

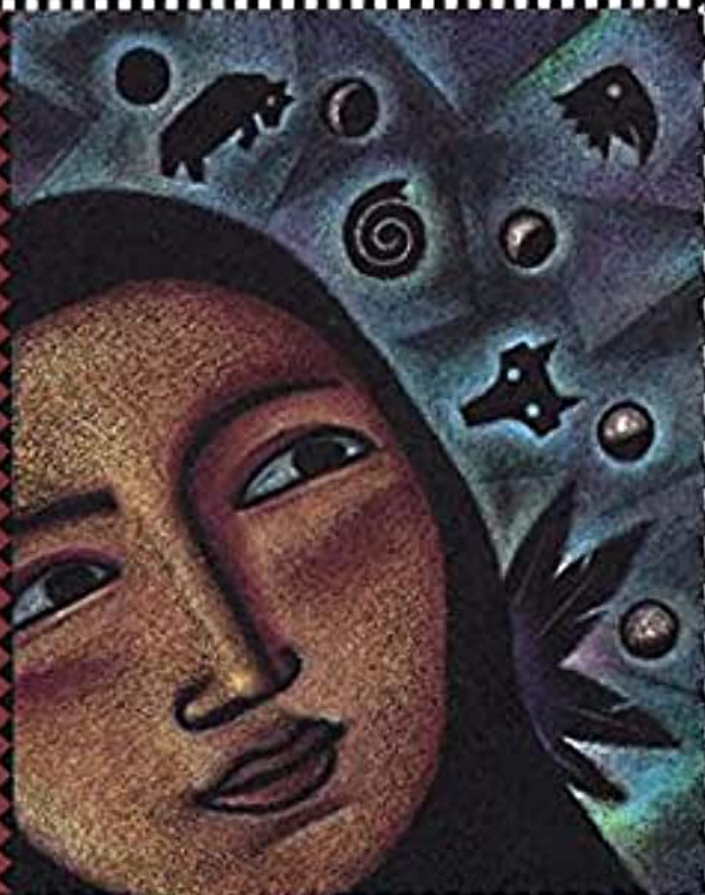


Venus Alchemy
Capricorn
Evening Star

4th Chakra 4th Gate
Reclaiming The Power of Love
To Love and Be Loved
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

Weighs The Truth

The Protectress of the meek
Weights the truth for all to see
Divine Law, seeking balance,
Setting the spirit free.

And here, amid the chaos
Of earthly trials she stands,
Ready to issue justice,
Compassion in her hands.

She answers when deception
Shows the destructive face
Of human greed and hatred,
Dividing every creed and race.

Keep of Great Mystery's Laws,
Whose guiding ways we seek,
May we accept the oneness of
The truths we hear you speak.



Grandmother Goddess Prayer

Invoking Divine Feminine Love and Compassion

Beloved Grandmother Goddess of Heart Inspired Wisdom

Powerful Advocate of Our Sacred Heart Space - Joyously Loving, Blissfully Kind

Thank you for continuing to guide me in Consciously Living from My Inner Heart Temple

Where I Experience the Power of Loving Myself, Loving Others and Loving ALL Life In ALL-ways

Expressing and Radiating Love Here and Now

O Wise Goddess of Alchemy, Magic and Miracles,

Filled with the Mystery Inspired by Love

Beloved, Courageous and Mighty in Your Great Love For All

By Means of Your Loving Wisdom – Thank you for Guiding Me to Wholeness

Thank you for Guiding Me to Reclaim my Divine Birthright of Love

As I am now Remembering to Love Myself With Confidence and Assured Authenticity

Thank you for Guiding Me to Experience the Full Healing Power and Ecstasy of Love

So I AM Living the Magical Enchantment of Love - Everyday in Every way

Fully Restoring the Transformative Power of Love Within Me, Benefitting All Life Everywhere.

Living from Great Courage, Kindness, Caring and Heart Felt Forgiveness

Radiating Love Towards Myself and Others

So that I Miraculously Live the Magic of Love Now!

With Gratitude It is Done, It is So and So It IS! Blessed BE...



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Overview

New Moon and the Moon Cycle

Sky Magic

Capricorn Meta Goddess in Taurus & Gemini

Demons at the Heart Chakra

Power of the Heart

Honoring the Crones

Plant Spirit Aromatherapy

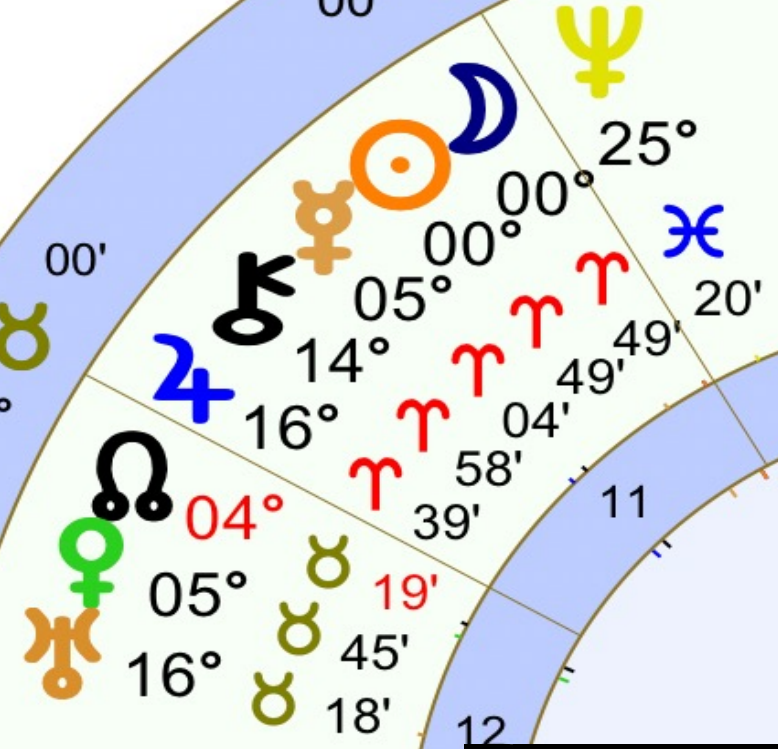
Home Play

Heart Chakra Ceremony

Q and A

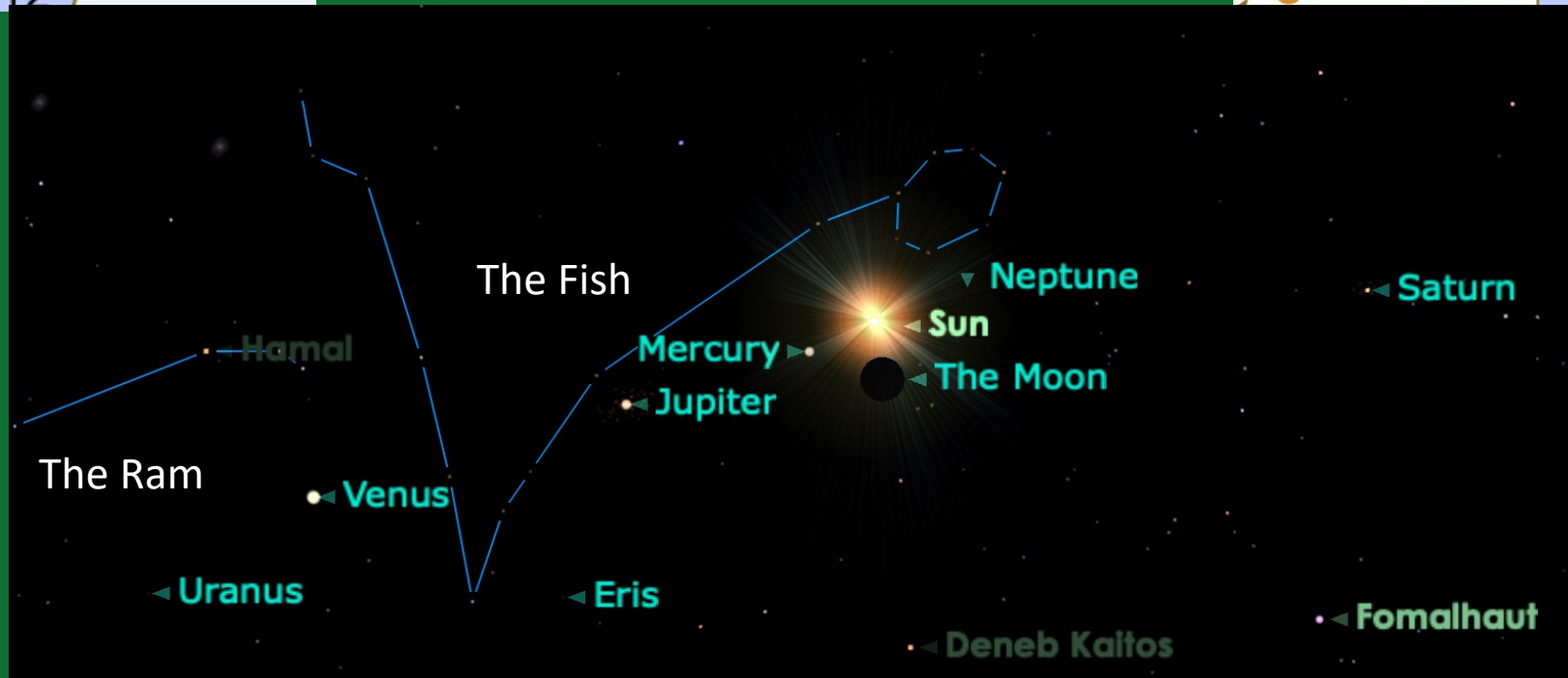
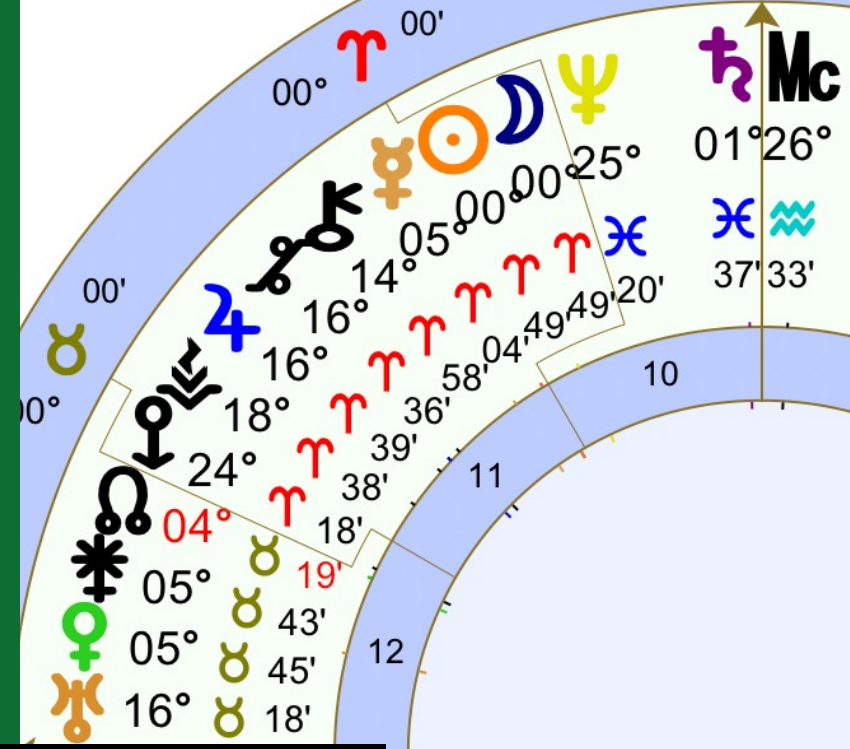
Connection Groups – stay if you want to connect

