the Expression "Today is a Good Day to Die!"

"Death may be the greatest  
of all human blessings"  
~ Socrates



By embracing death, we are free to live more fully.

# Mayan Jaguar Days

## (Ix - Linked to the Goddess Ixchel)

For the Maya Jaguar Medicine is the Source of All Earth Magic.

Jaguar days feature great fortune, powerful protection, heightened intuition and access to magical abilities.

The spirit of the Jaguar assists humanity's spiritual and earthly journey with integrity and gratitude. Jaguar Days are especially useful for communing with - and giving thanks to - nature.

[More about Jaguar Medicine at this Link](#)

### Upcoming Jaguar Days

Aug 25 at the Next Venus Moon Gate

Sep 14 When Venus disappears into the Underworld

Oct 04

Oct 24 Between the Venus Sun conjunction Oct 22 & the New Moon Oct 25

Nov 13

Dec 03 Just after Venus officially rises into the Evening Sky

Dec 23 Within the first Venus Moon Root Chakra Gate



**A Majestic Black Jaguar**

# The Grandmother Goddess/Venus Journey

## Inanna or Ishtar is the Planet Venus

Venus spent 9 months as morning star from  
January 14, 2022 to Sep 13, 2022

Releasing all that was in the way of expressing  
her WISE authentic self She passes through 8  
visible Venus Moon conjunctions

Representing the 7 chakras of the body and  
an 8<sup>th</sup> Chakra (Earth Star Chakra)  
or a Shamanically inspired Death by Intent

Exact on August 25, 2022

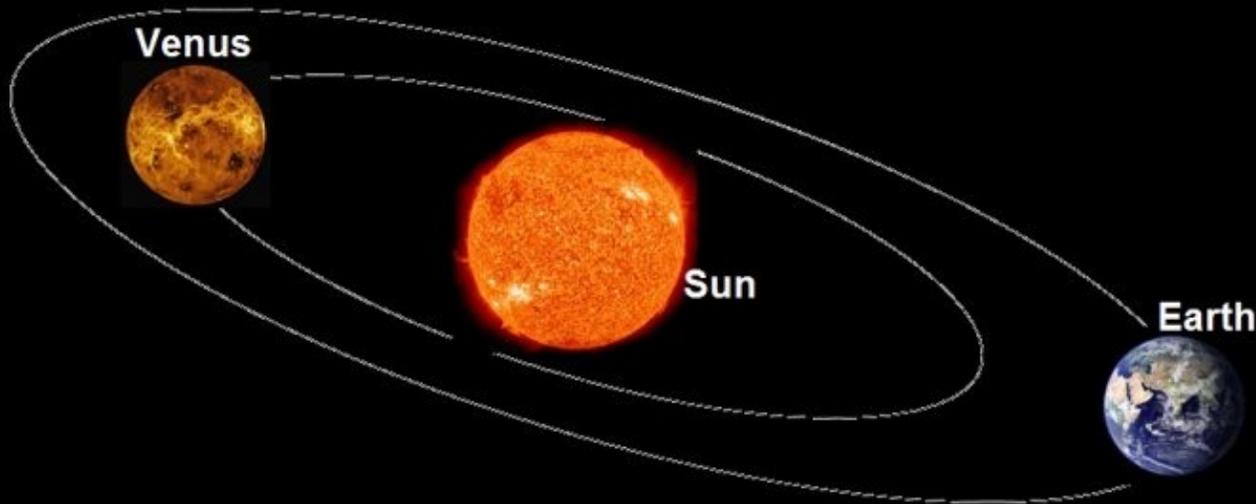


Morning Star Venus  
with the Moon

# The Grandmother Goddess In the Underworld

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Venus spends Sep 14, 2022 to November 31, 2022 (about 77 days) traveling with the SUN in the Underworld or Cocoon - hidden by the light of the Sun - under going an alchemical transformation into her butterfly self



*I cannot escape death,  
but at least I can escape  
the fear of it." ~Epictetus*



**GRANDMA**

# Venus in Her Underworld Phase

Underworld Venus is akin to being in the belly of the Goddess the Belly of Sekhmet or perhaps the Belly of the Whale as in the story of Jonah and the Whale.

