



**Venus Alchemy
Capricorn
Evening Star**

**Solar Plexus Chakra/3rd Gate
Power Center of the Goddess
with Cayelin K Castell and Sheridan Semple**

THE 13 ORIGINAL CLAN MOTHERS

YOUR
SACRED
PATH TO
DISCOVERING
THE GIFTS,
TALENTS &
ABILITIES
OF THE
FEMININE
THROUGH
THE ANCIENT
TEACHINGS
OF THE
SISTERHOOD



JAMIE SAMS

Oh Keeper of ancient knowing,
Whisper your wisdom to me,
That I may always remember
Life's Sacred Mystery.

The stories of the Grandmothers,
Brave deeds, great and small,
The progress of the Faithful,
Who answer our Mother's Call.

The Cycles and the Seasons
That mark our every change,
The rebirth of our visions,
The spirit we have reclaimed.

Here Truth is the victor
Of the war that dwells within,
Bringing every human heart
To celebration in the end.

Grandmother Goddess Prayer

Claiming Divine Feminine Power at the Solar Plexus

Beloved All Knowing, Loving Grandmother Goddess

Thank you for Inspiring Me in the Wise Use of Personal Power

Through Cultivating the Strength of my Personal Will - In Alignment with Divine Will

Thank you for Guiding Me To Reclaim my Ability to be Self-Determining and Reliable

To Courageously Stand In and Act Upon My Own Sovereign Knowing and Creative Expression

To Express Myself in ways that are Authentic, Genuine, Heartfelt and Real

Thank you for Guiding me in embracing the Ability

to Truly Trust my Myself and What I Know is TRUE for me

Along with the Willingness to act on that Knowing

O Great Sage, Sensible Grandmother

Thank you for Guiding Me in BEing Wise and Powerful in my Knowing

So, I Confidently Foster, Communicate and Express Intelligent Heart Inspired Wisdom

So I am Experiencing the Full Ecstasy of Healthy, Alive, Potent and Powerful Life Force

As I Totally and Completely Honor, Value and Love Myself

And In So Doing - I Inspire others to do the Same

Benefiting All Life Everywhere as we Co-create the New Earth

Fulfilled in Love and Beauty, Peace and Plenty, Magic and Illumination for ALL!

It is Done! It is So! And All Heaven and Earth Rejoice. Blessed be!

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Overview

New Moon and the Moon Cycle

Sky Magic

Capricorn Meta Goddess in Aries & Taurus

Demons at the Solar Plexus Chakra

Doing Addiction

Honoring the Crones

Plant Spirit Medicine

Home Play

Solar Plexus Chakra Ceremony

Q and A

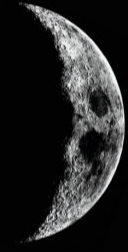
Connection Groups – stay if you want to connect



Pisces New Moon Today/Tomorrow



New Moon



Waxing Crescent



First Quarter



Waxing Gibbous



Full Moon



Waning Gibbous



Last Quarter



Waning Crescent



New Moon

Seed

Leaves & Stem

Flower

Fruit

Seed

Intentions

Act & Build

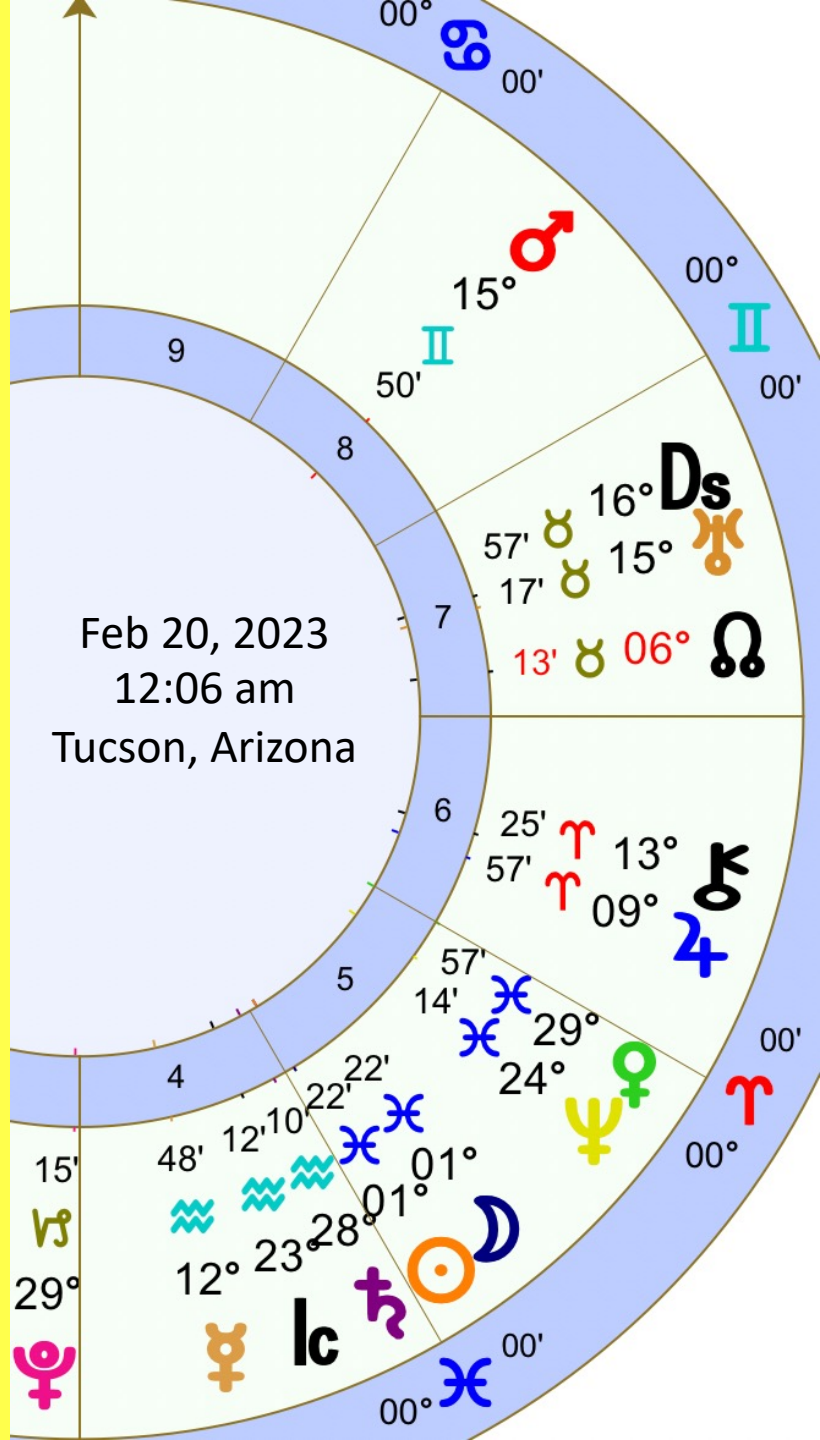
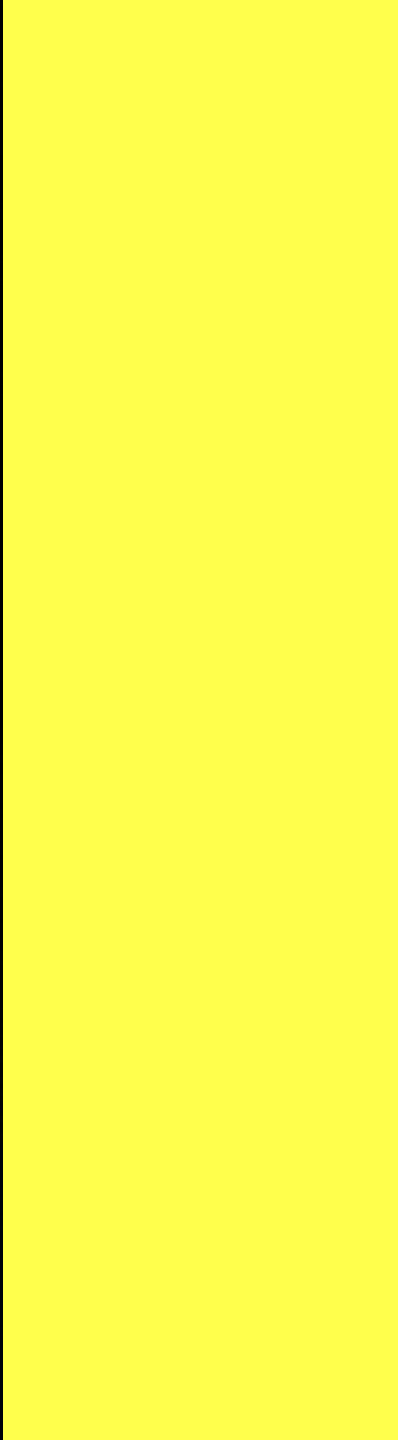
Celebrate