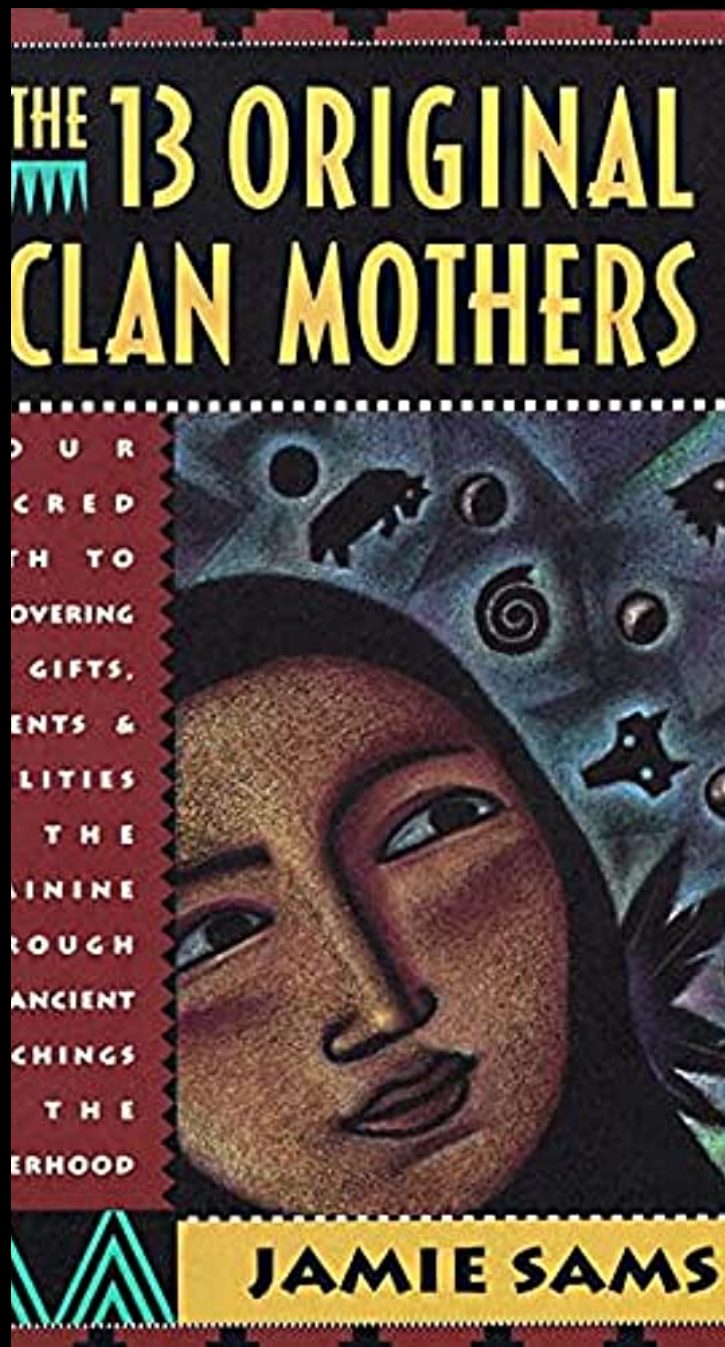




Aries Perigee New Moon
March 21, 2023
10:31 am

Last Perigee New Moon
in a Series of 5



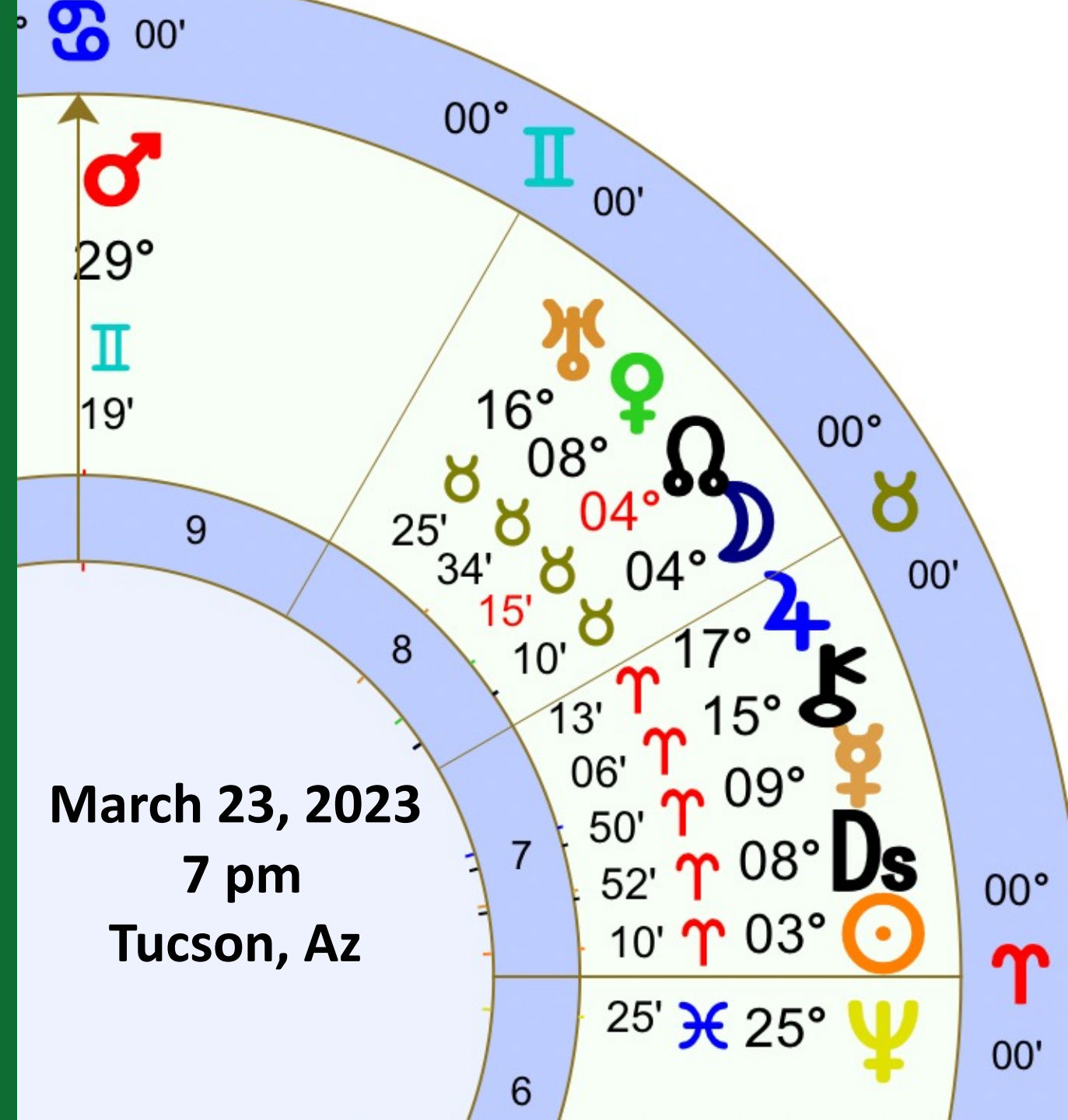


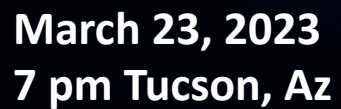
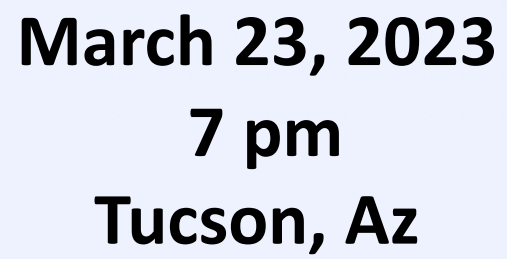
Weighs the Truth is the Clan Mother of the March New Moon Cycle

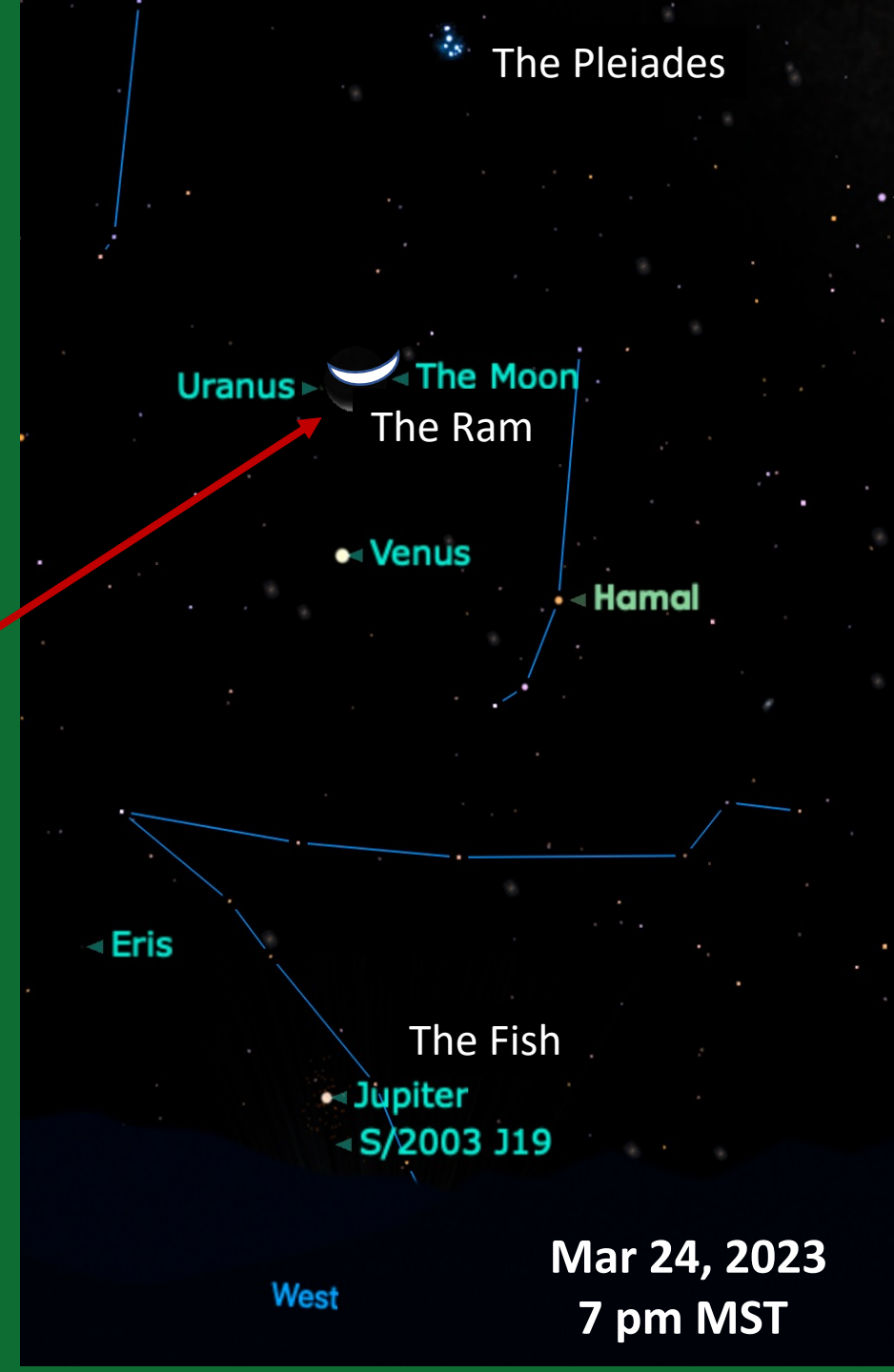
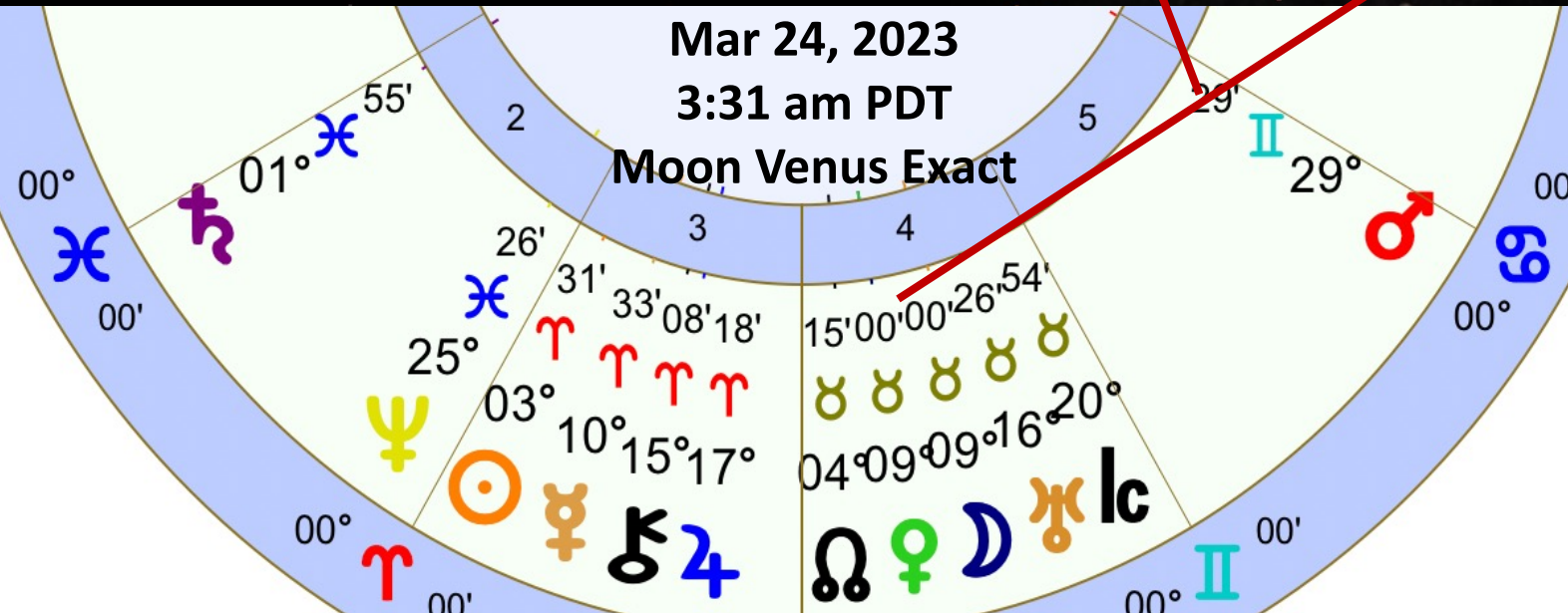
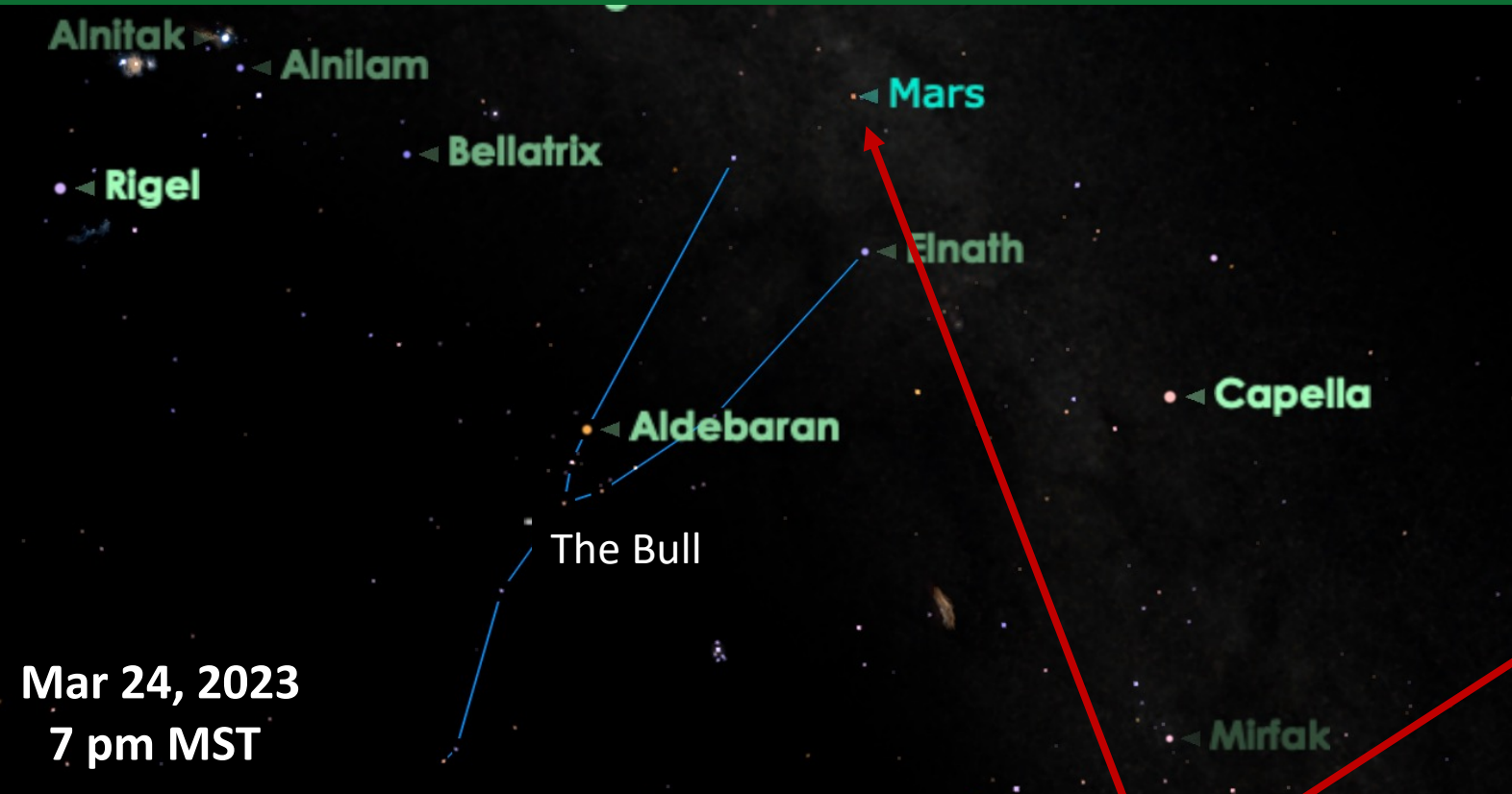
- Her color is Brown connected to the Earth
- She represents and teaches Divine Law
- **She is Keeper/Guardian of Justice and Equality**
- She is a fair judge of human rights
- She sees all sides of a situation and is not fooled by half-truths or lies
- She teaches the ability to respond and how to be self-determined
- She teaches how to nurture the positive using divine law
- She is the Mother of self-determination and responsibility
- She teaches responsibility for our actions and words through personal integrity, ethics and values
- She teaches how to find healing solutions
- She teaches how to ACCEPT THE TRUTH