It is an Initiatory place.

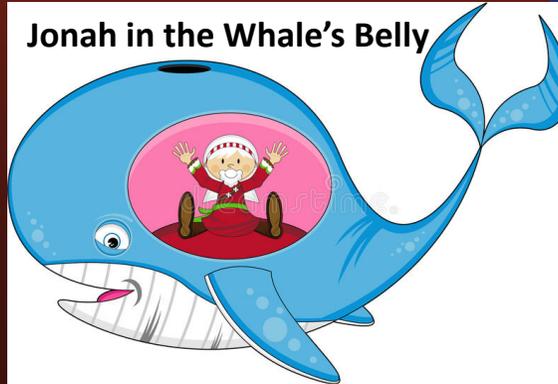
Sekhmet is a compassionate healer. She has the ability to destroy what no longer serves.

As Nikki Scully Tells us:

*She (Sekhmet) is the container, solid yet flexible, that holds you safe while you are being cooked and your demons digested and transformed in their more productive useful potential...*

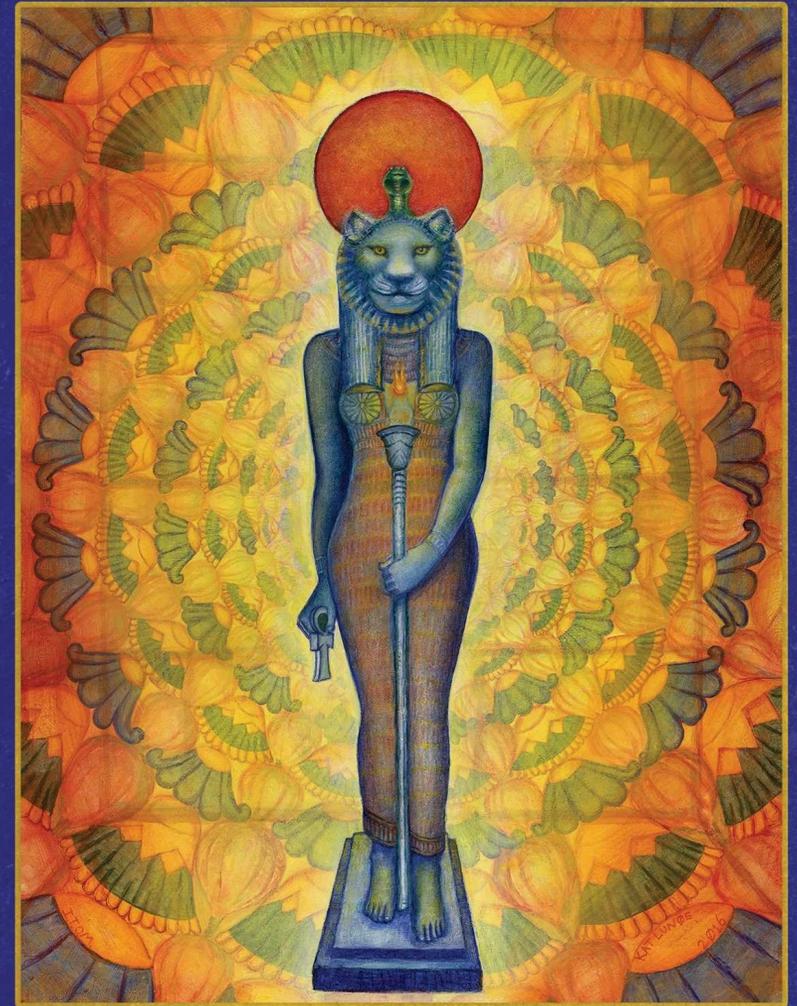
This is an Alchemical Transformation turning the ordinary (our deeply ingrained, unconscious reflexive responses) into the extraordinary, through the power of consciously enlightened choice!

The power is within us – it is simply a process of remembering who we truly are!



# SEKHMET

Transformation *in the Belly of the Goddess*



**NICKI SCULLY**

Forewords by Normandi Ellis and Hank Wesselman, Ph.D.