Reorient & Revise

Intentions

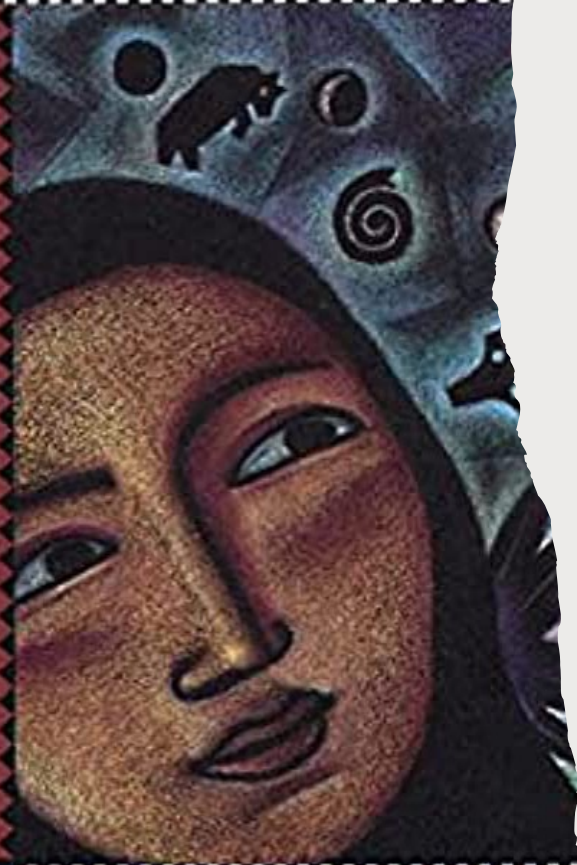


5 pm Feb 20 before Sunset Moon and planets are not Visible



THE 13 ORIGINAL CLAN MOTHER

OUR
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TO
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THE
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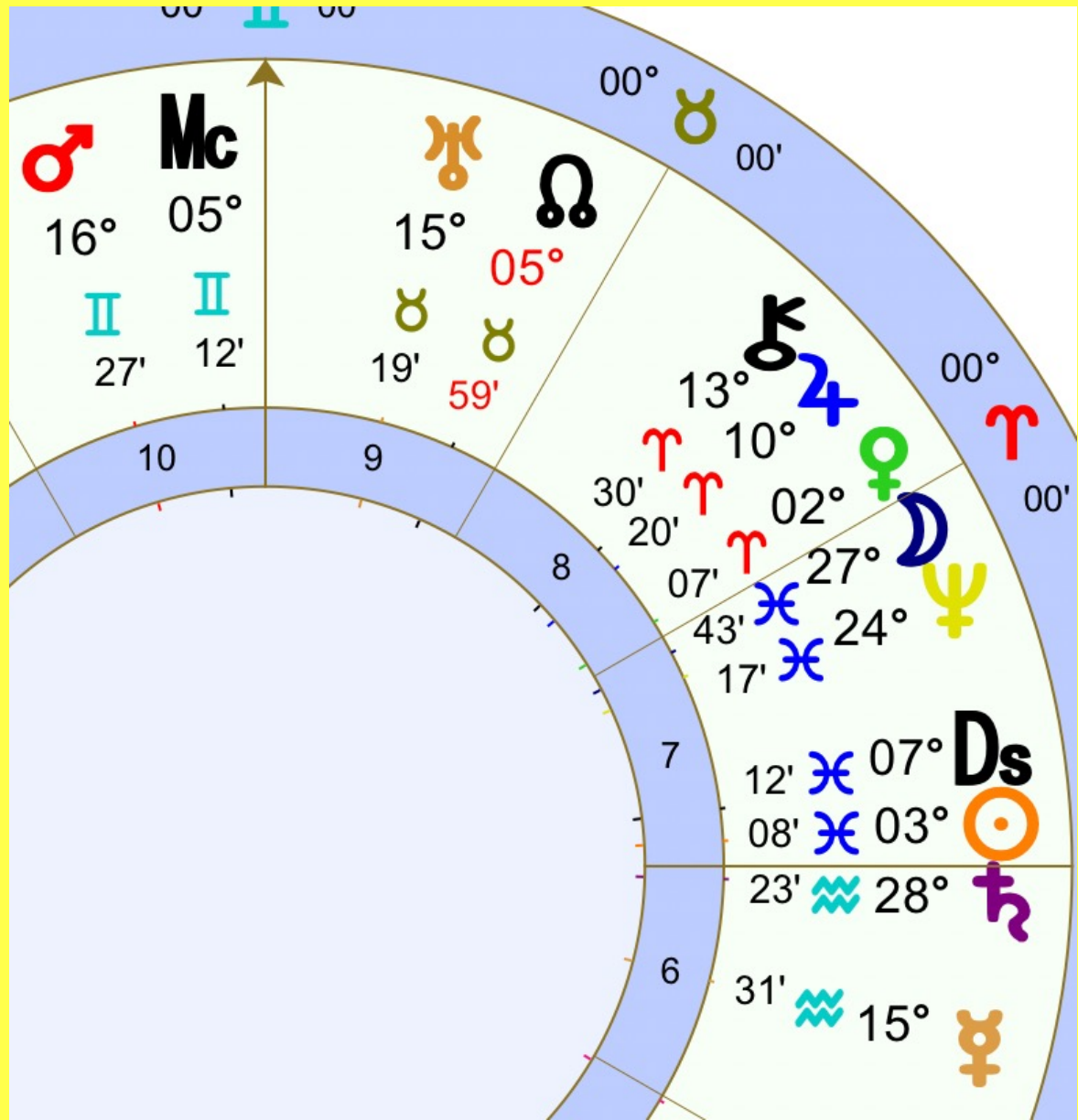


JAMIE SAMSON

Wisdom Keeper is the Clan Mother of the February Moon Cycle

- Her color is Gray - a neutral color honoring all perspectives and traditions
- Historian of all Earth Records
- Guardian of Remembering, Planetary Memory
- Keeper of all Stone Libraries where Earth's sacred memories are stored
- Protectress of Sacred Traditions
- Developing the Self through honoring the Truth
- She shows us how to be a friend and how to have friends
- Through memory, paying attention to detail and truth, Wisdom Keeper teaches us to be totally present in the moment.
- Being fully present we learn the Art of Expansion





Feb 21, 2023
Around 6:30 pm

February 2023 Evenings Looking West

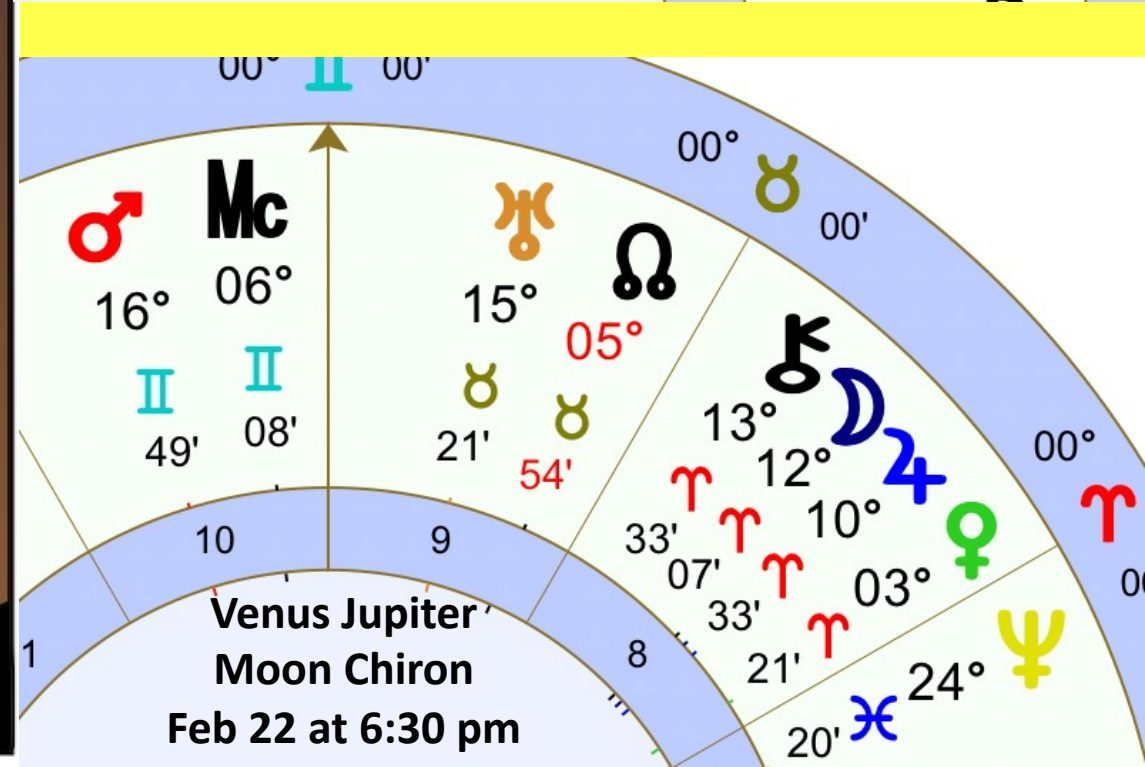
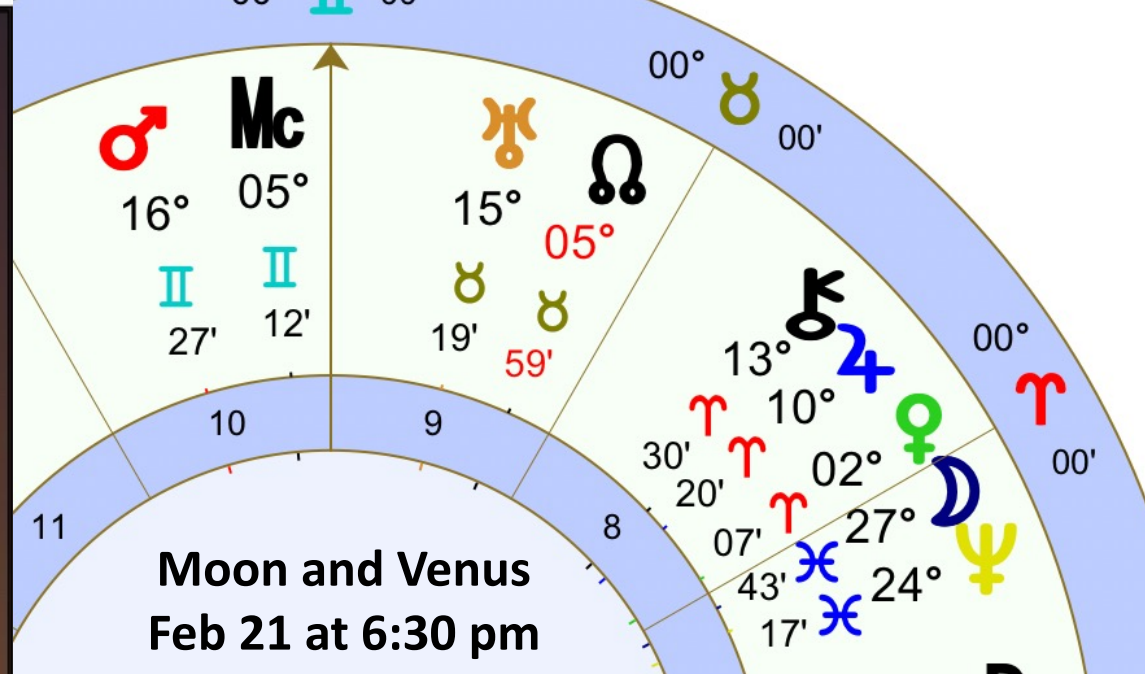
Feb 22