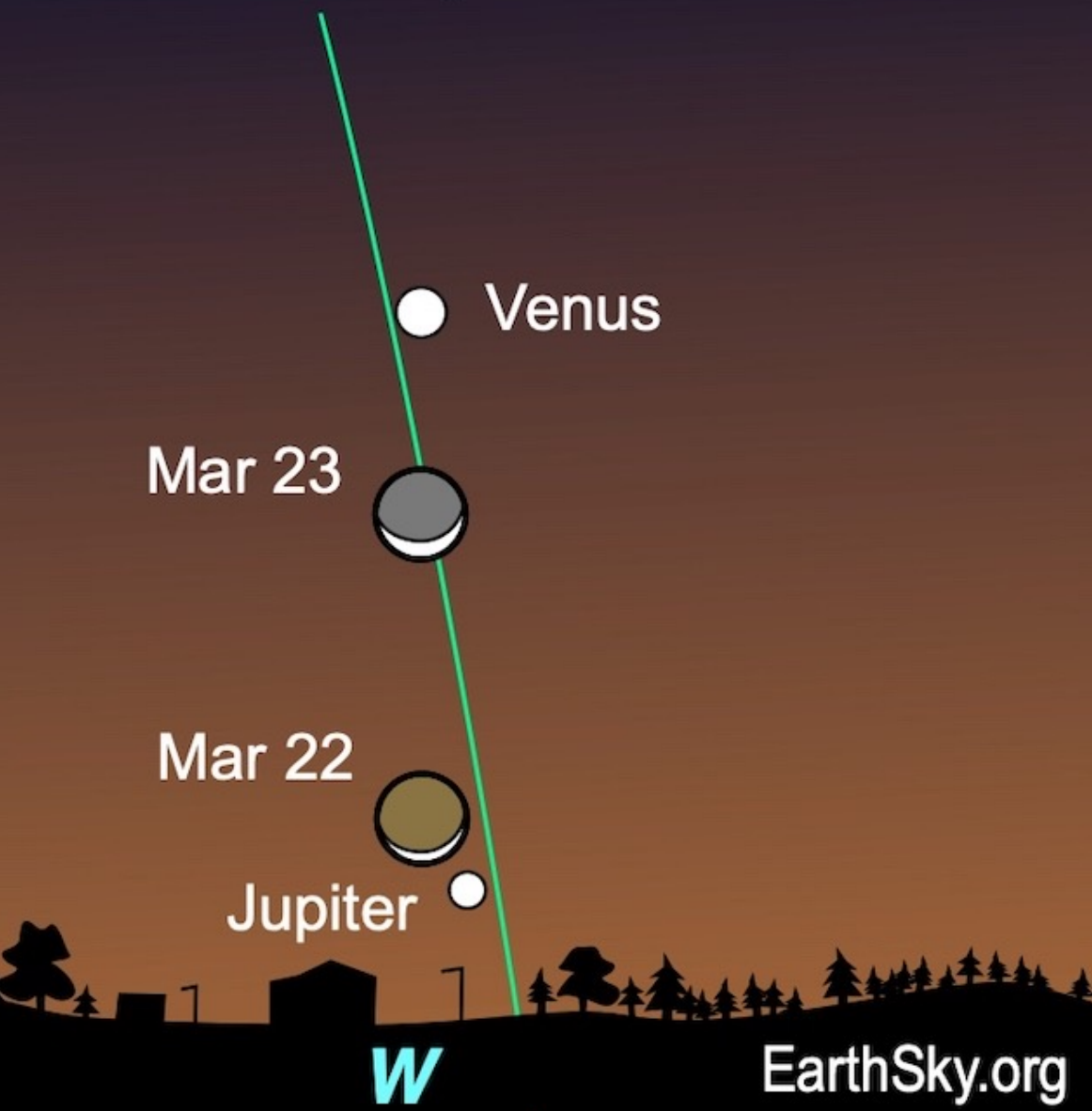
Barbara Wright



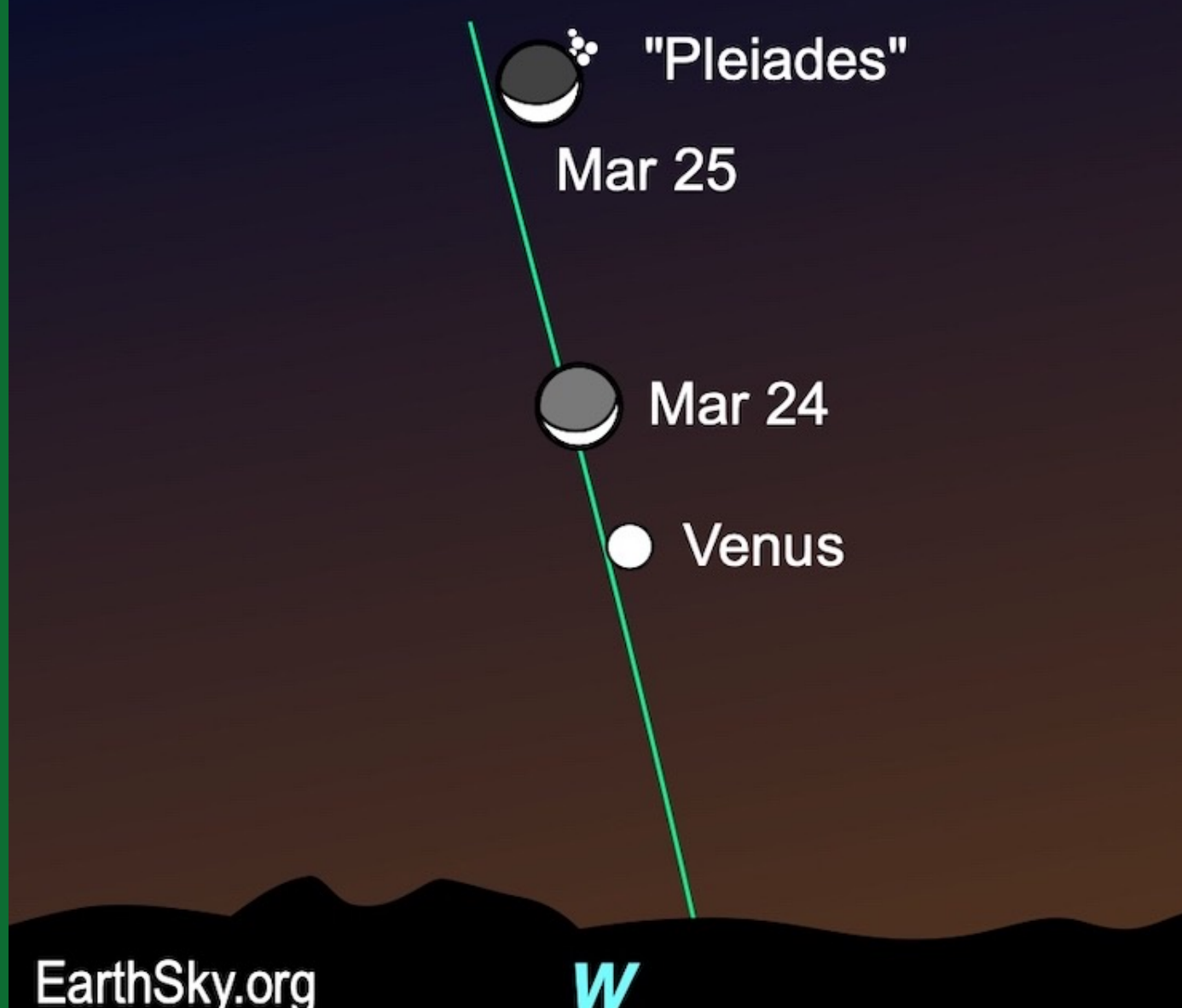




March 2023 Evenings Looking West



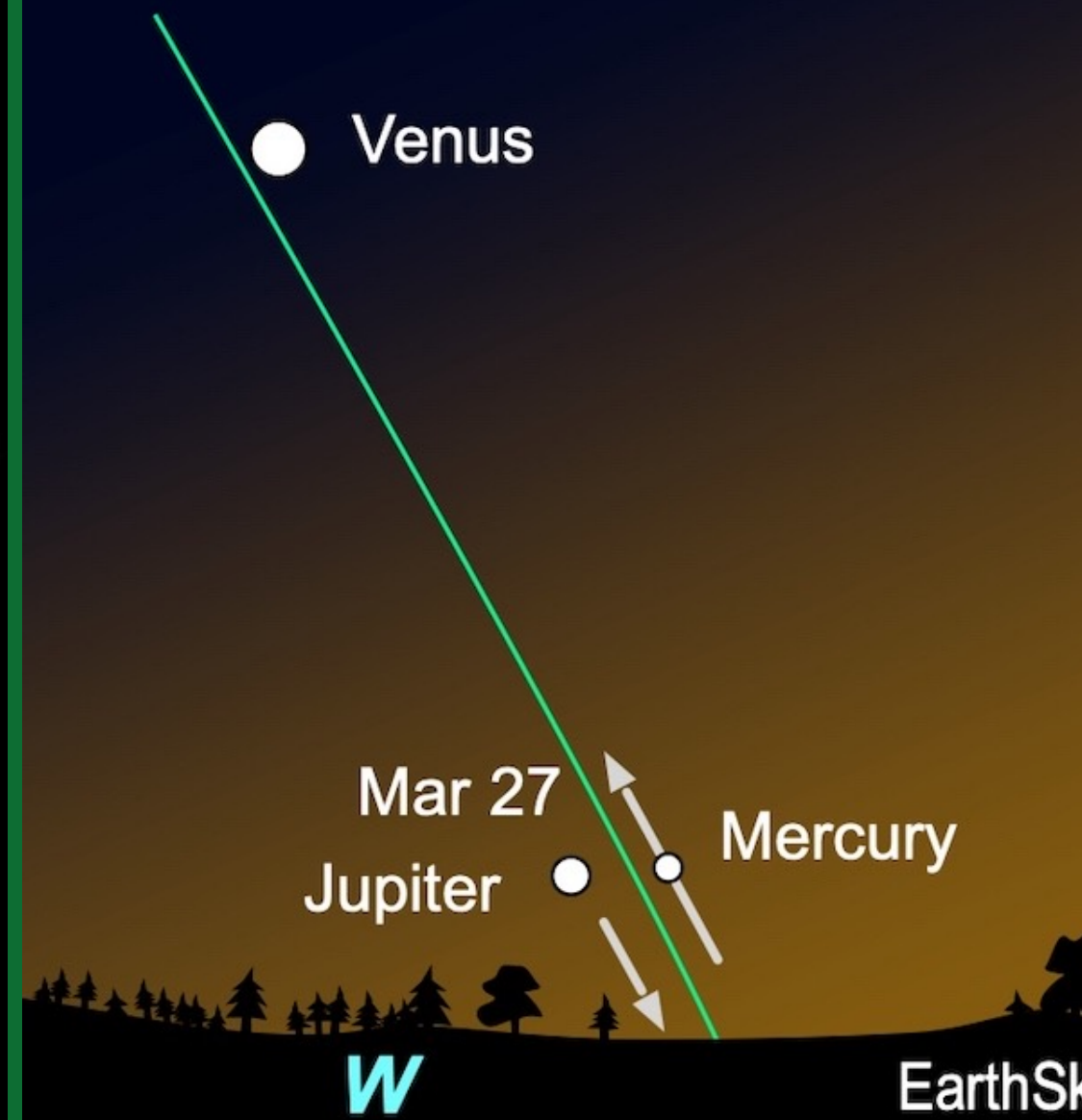
March 2023 Evenings Looking West



March 2023 Evenings Looking Southwest



March 2023 Evenings Looking West



March 2023 Evenings Looking South

Castor •
Pollux •
Mar 29
Mar 28
Mars

Procyon •

S

EarthSky.org

Alcyone

Uranus ▶ Venus

◀ Hamal

◀ Sheratan

2023 Mar 30
Venus with Uranus

2023 April 10
Venus with the Pleiades

◀ Aldebaran

◀ Atik

◀ Alcyone
◀ Venus

◀ Uranus

◀ Menkar

◀ Mercury

West

◀ Aldebaran ◀ Venus

◀ Uranus

◀ Mercury

Venus with Aldebaran
April 17



Capricorn Evening Star Heart Chakra Gate

Mar 20 Spring Equinox 2:24 pm PST

Mar 21 New Moon 00°Aries 50

Mar 22 Moon passes Chiron and Jupiter

Mar 23 Pluto Enters Aquarius – Pluto last entered Aquarius 246 years ago on April 4, 1777

Mar 24 Venus Moon Heart Chakra Gate 9° Taurus

Mar 25 Mars enters Cancer

Mar 26 Mercury conjunct Chiron

Mar 27 Mercury conjunct Jupiter

Mar 30 Venus conjunct Uranus 16°Taurus 42'

Apr 03 Mercury enters Taurus and squares Pluto

Apr 05/06 Sun conjunct Chiron 16°Aries Libra Full Moon 16°Libra 07

Apr 09 Easter Sunday

Apr 10/11 Venus enters Gemini Sun conjunct Jupiter 21° Aries

Apr 14 Venus 4° Gemini square Saturn 4° Pisces

Apr 19 Solar Eclipse New Moon 29°Aries 50' closely square Pluto 0°Aquarius

Apr 20 Sun enters Taurus

Apr 21 Mercury Stations Retrograde 15°Aries 37'

Apr 23 Venus Moon Throat Chakra Gate 13° Gemini



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

Mar 16 – Apr 10

Beautiful Crone Goddess help me to feel my heart within my body and serve from Love. Please guide me in enjoying the heart-felt pleasure of experiencing life through my senses. Help me to honor all the feelings within my heart, no matter what. Teach me the ways of grounding through my heart, finding love for all of me. Assist me in making feelings ok for myself and everyone else to feel. Aid me in experiencing life fully supported by my heart, safe in pure Love.

- How does it feel now that I am completely open to and living from my heart?
- How does it feel that I now trust in my emotional body unequivocally?
- How am I enjoying living in communion with the Earth, through my heart sense?
- What is my daily experience now that I'm choosing to let unconditional love be my constant guide and teacher?

Art by Julia Cellini

© Venus Alchemy



Art by MadisonVermilyaArt

Reclaiming at the Heart Chakra Capricorn Meta-Goddess with Venus in Gemini

Apr 10 – May 7

Oh, radiant wise one, help me to serve Spirit through increasing my awareness of the power of my heart and my feelings. Allow me to serve others and Spirit by embracing the trickster energies of my emotions, not taking myself or my hurts so seriously. Help me to play with Love. Show me how fun unconditional love blowing through my heart can be. Help me to bless others and the world around me by showing love is the path for the change I wish to create in the world.

- How does it feel to be comfortable playing with my all of my emotions?
- What has shifted that I now trust my heart completely?
- How have I arrived at honoring my deep heart-based knowledge unequivocally?
- What does it feel like now that I am able to find true freedom through my heart and Love?

Capricorn Heart Chakra Demons

Fear of Vulnerability Demon

I Can Do It ALL Myself Demon

Controlling Everything Demon

Fear of Being Disrespected Demon

Overdoing to Prove Yourself Demon

Not Feeling my Difficult Emotions Demon

Lashing Out Unexpectedly when Triggered Demon

Ignoring the Needs of your Own Heart Demon

Withholding Love from Self and Others Demon

Name yours _____



Ascending with LOVE

This is an Ideal time to align with higher spiritual principles including:

Raising Your Vibration to Love

What Activities uplift your vibration?

Love, Caring, Kindness, and Compassion, Time in Nature, Earthing, Healthy Diet Exercise, Dance, Music, Friends, Fun Doing Activities and Work you LOVE, etc....

What lowers your Vibration?

Anger, Fear, Resentment, Guilt, Lack of Sleep, Overworking, Poor Diet, Being Stuck in a Negative Story, etc....