# Venus in Underworld

Sep 14 – Dec 1

Underworld is often misunderstood, even feared. We make the Dark bad and the Light good.

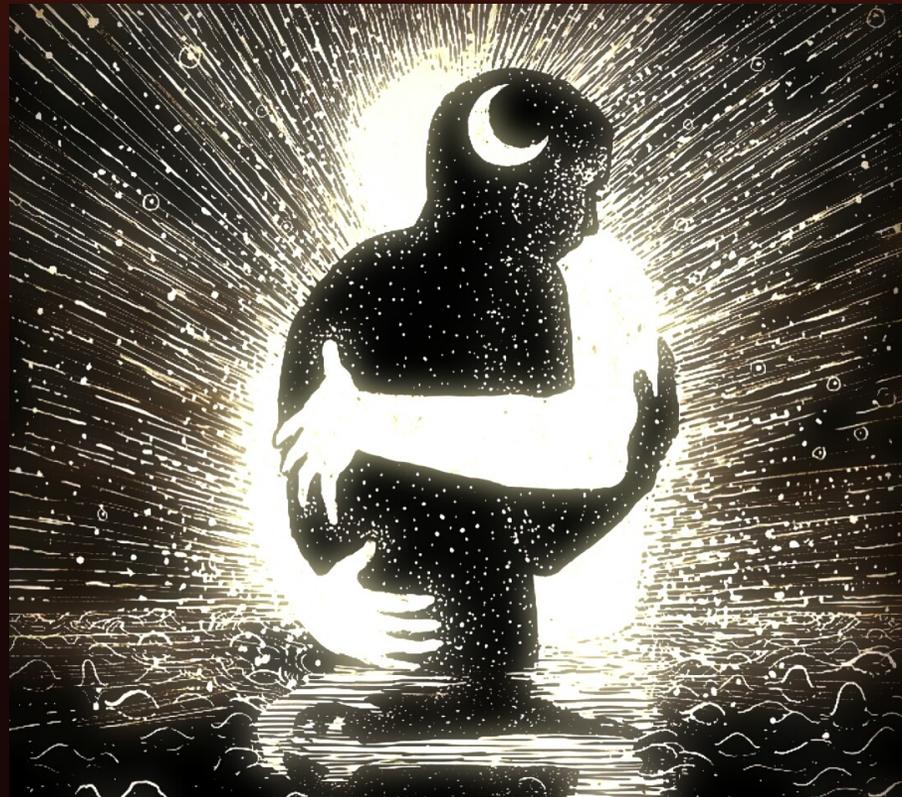
For tens of thousands of years, we revered the cyclical nature of life. Then, about 5,000 years ago, we turned away from the Feminine, from the Goddess. We made Her bad in our effort to denigrate Her, especially the Dark Goddess of destruction and death.

All a cycle – Yin and Yang, constantly turning into the other and back again, creating the whole. If the Dark is bad, then isn't Yin bad, thus perpetuating the Feminine as "bad" and Yang or Masculine as good.

Unity is the path forward. Healing the polarity, duality, separation. Union - the ultimate sacred marriage, as within, so without.

Underworld is a healing place, a place of restoration and rejuvenation, where we go when we need transformation – when we need to be reborn, recreated.

Death is part of the circular cycle of life - brings renewal, feeds the seeds to sprout. The death of one tree feeds the soil that feeds life and creates the circumstances for a new tree to grow.



We've been conditioned to fear the Underworld. Notice how we look at Pluto or Chiron cycles. Notice racism. Notice how we still make the dark "bad".

There are deep hidden feelings there. Grief, fear, anger that have been denied by our prejudiced focus on the other half of the polarity, the Light. We're uncomfortable with anything that isn't "good". But this is where the juice is, just ask Scorpio or Pluto.