Jupiter

Venus

Feb 21





Feb 22, 2023
6:30 pm
Moon with
Jupiter

Feb 22, 2023

Venus Moon Exact

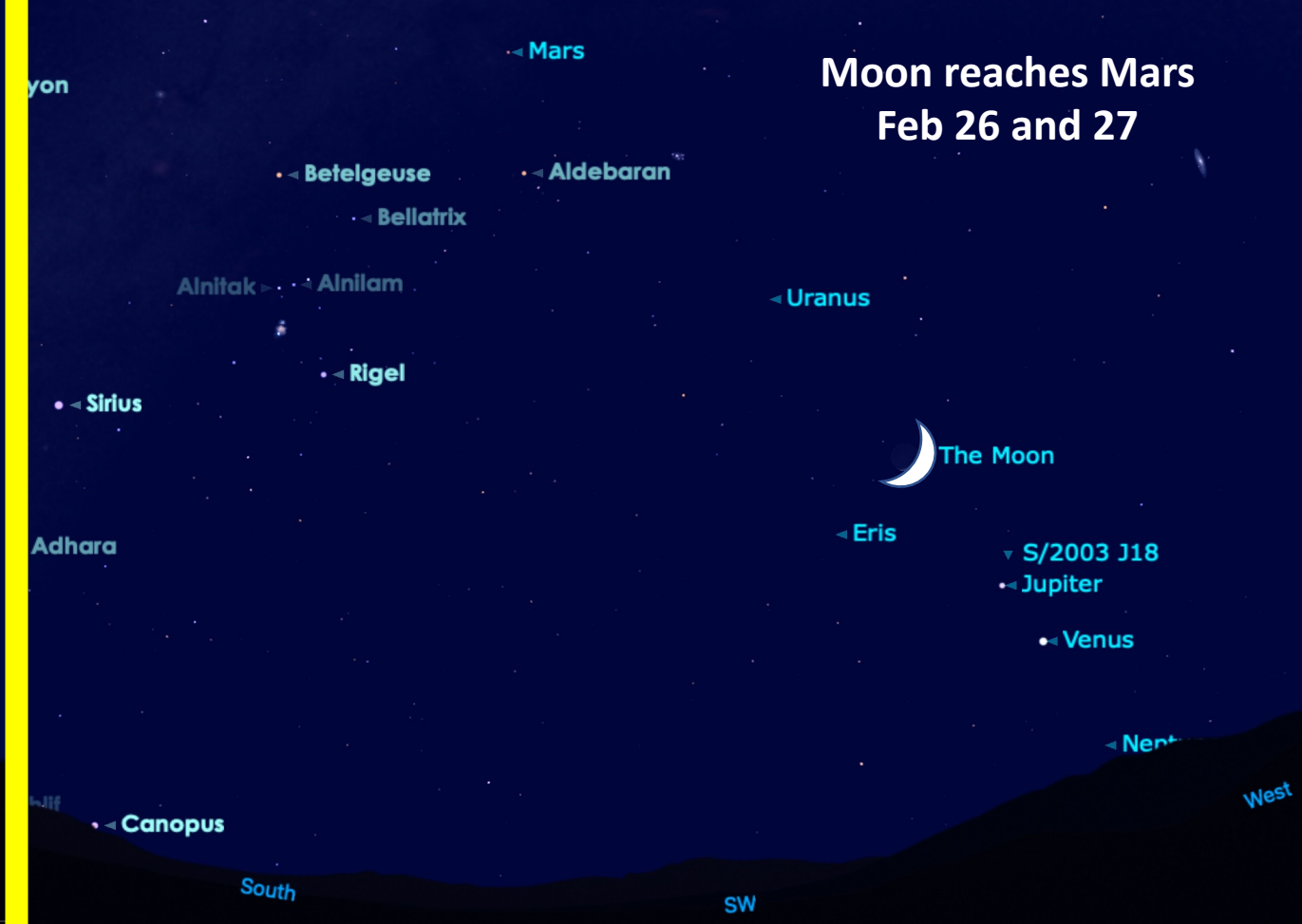
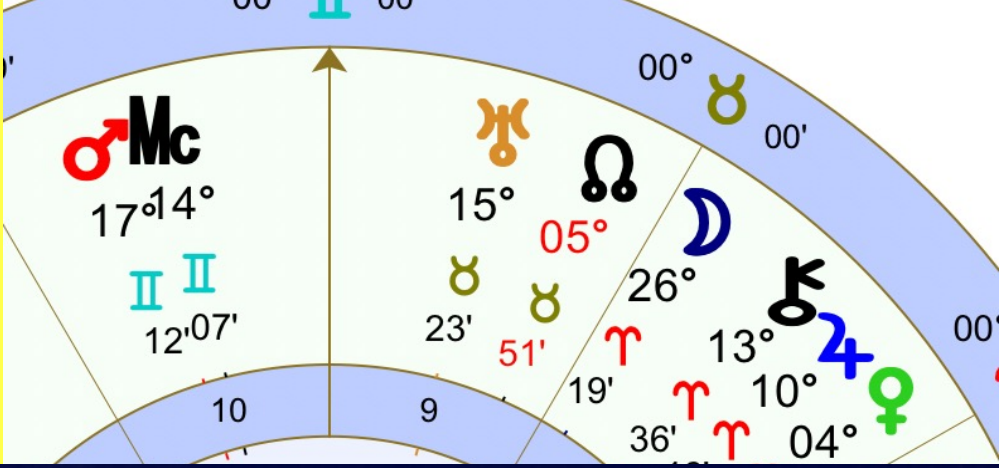
1:26 am PST
 2:26 am MST
 3:36 am CST
 4:46 am EST
 not visible at exact meeting

A detailed astrological chart showing planetary positions and aspects. The chart includes the following elements:

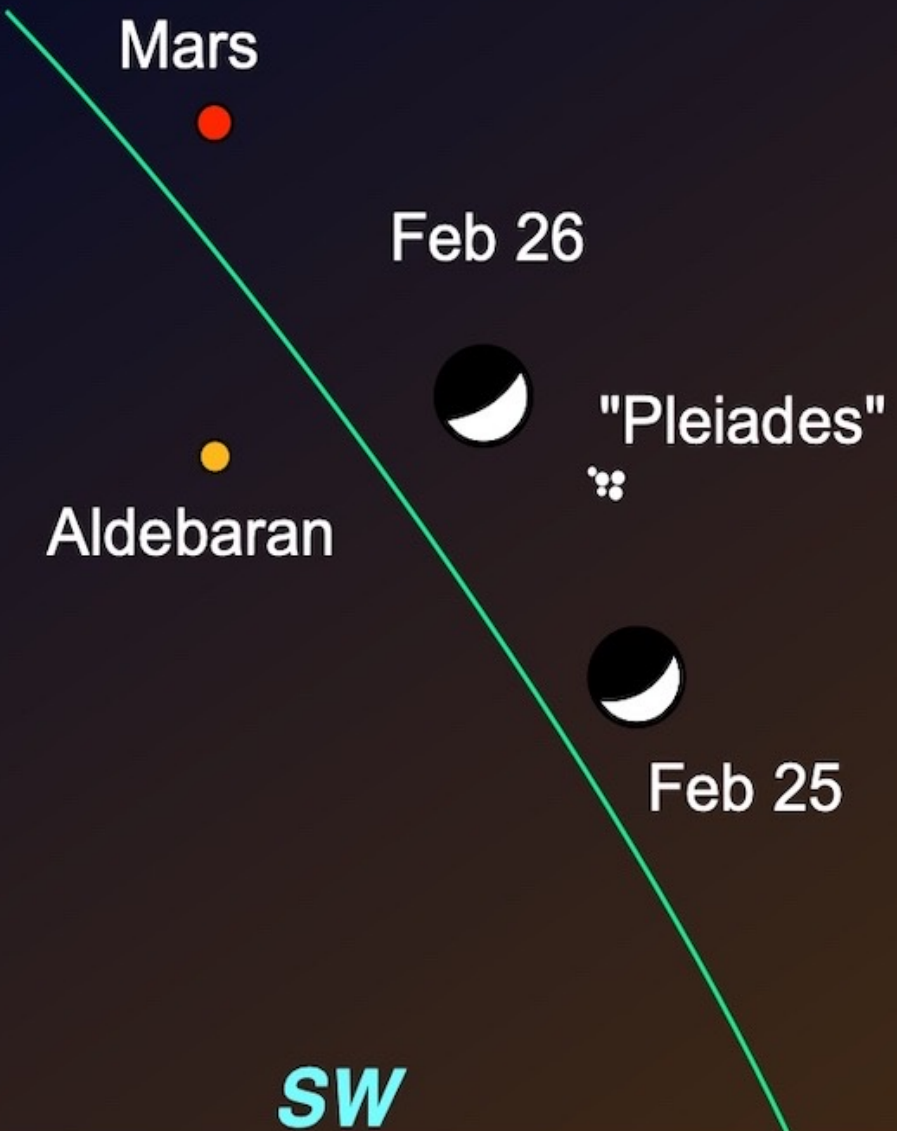
- Planets and Signs:** Venus (♊) in Gemini, Moon (☾) in Cancer (♋), Jupiter (♃) in Cancer (♋), Mars (♂) in Cancer (♋), Mercury (☿) in Cancer (♋), Saturn (♄) in Cancer (♋), Uranus (♅) in Cancer (♋), Neptune (♆) in Cancer (♋), and Pluto (♇) in Cancer (♋).
- Aspects:** Venus-Moon (57'), Venus-Jupiter (05°), Venus-Mars (13°), Venus-Uranus (10°), Venus-Neptune (02°), Venus-Pluto (02°), Moon-Jupiter (24'), Moon-Mars (31'), Moon-Uranus (24'), Moon-Neptune (32'), Moon-Pluto (32'), Jupiter-Mars (50'), Jupiter-Uranus (32'), Jupiter-Neptune (32'), Jupiter-Pluto (32'), Mars-Uranus (18'), Mars-Neptune (24°), Mars-Pluto (24°), Uranus-Neptune (00°), Uranus-Pluto (00°), Neptune-Pluto (00°).
- Other Symbols:** A blue '4' symbol, a blue 'lc' symbol, and a blue '4' symbol.