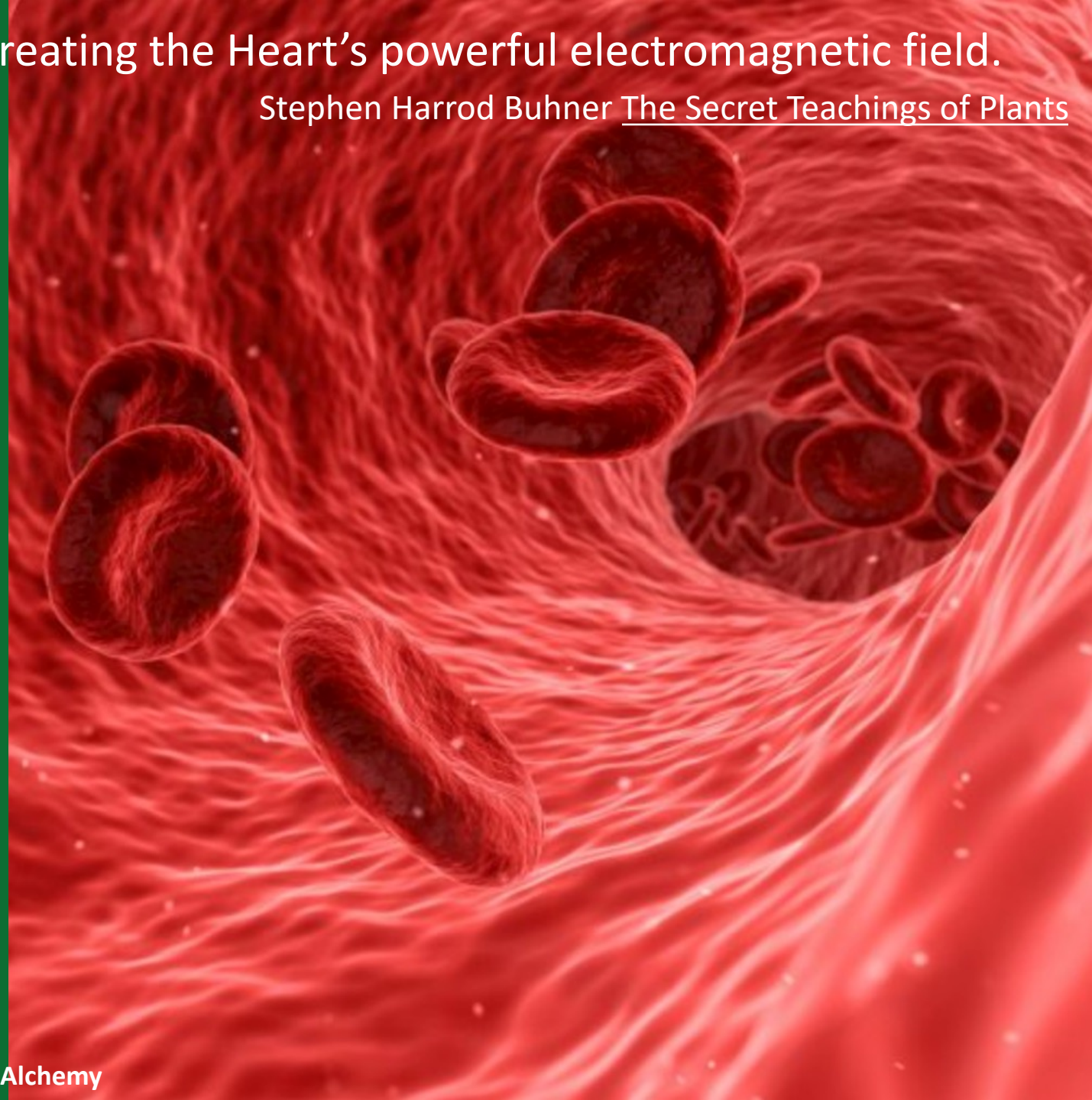
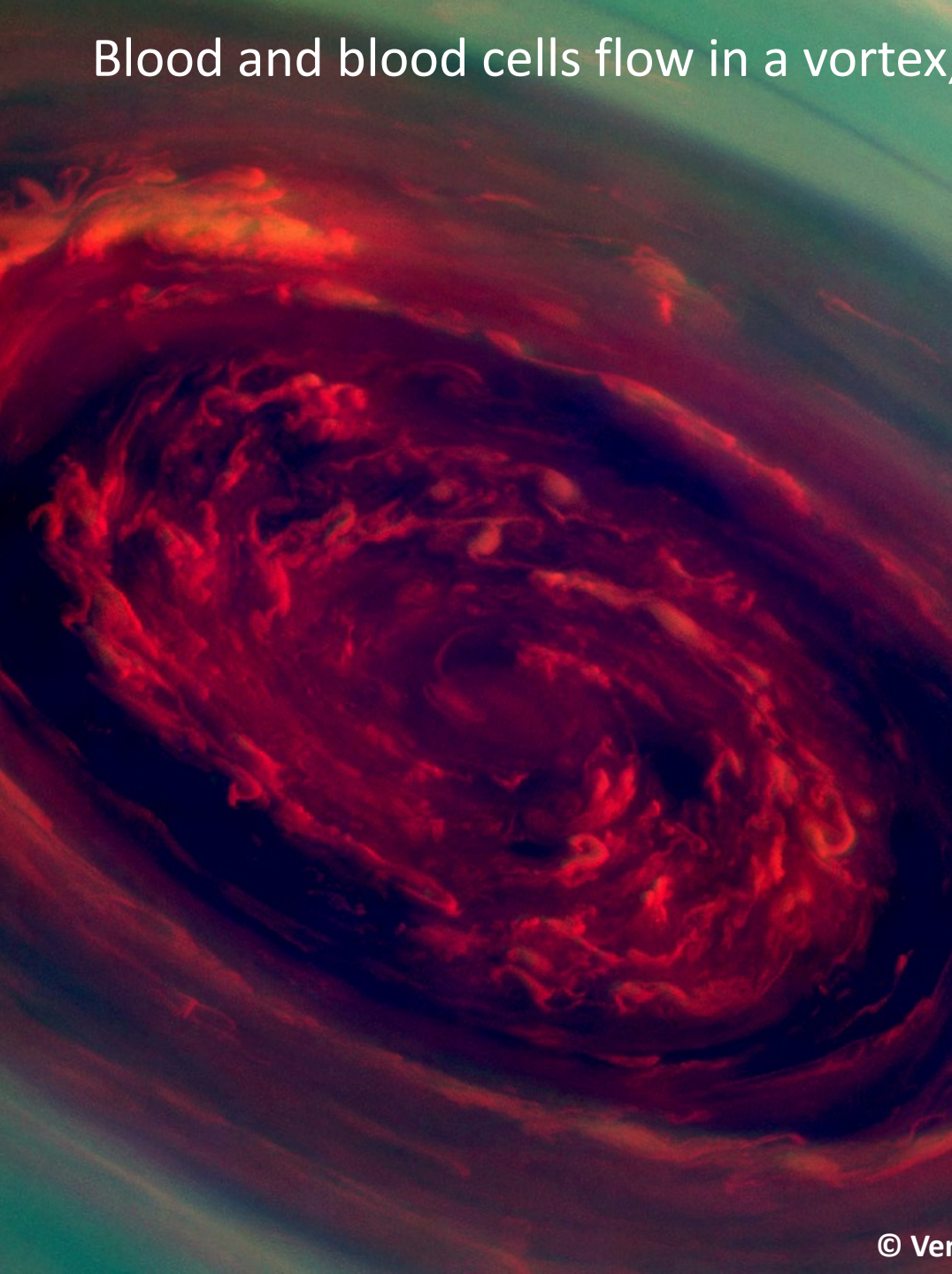
“... human beings have always possessed one of the most powerful instruments ever created to do this (pick up, decode and respond to signals) – the human heart. For the human heart is vastly more than a muscular pump – it is one of the most powerful electromagnetic generators and receivers known. It is, in fact, a highly evolved organ of perception and communication.”

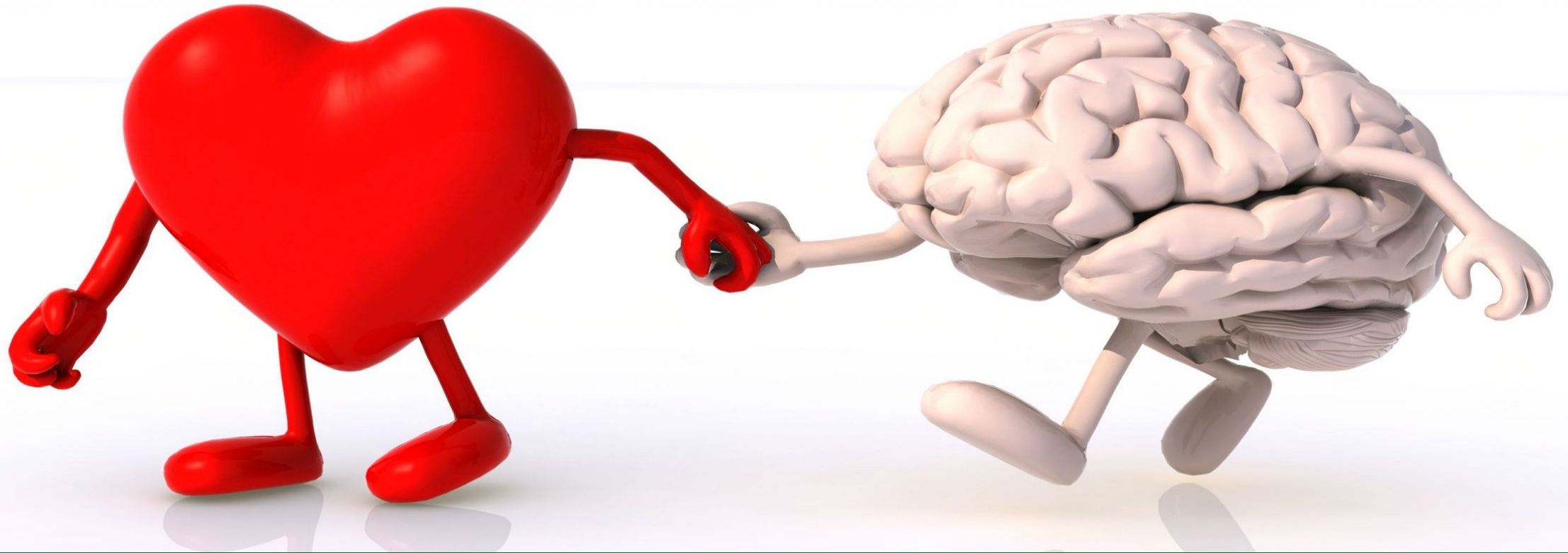
Stephen Harrod Buhner [The Secret Teachings of Plants](#)



Blood and blood cells flow in a vortex, creating the Heart's powerful electromagnetic field.

Stephen Harrod Buhner [The Secret Teachings of Plants](#)



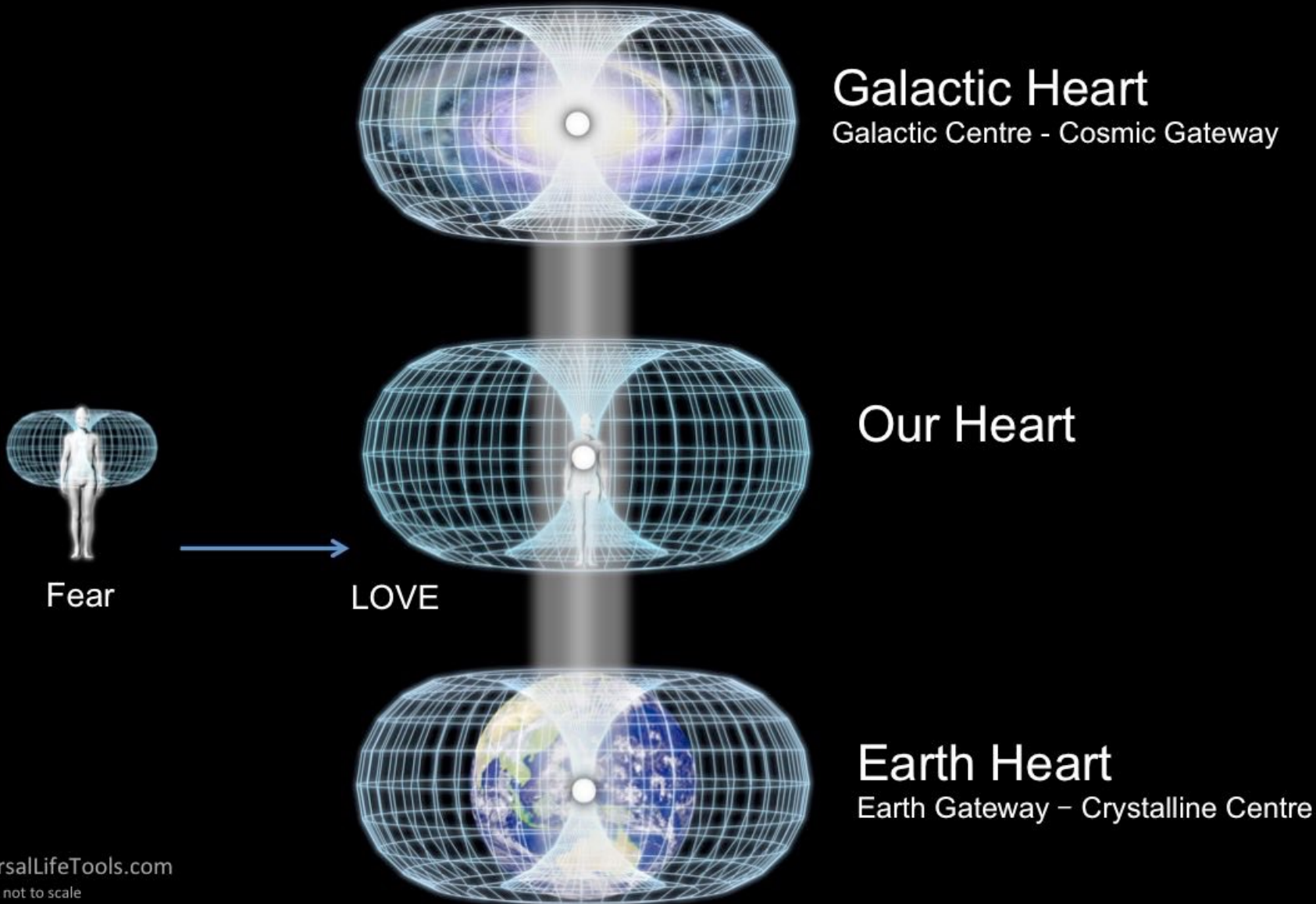


“Analysis of information flow into the human body has shown that much of it impacts the heart first, flowing to the brain only after it has been perceived by the heart. What this means is that our experience of the world is routed first through the heart, which “thinks” about the experience and then sends the data to the brain for further processing. When the heart receives the information back from the brain about how to respond, the heart analyzes it and decides whether or not the actions the brain wants to take will be effective. The heart routinely engages in a neural dialogue with the brain and, in essence, the two decide together what actions to take.”

Stephen Harrod Buhner [The Secret Teachings of Plants](#)

The Galactic Centre

ONE Heart – Entrainment of the 3 Hearts of Creation



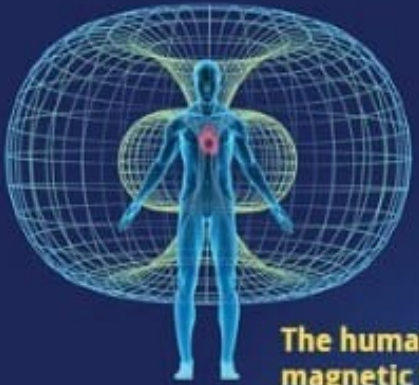
**Super Conductor
Super Power**

Claim it

**I AM A
SUPER CONDUCTOR
OF LOVE**

Ask yourself:
What would it take for
me to vibrate as
a Super Conductor
of LOVE?

Did you know?