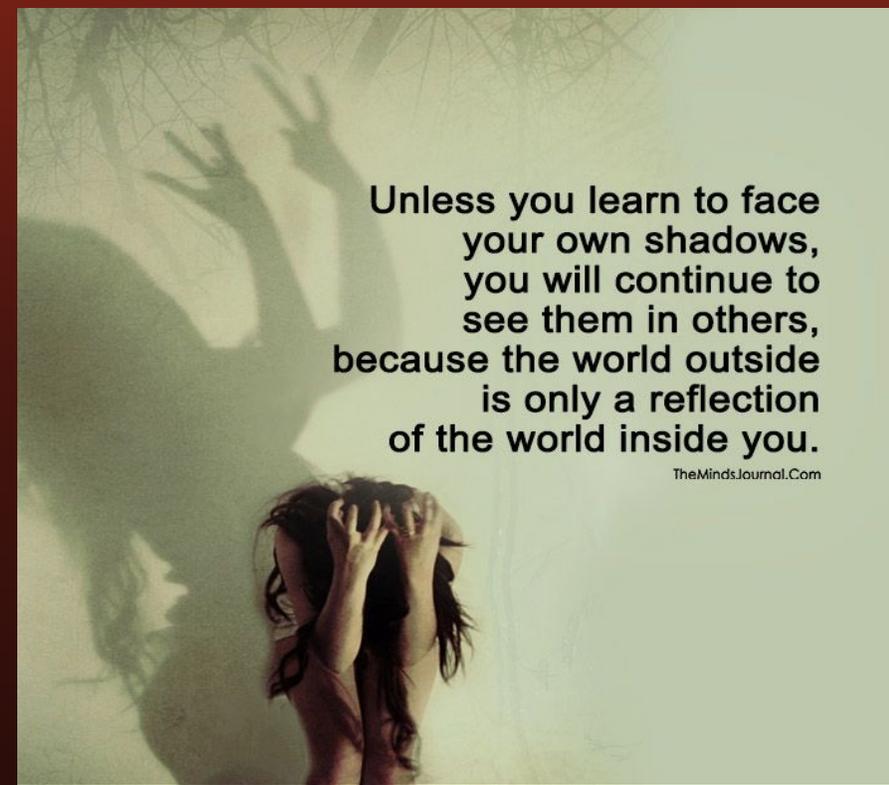
The feelings are all there, alive in the shadow. It takes a lot of energy to deny and keep those emotions buried, but they are still there, directing our lives. The dark is there, even if we deny it. Without consciously accessing it, it comes out sideways, always present.

It takes courage to go to the Underworld in our current age. When we face our shadow, we find our power, our inner superhero.

When we turn back to the Feminine, the dark, and the Dark Goddess, we find wholeness because we stop running from ourselves, from discomfort. We find ourselves, all of ourselves.

The energy it has taken to keep the traumas and hurts stored under a rock, in a dark cave inside is unleashed and we are freed. We are freed to create anew with all that energy and power.

Until we cycle back through the Underworld once again, birthing new seeds that grow into trees once again. Living in balance and union.



**Unless you learn to face  
your own shadows,  
you will continue to  
see them in others,  
because the world outside  
is only a reflection  
of the world inside you.**

TheMindsJournal.Com



# Releasing in the Underworld Capricorn Meta-Goddess with Venus in Virgo, Libra, Scorpio and Sagittarius



Oh Crone Goddess, help me to rise to the opportunity the initiation offers me with consciousness, intention and allowance.

Please teach me the ways of the Underworld and the death that brings rebirth, wisdom and perspective. Help me to hold dear the lessons my Soul desires to learn, so that I am supporting our evolutionary journey as consciously as I'm able.

Help me create Unity by finding my wholeness within. Guide me into my heart and Love.

- What would it take for me to trust the darkness, the stillness, the Goddess of the void?
- What would it take for me to accept and lean into whatever the Underworld brings forth for me?
- What would it take for me to completely feel into my shadow and liberate myself?
- What would it take for me to know inside I am moving into greater empowerment and expression with every step I take?

# The Wise Grandmother Goddess Evening Star Journey

December 01, 2022 to August 18, 2023

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Venus Spends about 9 months as an evening star reclaiming her authentic Wise Grandmother Goddess Self  
During this time there are 8 Venus Moon conjunctions in the Evening Sky just after the New Moon representing the Chakras in the body and an 8<sup>th</sup> Soul Star Chakra rising up through the Gate of Ascension.