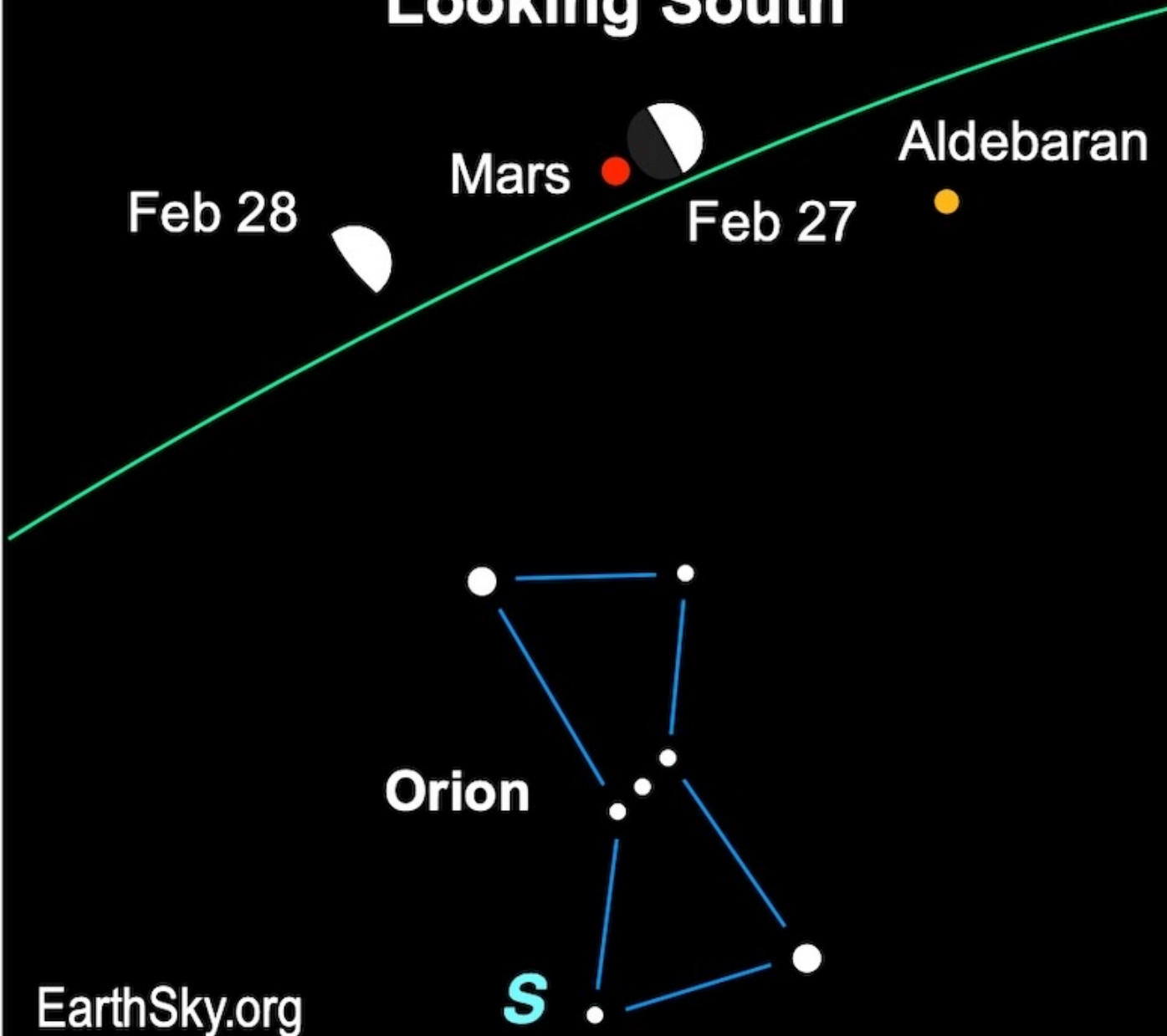
Feb 23, 2023
7 pm



February 2023 Evenings Looking Southwest



February 2023 Evenings Looking South



Mar 1

Jupiter



Venus

EarthSky.org

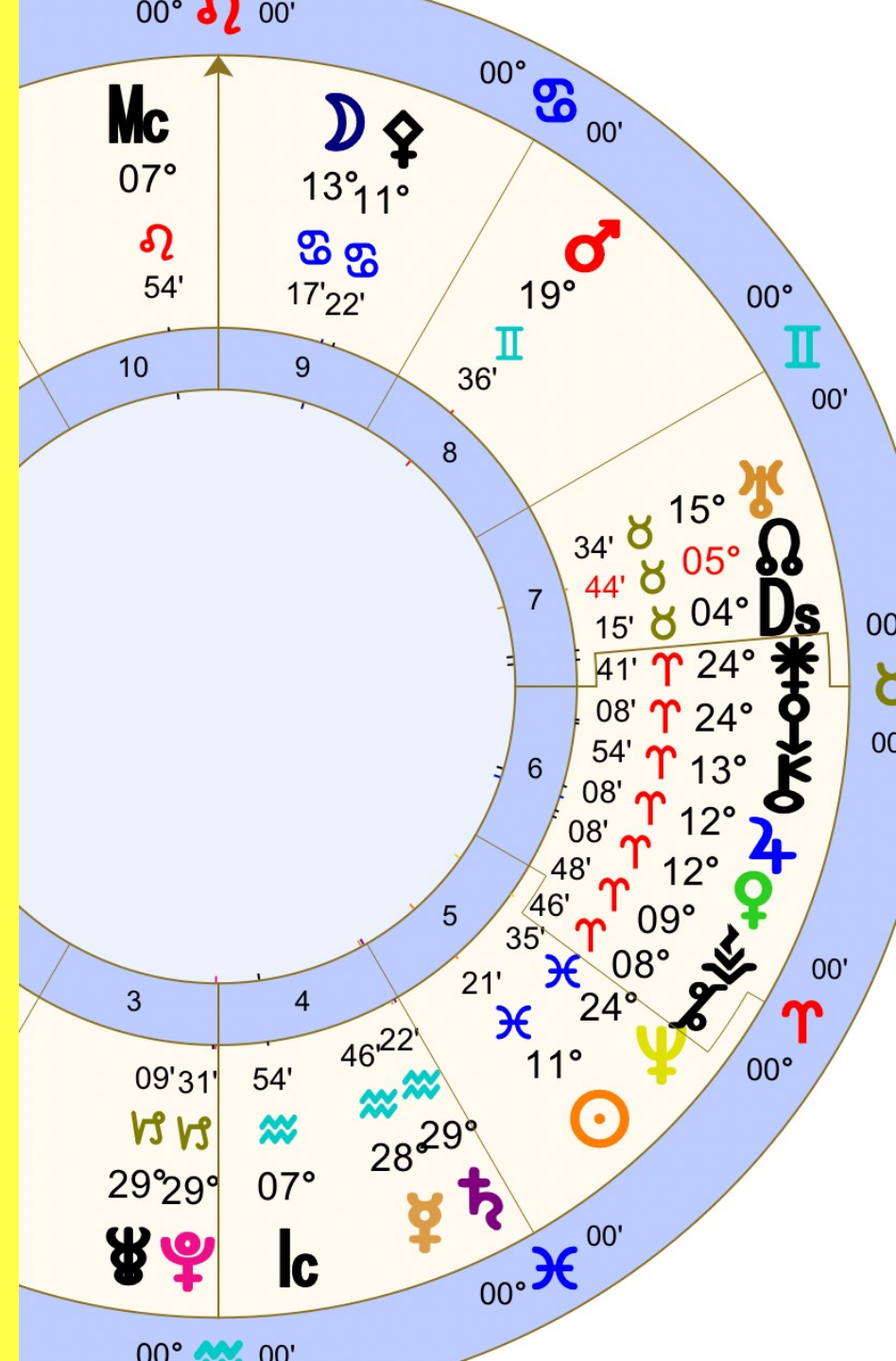
W

March 1
Venus and Jupiter

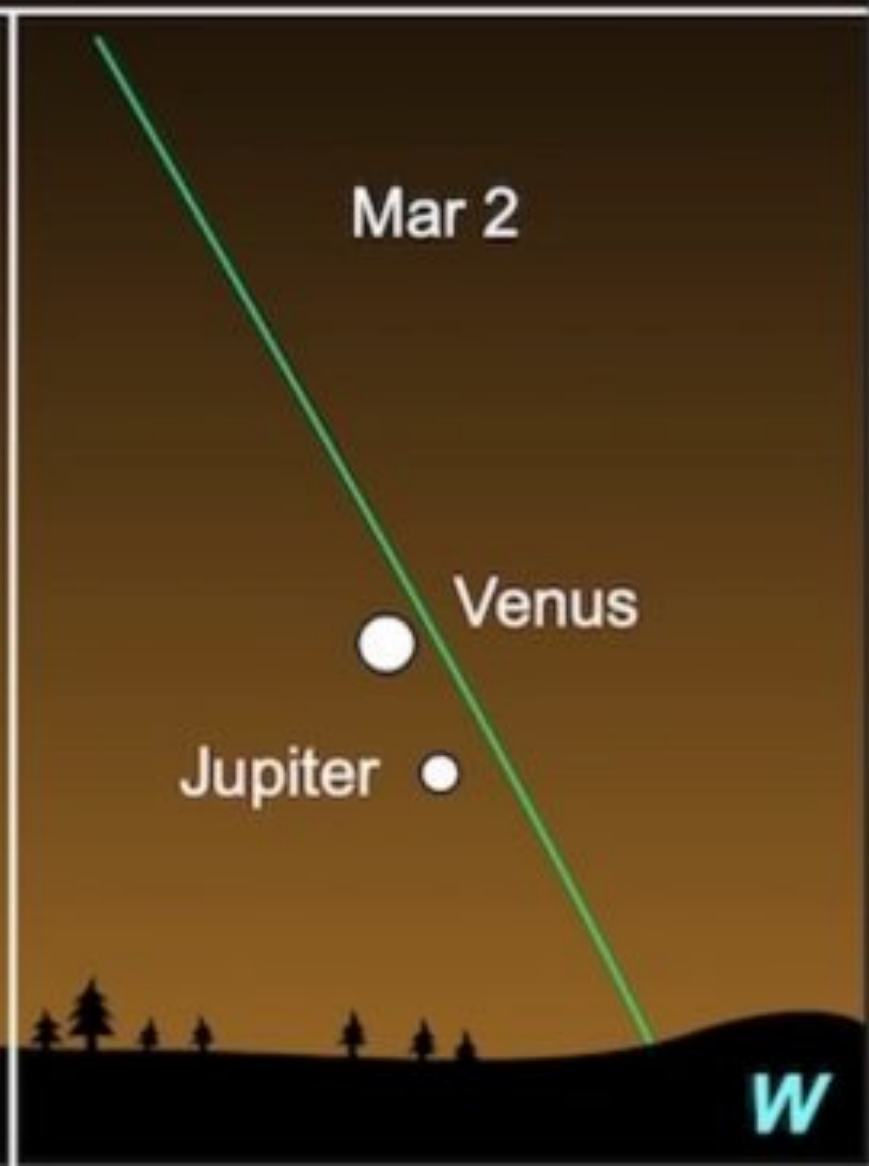
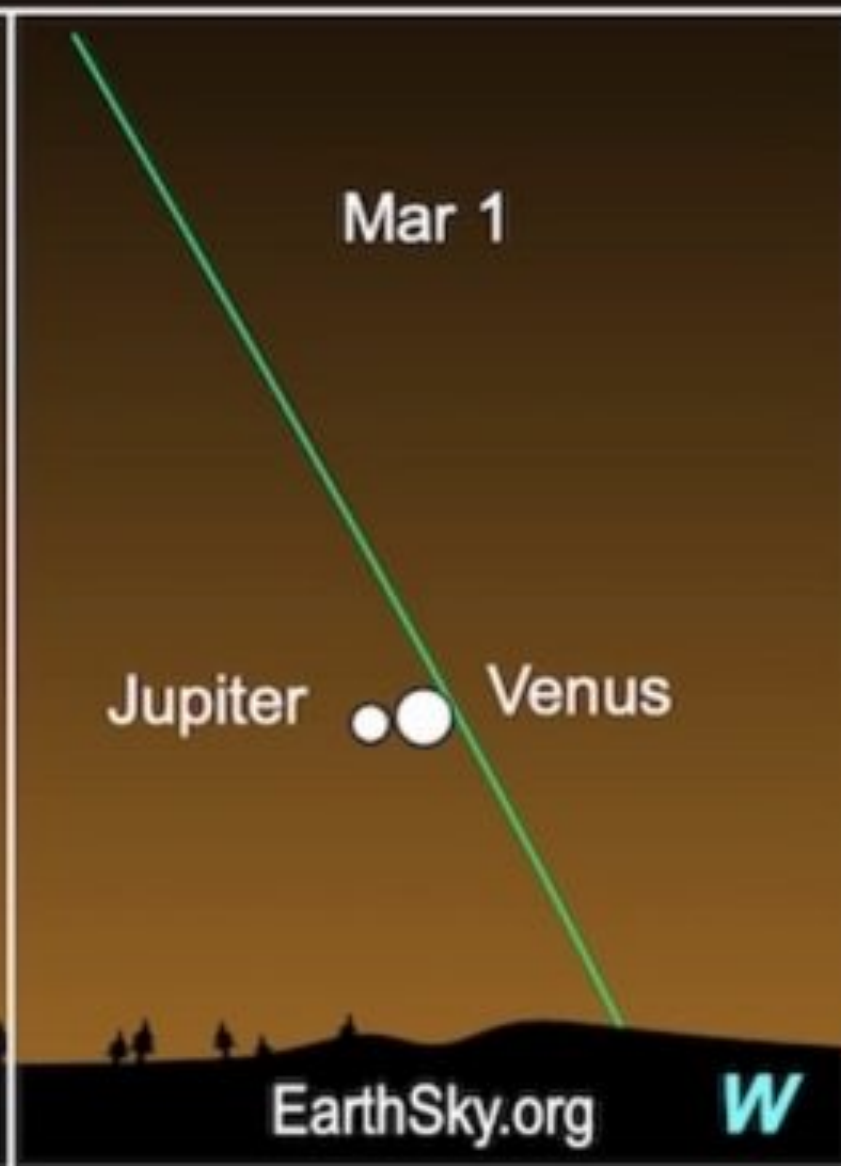
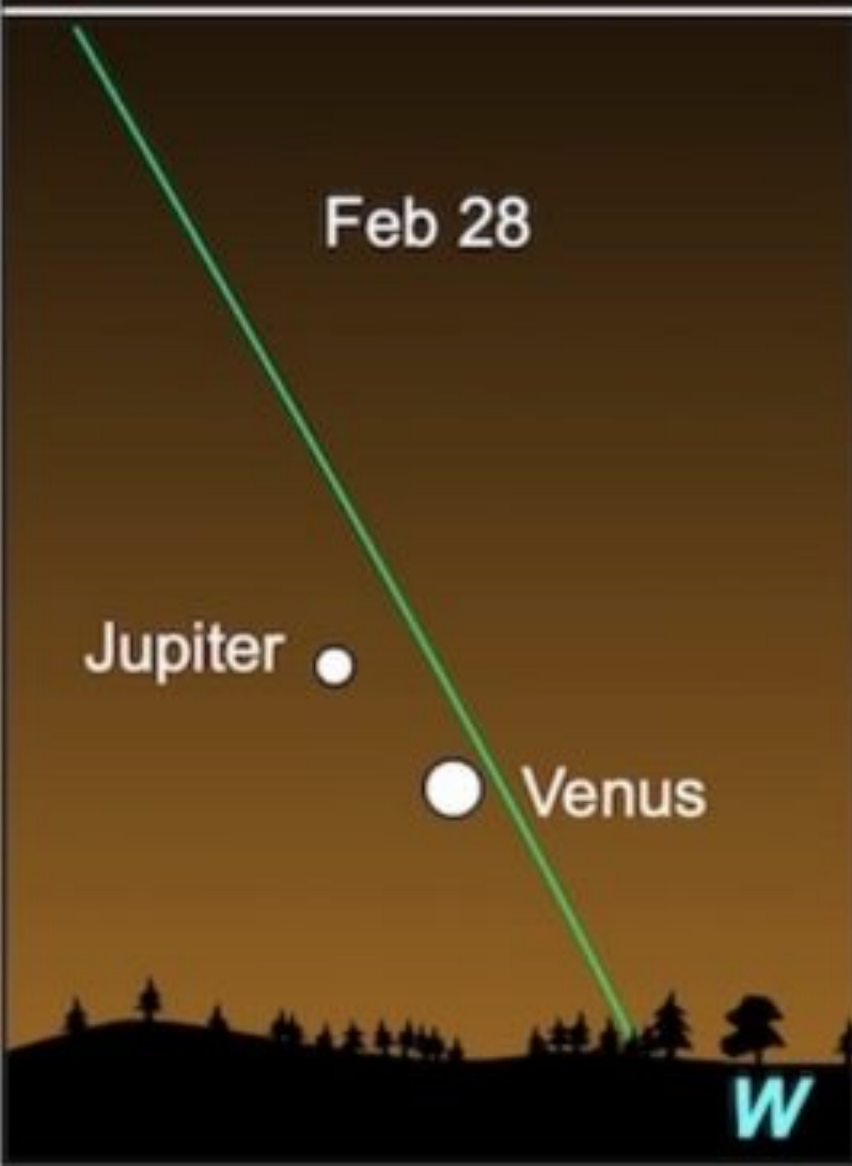
Between Chiron
and
Vesta, Astraea

Juno is with Eris

Hygeia is with Pluto



February and March 2023 Evenings Looking West





Capricorn Evening Star Solar Plexus Chakra Gate



Feb 19/20 Pisces New Moon 1°Pisces 22 and Venus enters Aries