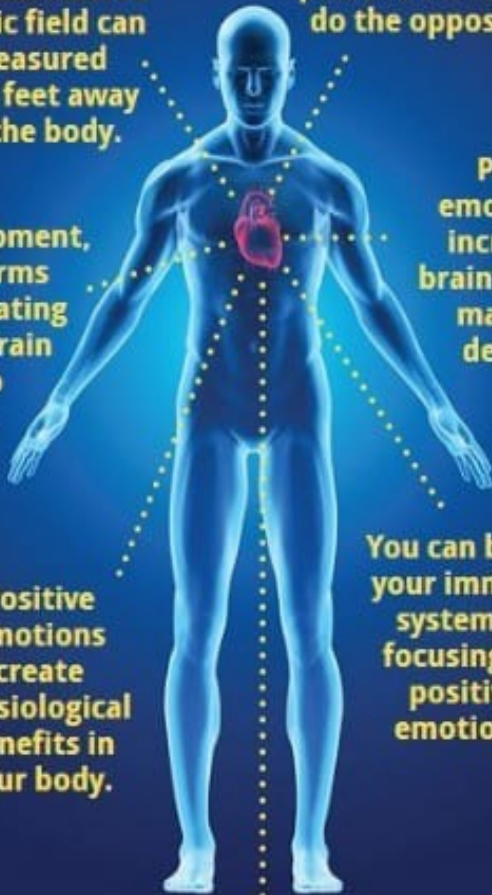
The human heart's magnetic field can be measured several feet away from the body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions can increase the brain's ability to make good decisions.



You can boost your immune system by focusing on positive emotions.



Positive emotions create physiological benefits in your body.



From the Institute of Heart Math

The heart generates the largest EM (ElectroMagnetic) Field in the body - 60 times greater in amplitude than the brain waves recorded in an EEG or electroencephalogram

The magnetic component of the heart's field is around 100 times stronger than the brain.

Clear rhythmic patterns in beat-to-beat heart rate variability are distinctly altered when different emotions are experienced "felt" by every cell in the body, supporting the heart's role as a global internal synchronizing signal.

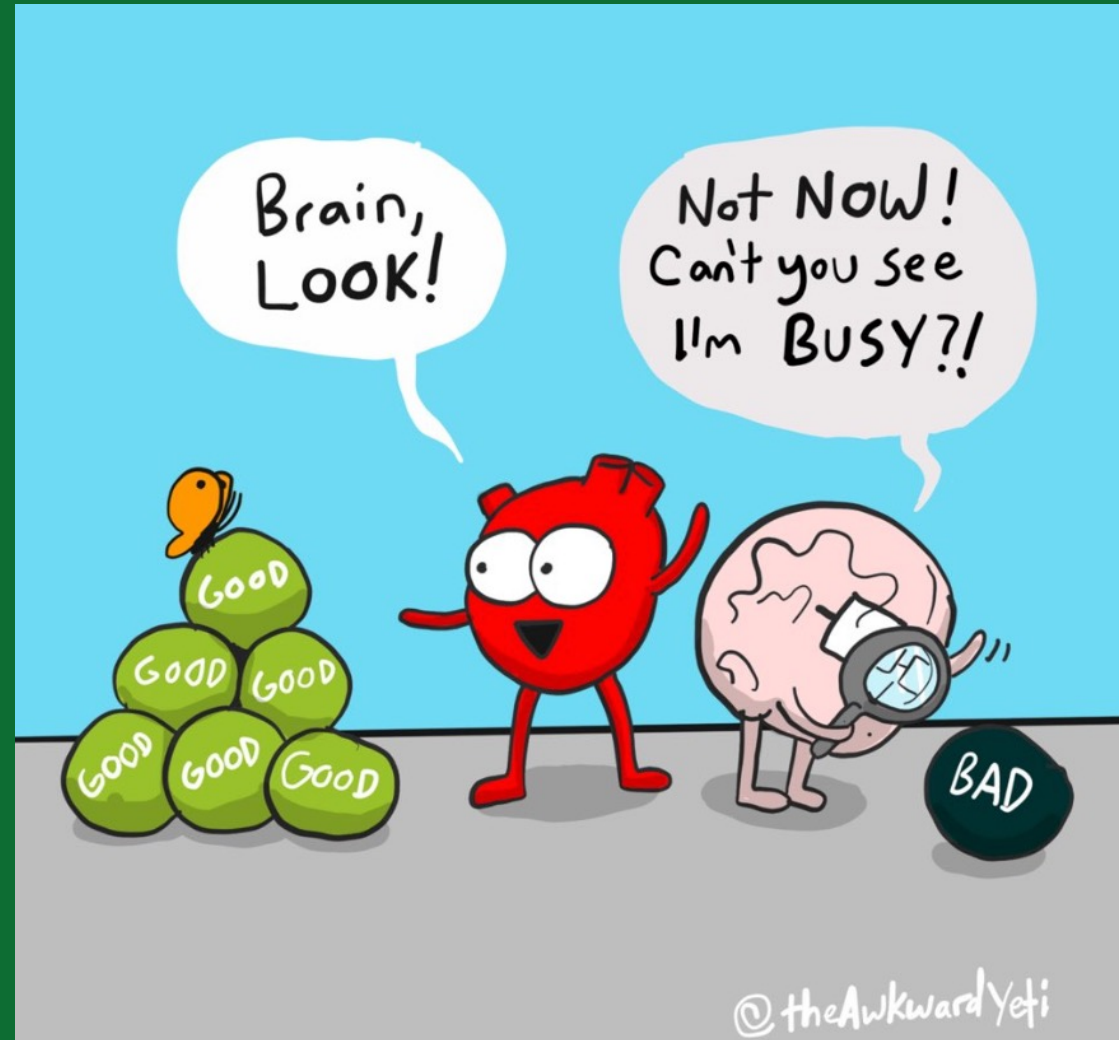
Questions for Capricorn at the Heart Chakra

What would it take to access the heart inspired wisdom within me to truly love myself in all the ways I want to be loved?

How is that I am experiencing more wonderful ways to be even more loving and kind toward myself?

What would it take for me to BE LOVE and vibrate as Love experiencing all that is good - opening to and receiving ALL the love that is my birthright?

Why am I experiencing the best most Vital, Alive, Ecstatic, Super Fun Love Affair with My Self and My Life?



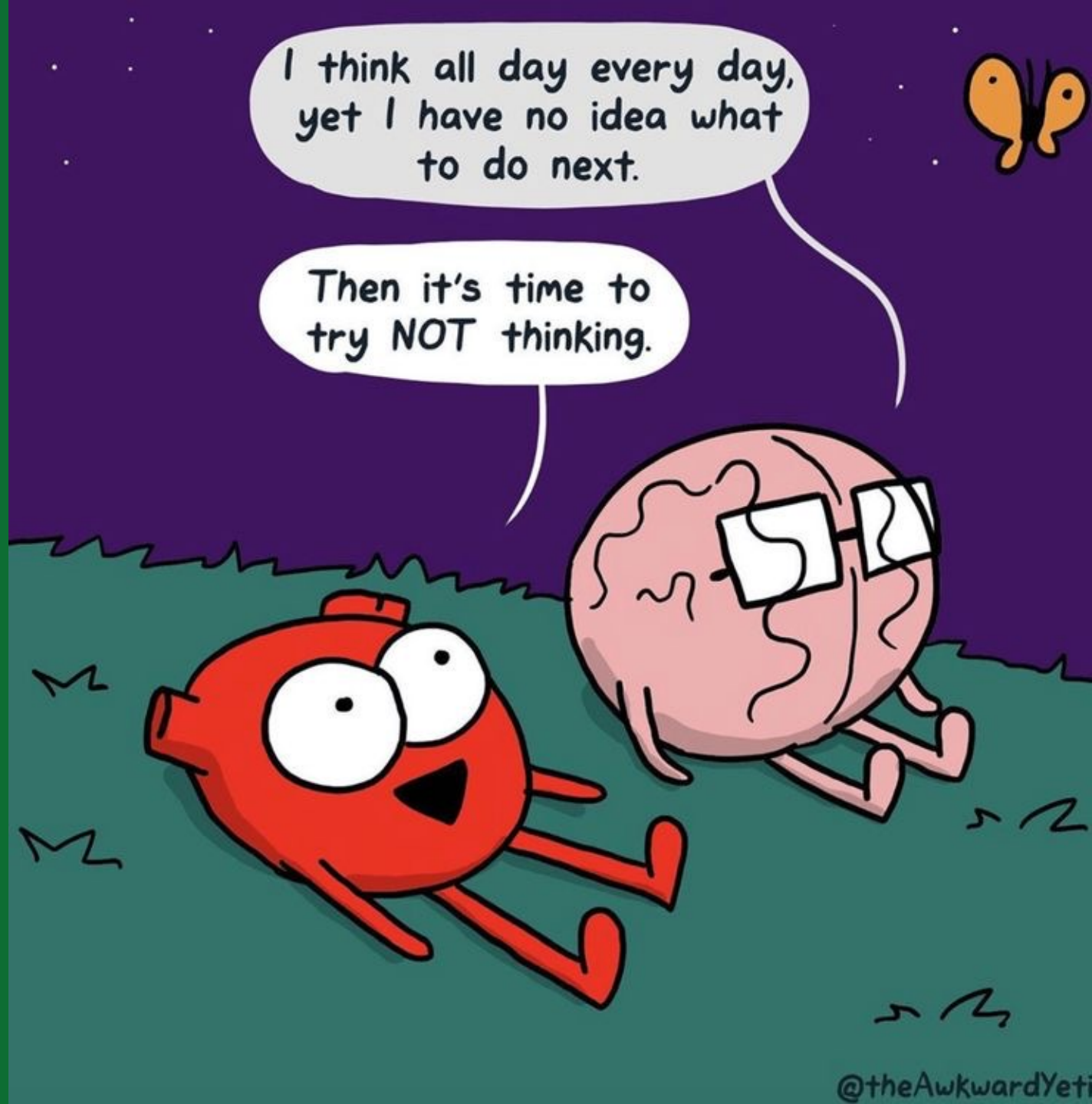
**The Capricorn
Meta Goddess
at the Heart Chakra
Asks:**

**How is it I am
Being and Expressing
Pure Magical Love
More and More
Each Day?**



At the Capricorn Heart Chakra Ascent Gate Are You Willing To:

- Reclaim and/or strengthen a loving relationship with yourself and with others wisely forgiving past mistakes and letting go of overthinking?
- Claim you deserve to love and be loved
- Forgive any ways you have given up who you are and your unique creative expression to fit in to what has been expected of you by family, community, a primary relationship or your work
- Forgive yourself for any personal mistakes that were most likely rooted in unconscious trauma driving your reactions and life choices.



Honoring the Crones

Astronomer Cecilia Payne Gaposchkin

Cecilia Payne's mother refused to spend money on her college education, so she won a scholarship to Cambridge. Cecilia Payne completed her studies, but Cambridge wouldn't give her a degree because she was a woman, so she said to heck with that and moved to the United States to work at Harvard.

Cecilia Payne was the first person ever to earn a Ph.D. in astronomy from Radcliffe College, with what Otto Strauve called "the most brilliant Ph.D. thesis ever written in astronomy."

Not only did Cecilia Payne discover what the universe is made of, she also discovered what the sun is made of (Henry Norris Russell, a fellow astronomer, is usually given credit for discovering that the sun's composition is different from the Earth's, but he came to his conclusions four years later than Payne—after telling her not to publish).

Cecilia Payne is the reason we know basically anything about variable stars (stars whose brightness as seen from earth fluctuates). Literally every other study on variable stars is based on her work.

Cecilia Payne was the first woman to be promoted to full professor from within Harvard and is often credited with breaking the glass ceiling for women in the Harvard science department and in astronomy, as well as inspiring entire generations of women to take up science.

Cecilia Payne is awesome and everyone should know her." ~ Incredible Things



Honoring the Crones Cecilia Payne Gaposchkin

Born May 10, 1900...she was an Evening Star Sagittarius MetaGoddess that has now shifted to Libra... with Venus in Cancer opposed by Saturn. She died in Dec 1979 just before her 80th birthday, in her 10th Venus return.

"Since her death in 1979, the woman who discovered what the universe is made of has not so much as received a memorial plaque. Her newspaper obituaries do not mention her greatest discovery.

Every high school student knows that Isaac Newton discovered gravity, that Charles Darwin discovered evolution, and that Albert Einstein discovered the relativity of time.

But when it comes to the composition of our universe, the textbooks simply say that the most abundant atom in the universe is hydrogen. And no one ever wonders how we know."