The Entire Venus cycle ends and begins again  
August 19, 2023 as the Leo Meta Goddess...

Evening Star Venus  
With the Moon



# Underworld Morning Practice

©Venus Alchemy

## Keep It Simple

Feel YOUR Feelings as you wake up.

Are you Anxious, Panicked, Scared, Mad, Hurt, Depressed, Angry, Overwhelmed, Weary, Drained, Exhausted?

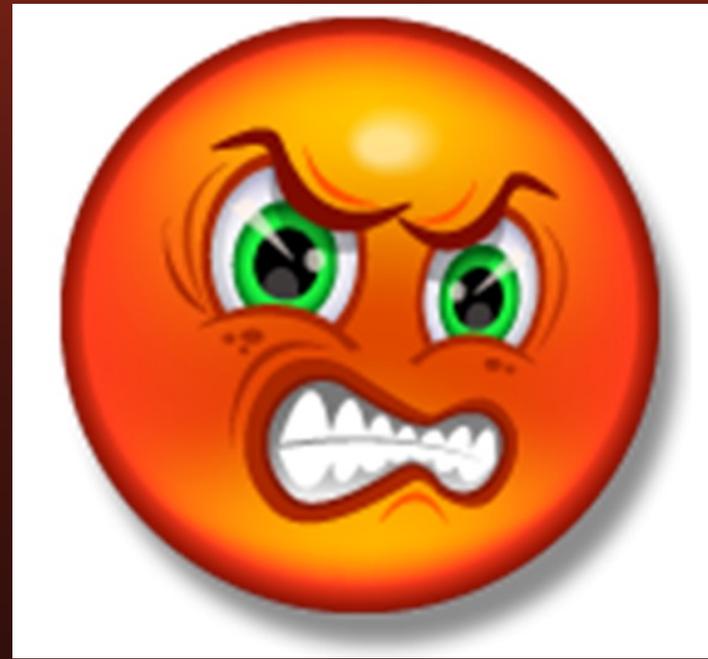
If you are feeling happy, content, joyful go with that.

Is someone or something irritating you? (i.e. politics, work, family)

If you are not sure what feelings to be with - ask your body what is ready to be felt or is ready to arise from deep within?

Perhaps you notice a recent painful incident or one from long ago that you are still grieving or seething over?

Find a way to feel what you feel. Journal, Dance, Move, Lie Still, Tone, Scream, Cry, Howl, Keen, Beat a Pillow...Shake your body (see next slide)



# Underworld Morning Feeling Practice

©Venus Alchemy

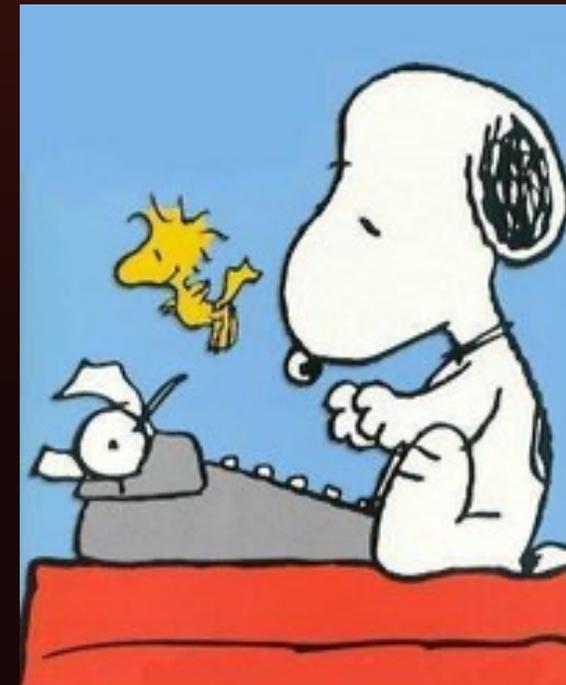
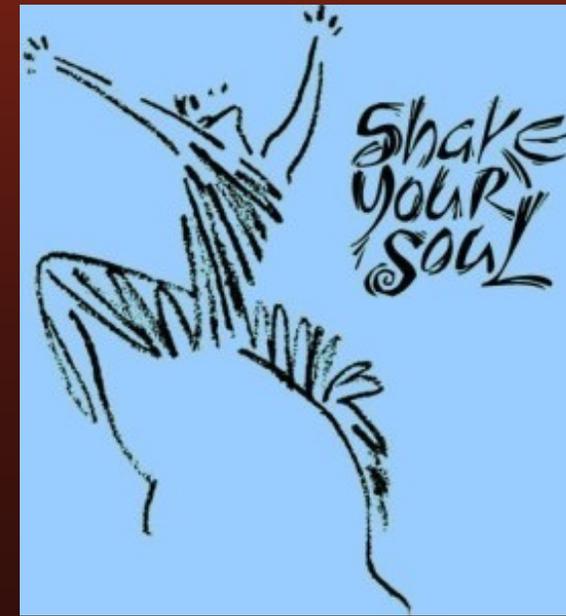
If you have time rock or shake your body while still in bed, moan, cry, scream, sigh with intent to feel what you feel for as long as needed or as long as you have time to feel it...