Feb 22 Moon and Venus at the Solar Plexus Chakra Gate 2° Aries 32'

Mar 01/02 Venus conjunct Jupiter 12°Aries

Mar 03 Venus conjunct Chiron 13°Aries

Mar 07 Saturn enters Pisces

Mar 11 Venus *sextile Mars 24°Gemini • Venus with Eris 24° Aries

Mar 11/12 Jupiter with Chiron and Vesta 14°Aries

Mar 16 Venus 29°Aries square Pluto 29° Cap

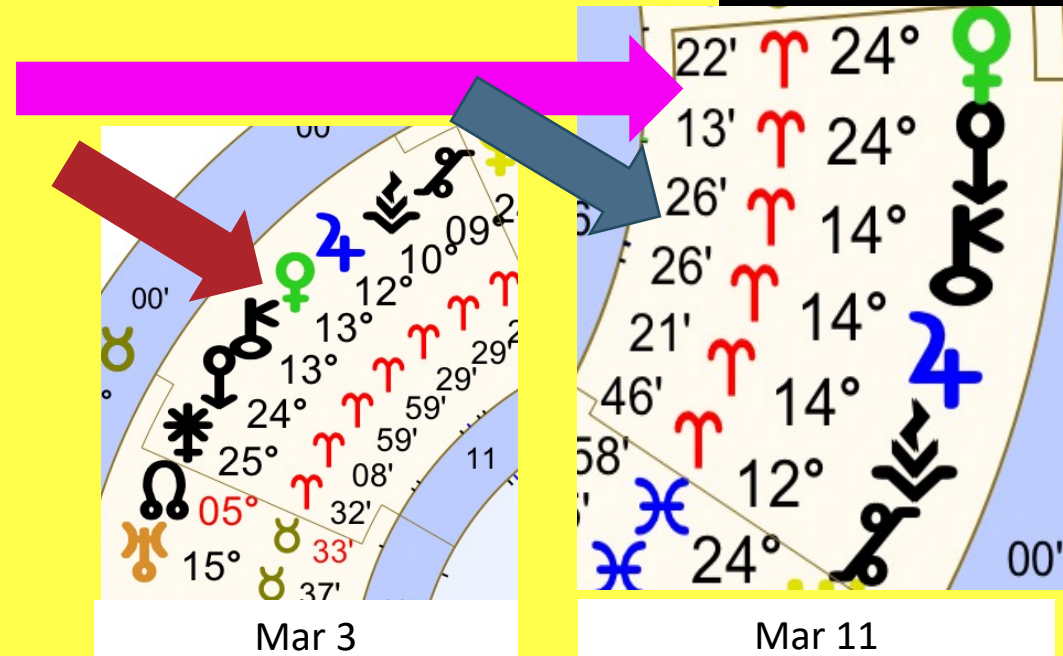
Mar 16 Venus enters Taurus

Mar 20 Spring Equinox 2:24 pm PST

Mar 21 New Moon 00°Aries 50

Mar 24 Venus Moon Heart Chakra Gate 9° Taurus

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Reclaiming at the Solar Plexus Chakra Capricorn Meta-Goddess with Venus in Aries

TODAY!