—
Jeremy Knowles, discussing the complete lack of recognition Cecilia Payne gets, even today, for her revolutionary discovery.





Cardamom Seed Green – Heart Chakra

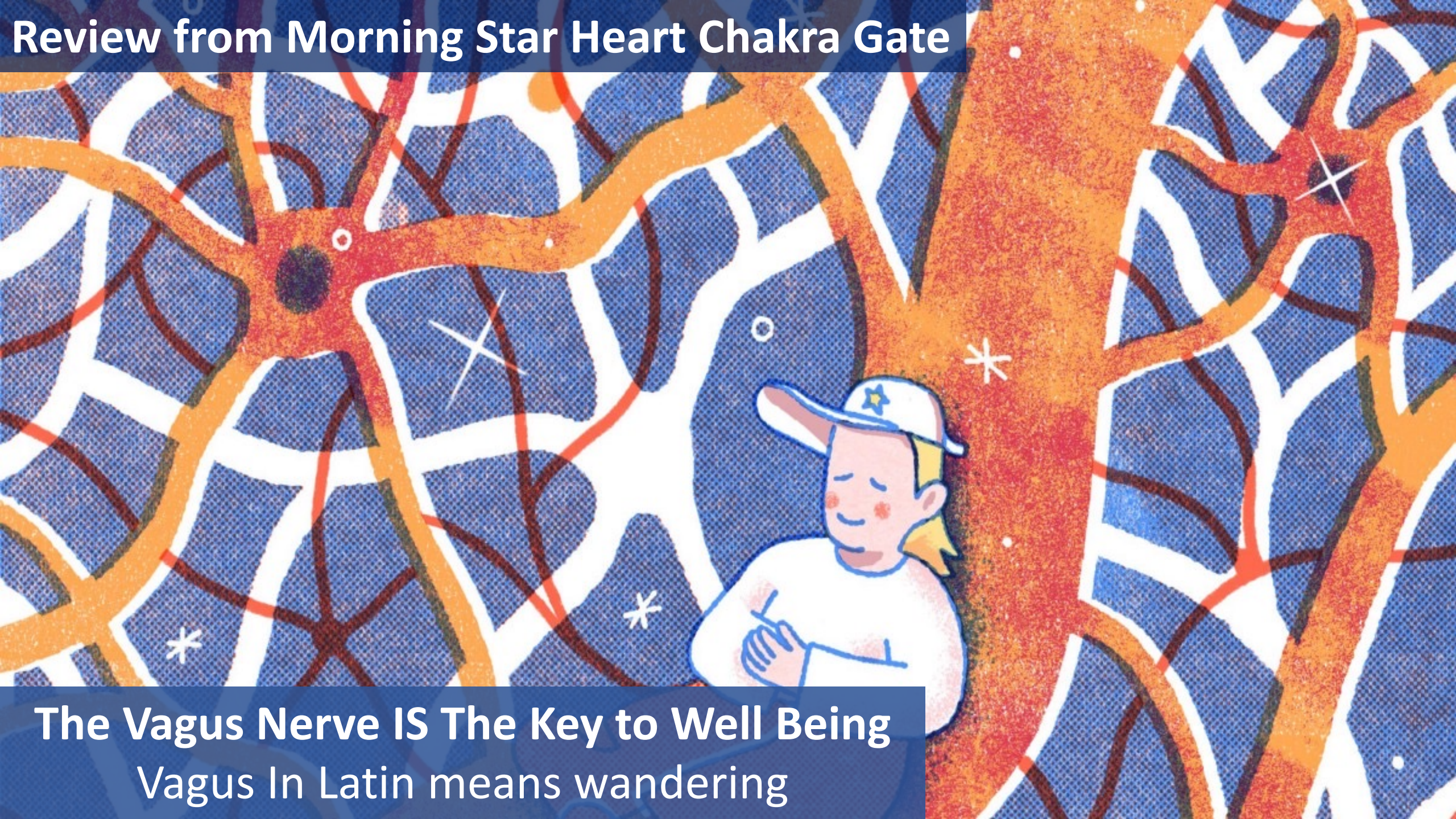
- Major heart healer
- Heart tonic
- Opens heart to deeper levels of Love
- Restores strength
- Chi warmer
- Circulation
- Heartburn
- Queen for digestive issues
 - Gas, nausea

Rose — Heart Chakra and Taurus

- One drop on heart said to balance entire chakra system
- All heart issues and diseases
- Extreme Love promoter
- High frequency
- Links us to Love over fear
- Euphoria
- Totally uplifting
- Psychic protector
- Extreme immunity facilitator
- Aphrodisiac
- Aids all human diseases
- “What would Rose do?”



Review from Morning Star Heart Chakra Gate



The Vagus Nerve IS The Key to Well Being
Vagus In Latin means wandering

Vagus Nerve:

Information Superhighway

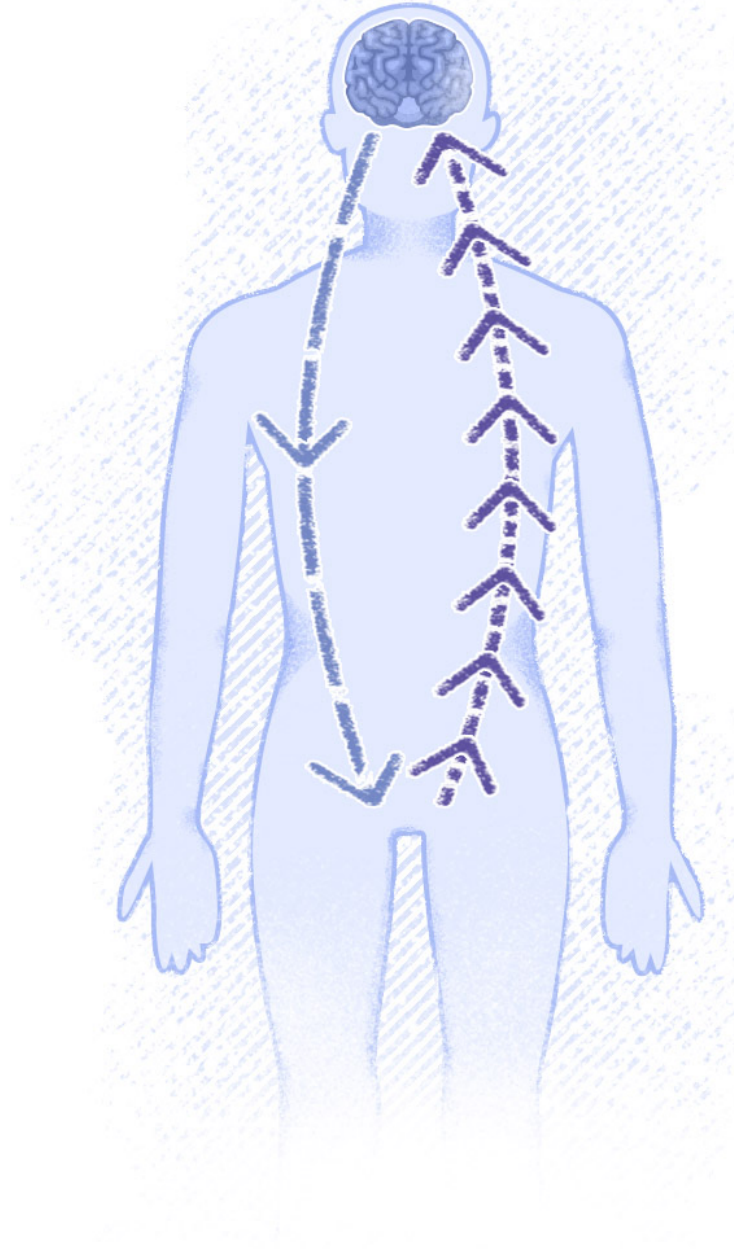
DID YOU KNOW?

80%

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

20%

communicate from
the brain to the body



The Vagus Nerve

Links the most important
systems and functions of
our body

A healthy Vagus Nerve is
a strong indicator for a
healthy Heart affecting
all the major aspects of
Heart Functioning

Exercise, Yoga, Laughter,
Hahhhh Breathing,
Toning/Singing/Chanting
are excellent ways to
activate and exercise the
Vagus Nerve

FIGHT

Sympathetic NS

- irritability
- anger
- aggression
- moving toward

FLIGHT

Sympathetic NS

- What if...?
- anxiety & fear
 - panic
 - avoiding
 - chronic worry
 - perfectionism

TRAUMA RESPONSES

FREEZE

Dorsal Vagal

- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame

FAWN*

- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard

The All Important Vagus Nerve

Originates in the brain stem & is connected to the organs, especially the heart.

Has two branches. One is the Dorsal Vagus and the other is the Ventral Vagus

The Dorsal Vagus Complex

When activated is responsible for our survival response. Decreases digestion and energy in the body

The Sympathetic Nervous System - Survival

Adrenalin and Cortisol express as Fight or Flight
Other hormones slow the body's ability to respond are activated in the Freeze/Fawn Response

All of these feelings and experiences adversely affects our health when it is a constant (weekly, daily or almost daily) experience

Increases heart rate and blood pressure
May not feel safe enough to enjoy restful sleep





The All Important Vagus Nerve 2nd Branch

The Ventral Vagus Complex

Is responsible for relaxation and social engagement where we access feelings of gratitude, being grounded, compassion and empathy - necessary for healthy creative expression

The Parasympathetic Nervous System Operates

Most of our internal Organs

Heart and Heart Rate

Lungs and Breath Rate

Digestive System and Detox includes a few skeletal muscles that govern swallowing, sound, and speech

The Parasympathetic is where we feel our body is calm, heart rate and blood pressure are normal and body healing/repairs are increased. Joy of being in the present, Grounded, Curious, Compassionate.