Once you notice the feeling has lessened or vanished altogether - send love and light to the person or situation and include yourself.

There are many layers to grief and pain so revisit or check in each morning allowing whatever feelings are there to emerge with the intent to feel them and let them go.

When the Feelings have eased ask the Part of you that Knows (via meditation or journaling or self-reflection) what are the best activities and actions to take care of yourself for now.

Remember what your body wants may change from day to day.



# Honoring the Cronos

## Mata Amritanandamayi

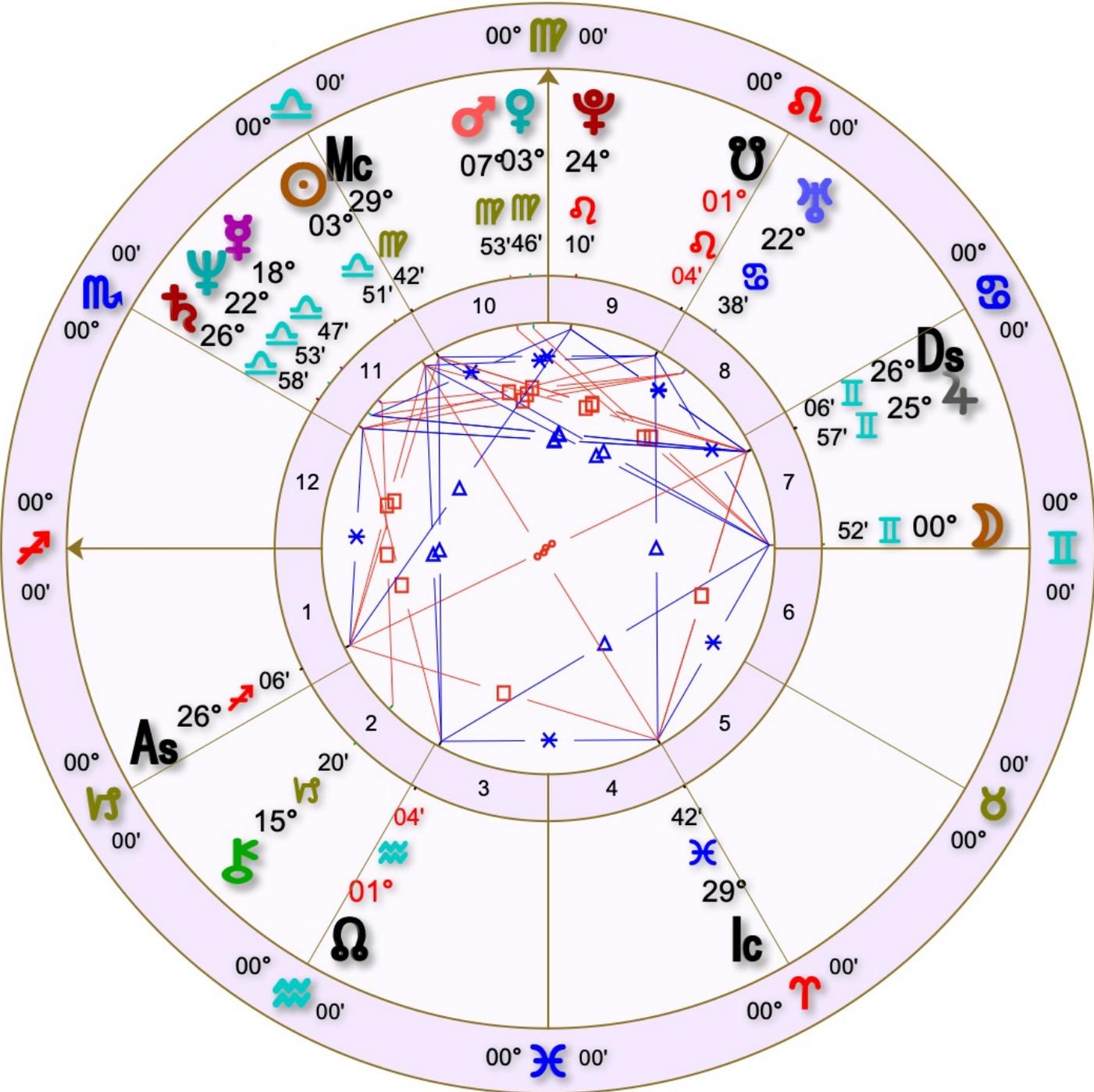
Known as **Amma**, the mother, she is called the hugging saint. She was born in a poor fishing village in India, where it was frowned upon for women to touch others.