Feb 19/20 – Mar 16

Wisdom-keeper Goddess guide me to utilize my divine power and strength. Help me to honor my uniqueness and individuate into my fullest expression. Show me the action I may take to protect the Earth. Assist me in using my immense force to protect the community. Teach me to trust my intuition and know my purpose in this life. Aid me in standing up for what I believe in. Help me to know what is right for me and give me the courage to walk my own path. Help me be brave enough to serve my purpose.

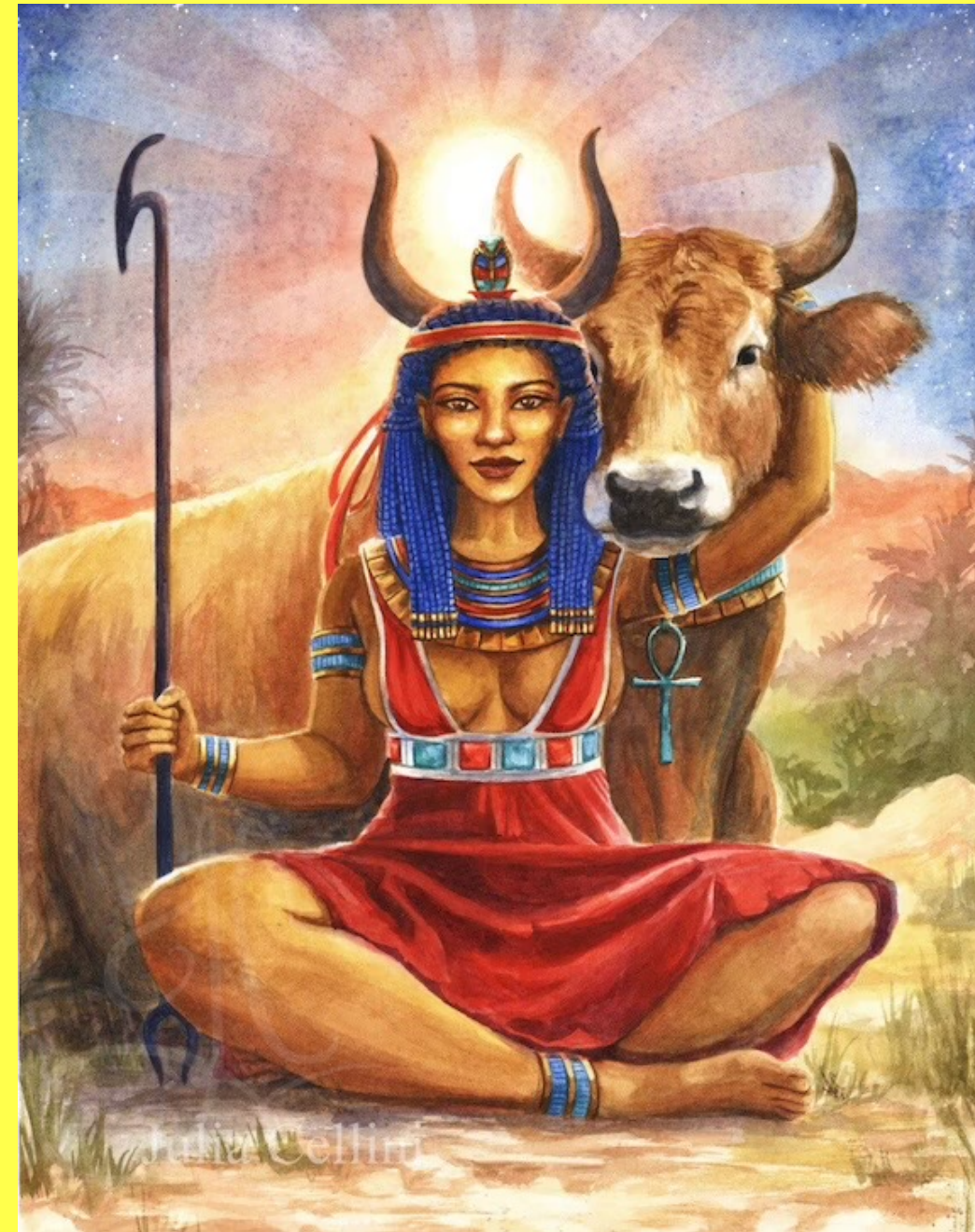
- How does it feel to be completely comfortable with my immense power?
- What has shifted that I now trust my strength?
- How have I arrived at honoring my intuition unequivocally?
- How do I now definitively know my purpose and live it?
- What does it feel like that I am able to utilize my power for creating justice in the world?

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

Mar 16 – Apr 10

Beautiful Crone Goddess show me how to serve the community through experiencing the pleasure of living in my body. Guide me to feeling the full enjoyment of all my senses, paving the way for others to follow. Help me to relish in intimacy and connection with my body and others. Teach me the ways of the body, grounded, enjoying myself, living life to its fullest. Aid me in experiencing life fully supported by the Earth. Assist me in knowing it is desirable to lie down and simply be with the Earth. Allow me to rest in the comfort of my body and see the beauty in everything around me.

- How does it feel to be completely empowered sensually?
- How am I receiving the Earth's bounty through all my senses?
- How does it feel to now trust in my body unequivocally?
- How am I enjoying living in communion with the Earth?
- What is my daily experience now that I'm choosing to allow pleasure and joy to be my constant guides?



Art by Julia Cellini

Capricorn Demons at the Solar Plexus Chakra

Insecure Demon

Skeptical Demon

Uncertain Demon

Judgment Demon

Suspicious Demon

Self-Doubt Demon

Power Over Others Demon

Shaming and Blaming Demon

I am Not Good Enough Demon

Criticism of Self & Others Demon

I Have to Prove My Worth Demon

Manipulation and Control Demon

Fear and Anxious Demon

Name Yours _____



Capricorn Meta Goddess Remembering Self-Care Is Self-Empowering

During this Chakra Gate consider engaging healthy inspired self-care practices (or stepping up the ones you already have) designed to help you reclaim a healthy Solar Plexus

Finding out who you are and what you like is an act of Self Care helping your Solar Plexus to SHINE.

Explore these questions - perhaps in your Venus Journal:

- Who am I beyond what I have been conditioned to believe I should be?
- What do I like? What is MY preference?
- What do I want? What Brings ME JOY?

Acts of Self Care and Self Empowerment

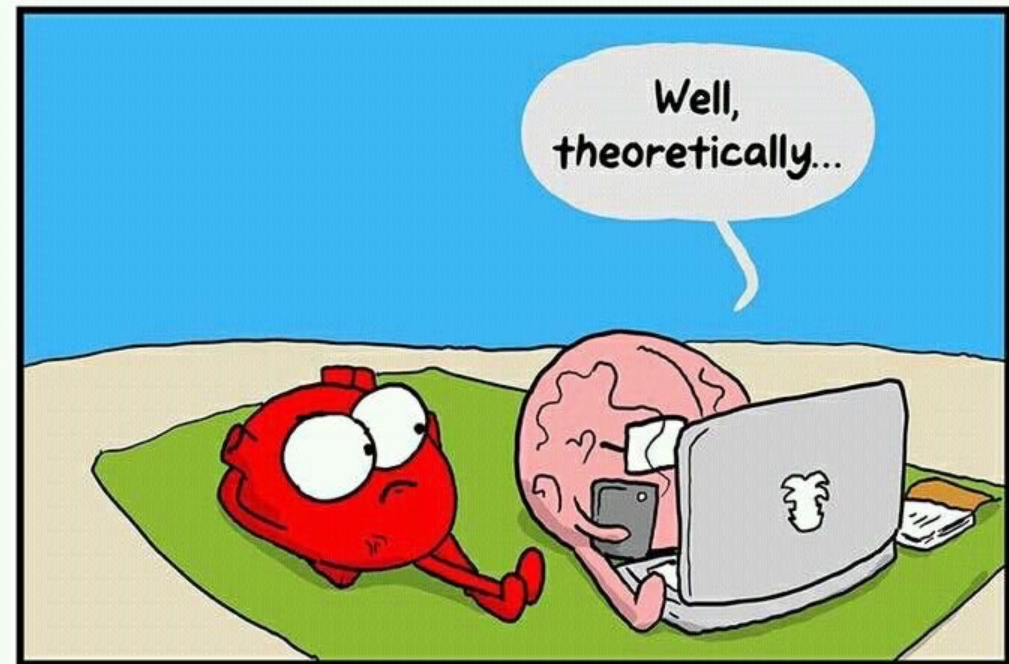
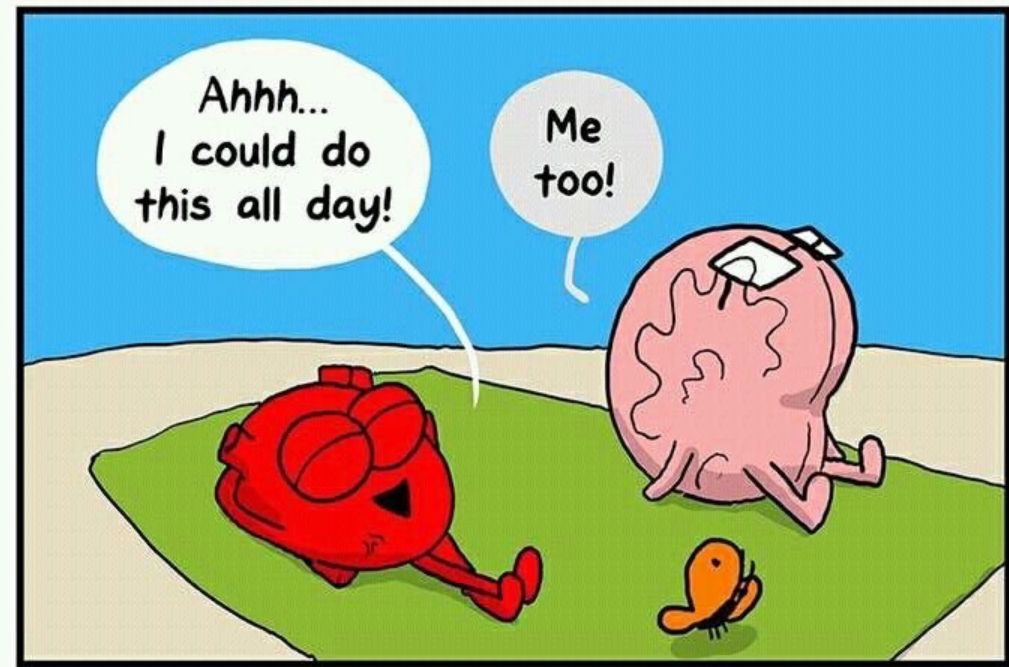
- Healthy Diet, Exercise, and Plenty of Rest
- Spending time in Nature
- Responsibly nurturing yourself
- Spend more time with loved ones

**An empty lantern provides no light.
Self-care is the fuel that allows your light to shine brightly.**

HELLOBOMBSHELL.COM

Capricorn Meta Goddess is reclaiming the benefits of efficient, effective and healthy creative expression releasing any remaining aspects of the Doing Addiction including being:

- Addicted to having to do it all perfectly leading to over giving, overworking, overdoing
- Addicted to being in control
- Addicted to being the one who has all the answers and knows the best options for the best results - so is unwilling to consider other options and ideas that might mean they could do far less and accomplish far more



Rest is Resistance: A Manifesto by Tricia Hersey

Founder of The Nap Ministry

“... a call to action and manifesto for those who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.”

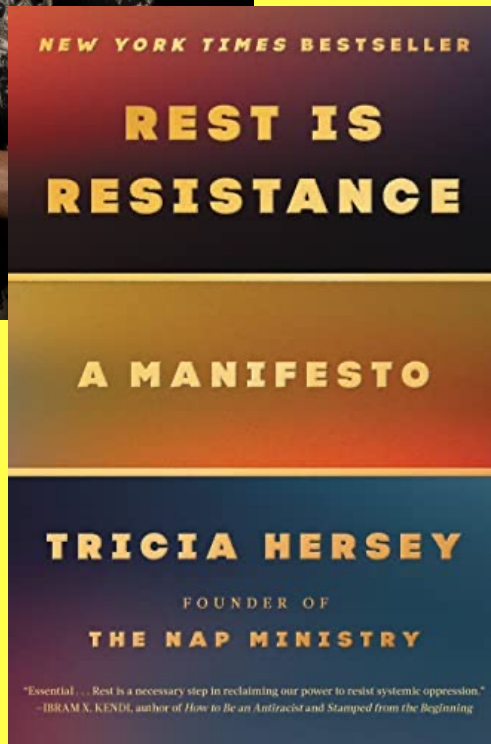
Rest as a Revolution against capitalism, patriarchy, sexism, ableism, and white supremacy.

“Our collective rest will save us. You are enough. Our dreams are enough. This is imagination work. A portal opens when we slow down. You can rest.”

“The more we rest, the more we will wake up.”

This is about more than naps.
We are attempting to disrupt a toxic system that ties our worth to how much we produce.
Our bodies do NOT belong to Capitalism.
We Know Better.
Rest and Resist.

TheNapMinistry.com



Honoring the Cronos – Regina Jackson

Born in Chicago in 1950 Regina remembers an America where everything was in Black and White. Burned into her memory are; the beatings and horrific treatment of civil rights workers throughout the south, the murder of Martin Luther King, Jr. and the murders of President John Kennedy and his brother Robert. It is these memories that drive Regina to push for real change in America.

Co-founder of Race2Dinner and Co-author of White Women with Saira Rao

THEIR VISION:

Liberation.

A world free of white supremacy, caste, patriarchy, misogyny, all the isms, all the phobias and hate. A world where all of us human beings have value, dignity, respect and all we need to live how we choose.

THEIR MISSION:

Initiating radically honest conversations that enable each of us to acknowledge, understand, and take personal responsibility for stopping the harm done to ourselves — and to each other. Conversations that acknowledge how we are complicit in creating, enabling and engaging in oppression. Conversations that can lead to liberation for all of us. In a white supremacy culture, those conversations necessarily center on the dismantling of whiteness and white supremacy.



"I am always looking for ways to learn, grow, shut the F up, and listen. This book gives you the tools to do just that." —CHELSEA HANDLER



Everything You
Already Know About
Your Own Racism
and How to Do Better

White Women

With
a Guide to
Start the
Unlearning

Regina Jackson
and Saira Rao

Want to read this together? Sheridan@SheridanSemple.com

Race2Dinner.com



Ginger – Solar Plexus Chakra

- Emotional resolve
- Strengthens the chi or prana
- Warms the body
- Improves circulation
- Grounding, comes from root
- Queen of digestion
- Stomach issues – especially from self-abuse with food (over, under, toxic eating)
- Nausea, motion sickness
- Essential oil is a lovely yellow color

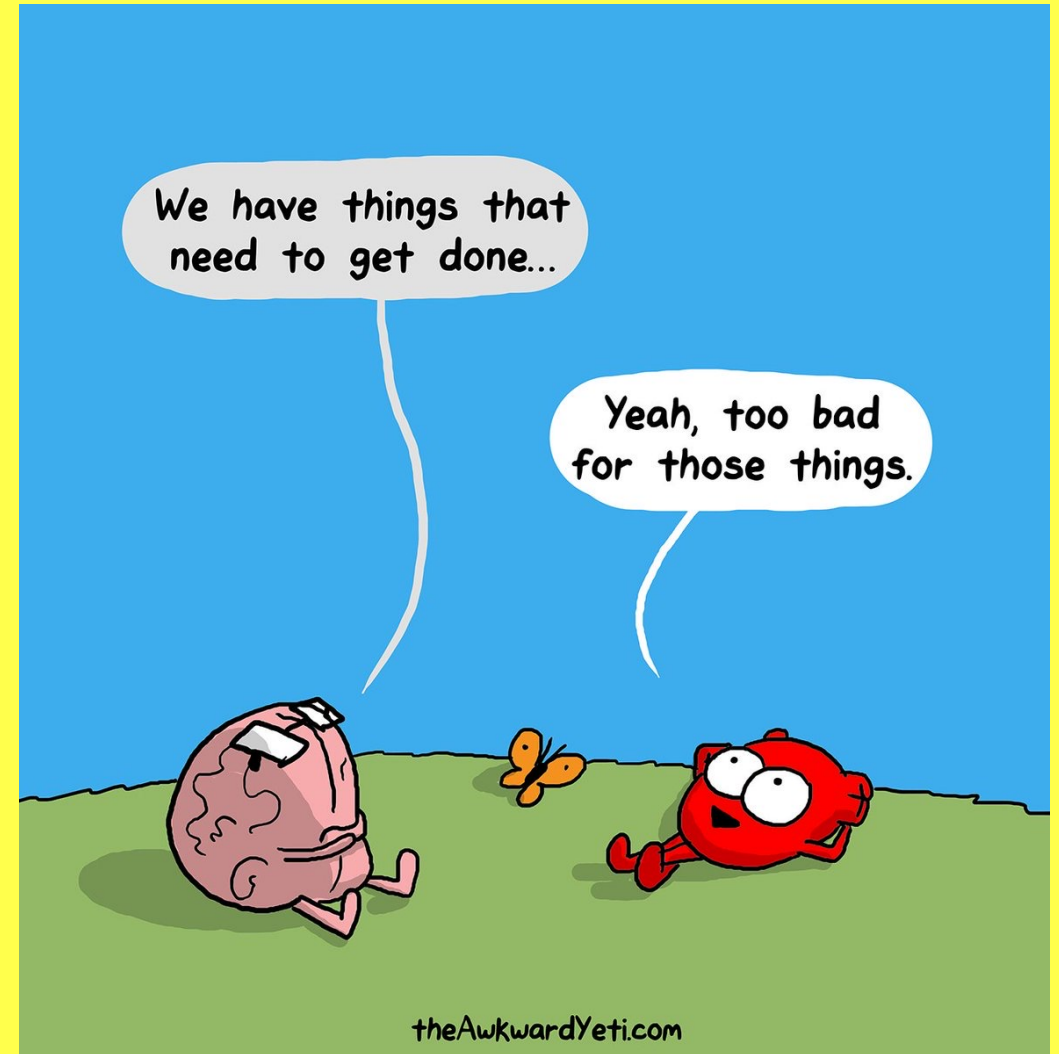
A close-up photograph of a laurel plant. The image shows several long, lanceolate, green leaves with prominent veins. Interspersed among the leaves are clusters of small, round, light-colored buds or young berries. The background is a soft, out-of-focus green.