“A continuous stream of love flows from me to all of creation. This is my inborn nature. The duty of a doctor is to treat patients. In the same way, my duty is to console those who are suffering.”

“Amma concludes her programs by embracing each person attending the event. Far from a brief book-signing or walk along the rope line, these personal, one-on-one meetings take up the vast majority of Amma's time. Amma has given this motherly embrace, known as her darshan, to more than 40 million people throughout the world. She has been known to give darshan for more than 22 hours without interruption.”

“Amma's hugs are blissful, transcendent, a high that lingers”





The image is a composite. The left side shows a close-up of several green vetiver plants with long, narrow leaves growing out of a mound of dark brown soil. The right side shows a traditional thatched-roof structure, likely a beehive or a small hut, made of woven straw or reeds. A person is visible in the background, working on the structure. The overall scene is outdoors in a rural setting.

## Vetiver – Earth Star Chakra

- Grounding for aura
- Rooting into Earth
- Purifying, cleans our “waters”
- Gentle guide through Underworld
- Boundaries
- Protection
- Anti-depressant
- Promotes sleep
- Calming



## Spikenard – Earth Star Chakra

- Grounding
- Rooting
- Mary Magdalene's oil
- Protection
- Spiritual guide through challenges
- Connection to Earth below and above
- Walk between the worlds
- Sedative, calming
- Helps ascension symptoms
- Inspiration
- Dream weaver

# Home Play

## Deepening Practices

- **Connect with Venus Altar and Venus Journal**
- **See if you can see Venus with Moon on August 24 and/or 25**
- **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 Venus Underworld Meditation as we approach the Underworld journey on September 14**
- **Share your experiences and insights on Facebook or send us an email and we will post it for you.**



## **It's NOT Too Late!**

### **The Next Few Weeks You can Review Classes & Meditations While Venus is in Underworld**

- **Revisit Cayelin's Guided Meditations**
- **Revisit Class Recordings/PDF's that feel incomplete or that you might have missed**
- **Do Missed Home Play**
- **Catch up on your journaling**
- **Have regular check-in dates with Your Venus Buddy**
- **If you are on Facebook and haven't been part of the group, Introduce Yourself and ask for Support!**
- **Consider joining us for the Ascent Journey if you haven't already**

***Being spiritual doesn't mean you are always positive it means that you have awareness to tell people to get the fuck out of your face while you balance these energies***



*Ceremony*

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# 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 Root Chakra Gate?
- How is the Crone showing up in your life?
- What are your intentions for the Earth Star Chakra Gate?