Laurel Leaf – Solar Plexus Chakra

- Empowerment
- Courage
- Strength and stamina
- Spiritual backbone
- Heroism, Heroine-ism
- Queen of the lymphatic system
- Huge support for fear and anxiety
- Digestion – kitchen herb

Questions for Capricorn at the Solar Plexus Chakra

- *What would it take for me to trust my inner wisdom and act on that?*
- *What would it take to cultivate and wisely express my creative gifts in ways that inspire me to share what I know?*
- *What would it take for me to courageously express my true self?*
- *How can I joyously celebrate my magnificently imperfect Self every day?*



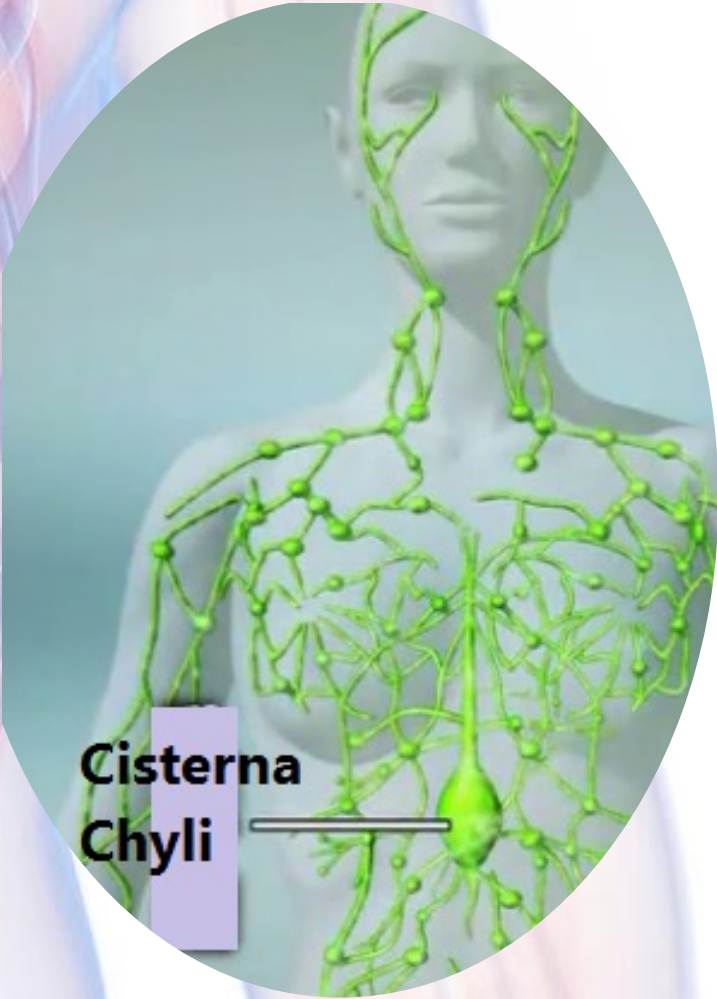
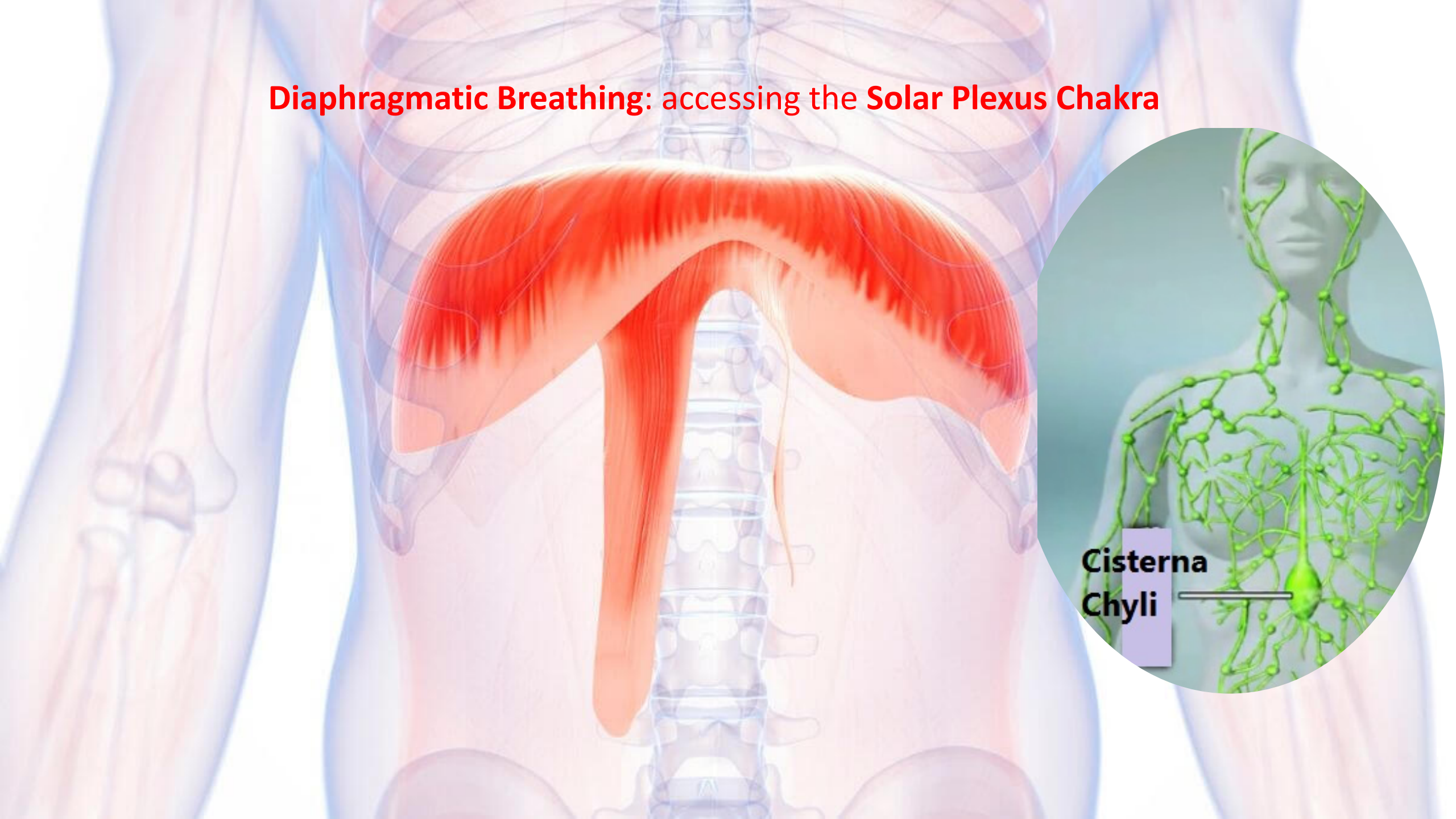
Home Play

Deepening Practices

- Create/Renew/Connect with your **Venus Altar**
- Continue with or initiate a **Venus Journal**
- See if you can see **Venus with the Moon on Feb 21, 22, 23**
- Spend time with Venus in the **Evening Sky**
- **Ceremony** With Venus & Moon in Evening Sky
- Evening Star **Venus Buddy** Check-In (buddy signup on class page)
- Set your **intention** for what you are **reclaiming** and work with any of the questions listed before that resonate with you
- Listen to Guided Journeys and Meditations, most especially the **Solar Plexus Chakra Meditation** by Cayelin (20 min)
- **Share** your experiences and insights on Facebook

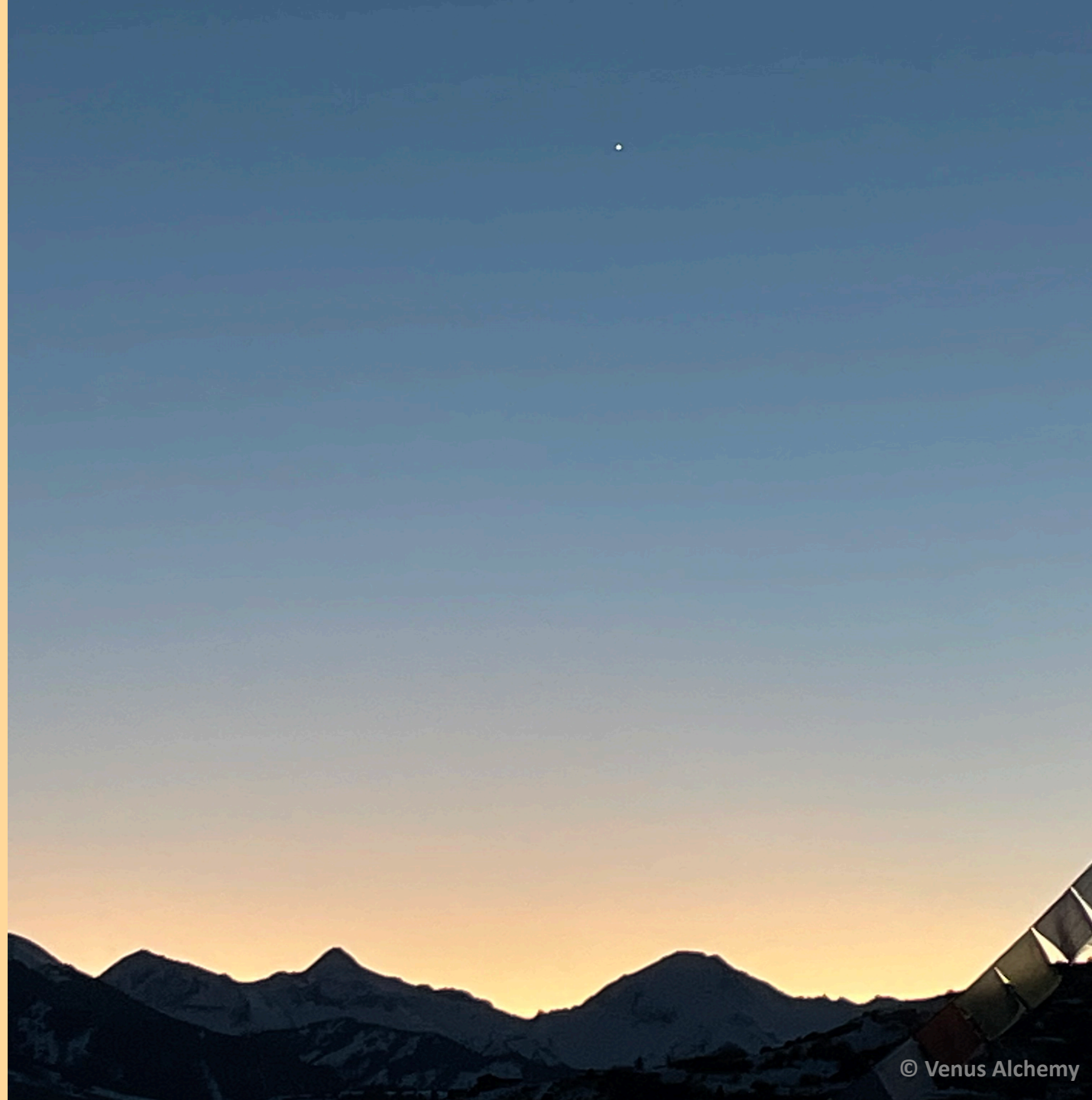


Diaphragmatic Breathing: accessing the Solar Plexus Chakra



Ceremony

Evening Star Venus
Feb 2 by Sheridan





Connection Groups

Guidelines

Joining the Groups is Optional – feel free to take off if you're done for today

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