Healthy Ventral Vagal Benefits

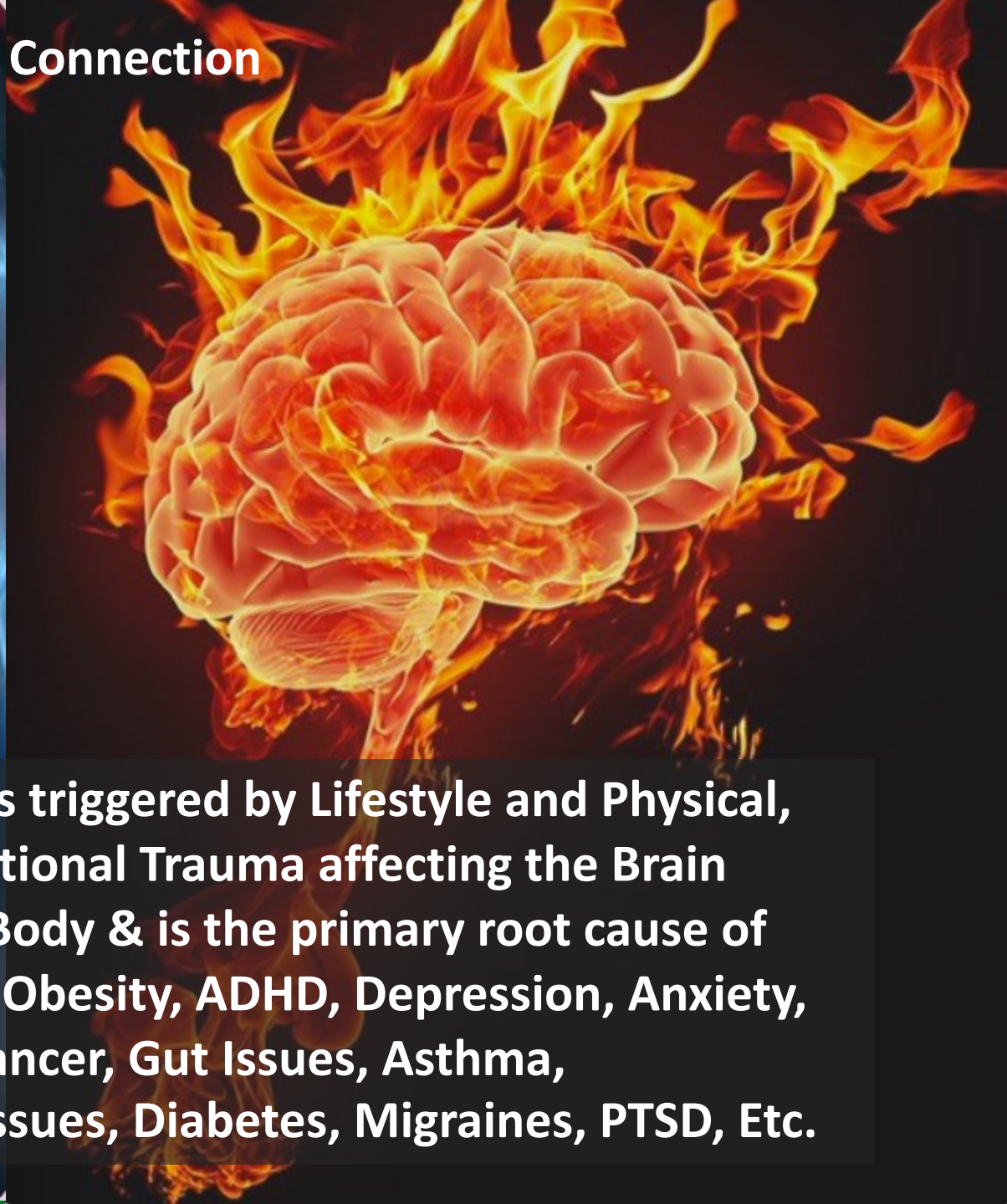
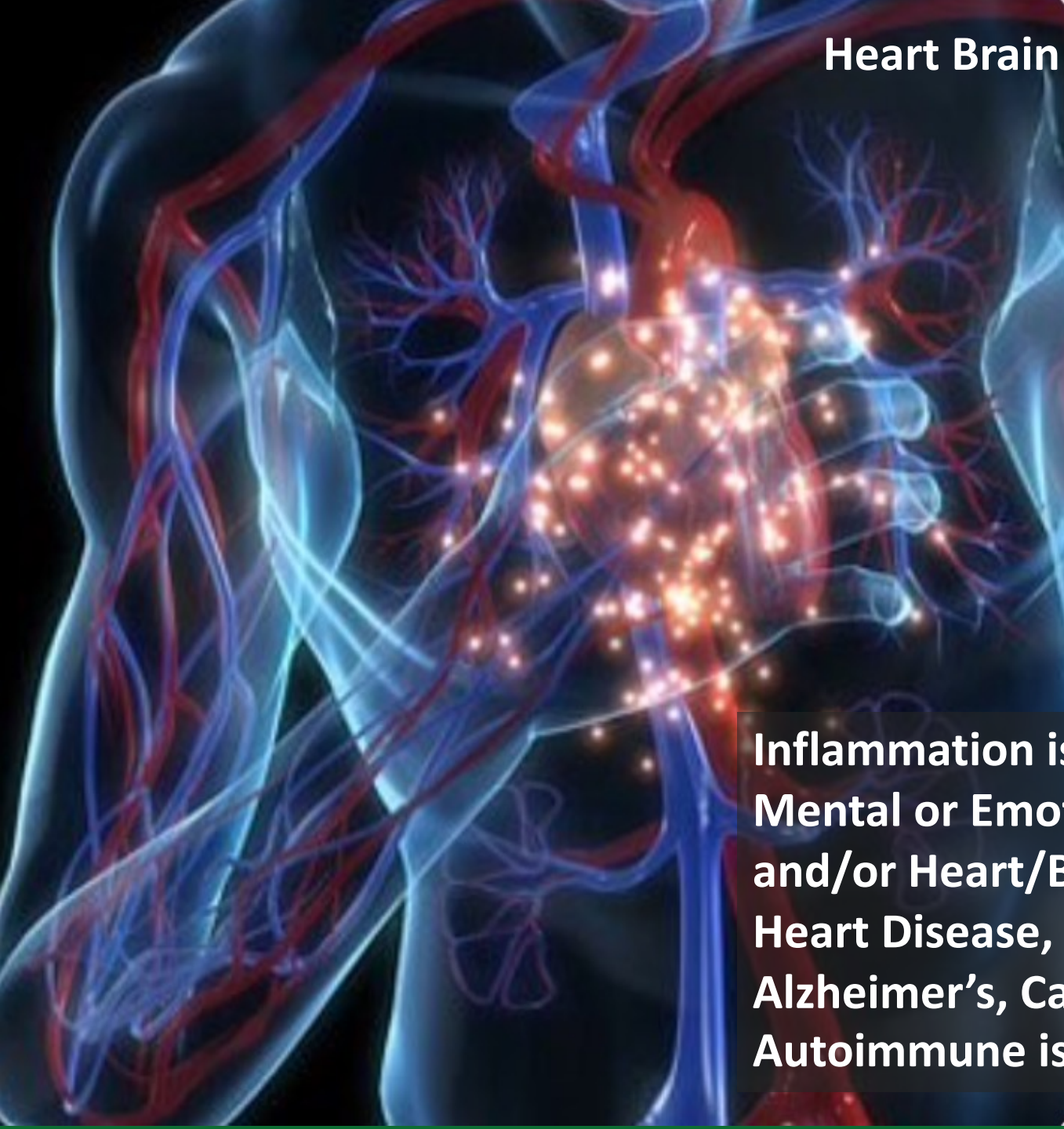
Increases:

- Digestion * Intestinal Motility
- Resistance to Infection
- Immune Response
- Rest and Recuperation
- Circulation to non-vital organs (skin, extremities)
- Oxytocin – a neuromodulator involved in social bonds that allows immobility without fear
- Ability to Genuinely Connect

Decreases Defensive Responses



Heart Brain Connection



Inflammation is triggered by Lifestyle and Physical, Mental or Emotional Trauma affecting the Brain and/or Heart/Body & is the primary root cause of Heart Disease, Obesity, ADHD, Depression, Anxiety, Alzheimer's, Cancer, Gut Issues, Asthma, Autoimmune issues, Diabetes, Migraines, PTSD, Etc.



Avoid:

Stressful Situations

Mean Angry People

Poor Diet/Poor Sleep Habits

Being Overweight

Over Exercising

Tools to reduce Trauma Including:

Fun Social Activities that increase oxytocin and a feeling of connection

Spending time in nature (Earthing) and getting a daily dose of natural sunlight whenever possible

Maintain a healthy body weight

Healthy Levels of Exercise, Yoga, etc...

To Decrease Inflammation Avoid:

Sugar: sugar sweetened drinks like Soda, energy drinks, and Fruit Juices, Cookies, Candy, Cake, Ice Cream anything with refined sugar

Refined carbs: Anything with Gluten including White Flour products like White Bread, White Pasta,

Processed meat: Hot dogs, bologna, sausages, bacon, anything fried, any red meat

Processed snack foods: High Sugar Snack Bars, Chips, Crackers, Pretzels, Potato, Corn - and other kinds of Deep Fried - Chips

Certain oils: Processed seed and vegetable oils like soybean, canola, and corn oil

Trans fats: Foods with partially hydrogenated ingredients

Alcohol: Excessive or even any alcohol consumption

To decrease Inflammation Add (ideally organic):

Vegetables: Broccoli, Brussels sprouts, cabbage, cauliflower, etc. (Kale is toxic due to chemicals used)

Fruit: Especially deeply colored ones like blueberries, red grapes and cherries

High-fat fruits: Avocados and olives

Healthy fats: Olive oil and coconut oil

Fatty fish: Salmon, sardines, herring, mackerel, and anchovies (ideally wild caught and sustainably harvested)

Nuts: Almonds and other nuts

Peppers: Chili and/or Bell peppers

Spices: Turmeric, fenugreek, cinnamon, etc.

Tea: Green tea

Chocolate: Dark Chocolate ideally unsweetened or sweetened with Stevia

Highly Sensitive People

An Often Unrecognized Super Power

Challenges

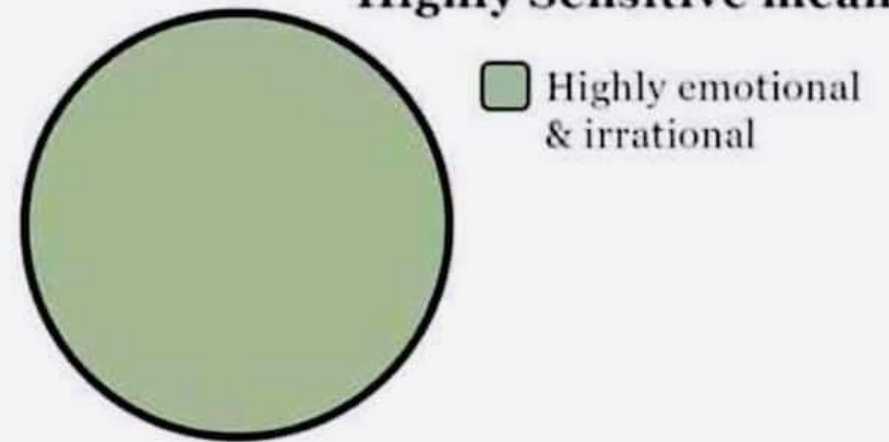
- Conflict & Cruelty toward anyone is Painful
- Feeling Pressured by Time Commitments
- Feeling what others feel - leading to feeling overwhelmed and exhausted in large crowds
- Prefers small groups and one-on-one
- Jumpy or easily startled
- Taking everything personally even when its not personal

Gifts

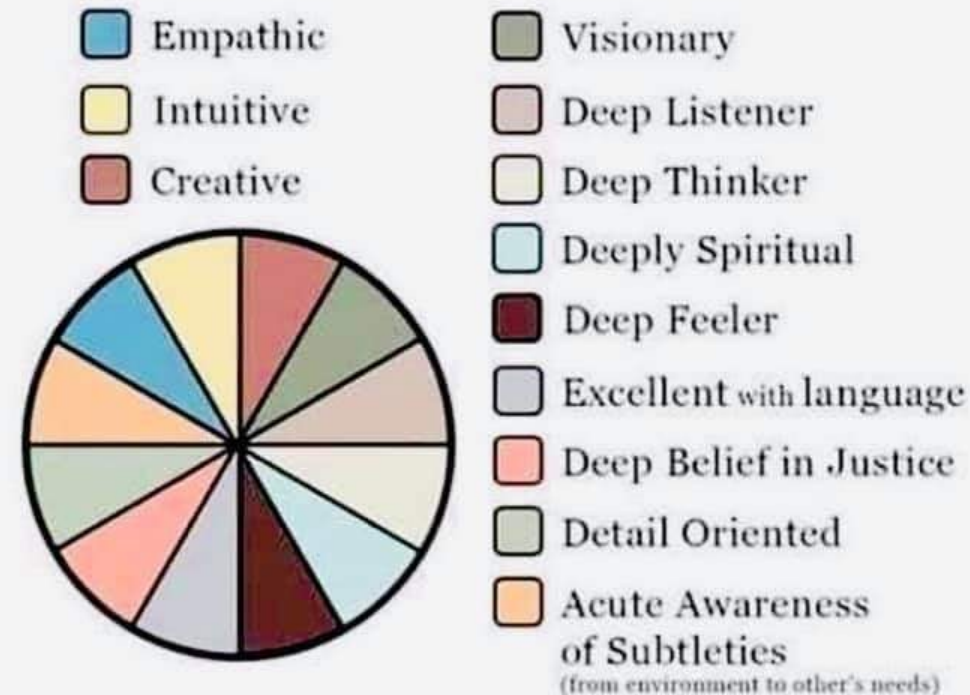
- Cares about Justice and Well Being for All
- Highly Perceptive, sees what other's miss
- Super Creative in the Right Space
- Highly Intuitive & Empathic
- Loves engaging the power of Kindness
- Finds Strength and Transformation through Forgiveness

**What would it take to first trust and then
Celebrate Your Highly Sensitive Heart?**

What people think being Highly Sensitive means



What being Highly Sensitive really means



Heart Brain Coherence Technique

From Gregg Braden

The following steps send a signal to your body to shift into peace and calm where natural inner harmony exists - before we began separating our heart-brain network through cultural conditioning.

Step 1: Heart Focus and Steady Breath. Shift your focus to your heart. (it helps to place your fingers or hand over your heart) slow your breath imaging **your breath is coming from your heart.**

This is a powerful daily practice it is also something to do when you're feeling overwhelmed or simply want to connect your awareness to your heart. Slowing your breath sends a signal to your body, and your heart specifically, that you are safe and it's okay to turn your attention inward.

Step 2: Activate a Positive Feeling: gratitude, appreciation, compassion, kindness, etc. for someone or something in your life. Begin by thinking of (visualizing) a beautiful place or a loved one. The key is to *create the feeling* first and then *embrace the feeling* to the best of your ability. Sustaining this type of feeling maintains the optimal conversation between your heart and your brain.

The more you practice creating coherence between your heart and brain, the easier it is to access and sustain inner harmony and coherence for longer periods of time increasing your ability to cultivate inner peace and resilience any time - especially when experiencing challenging and stressful events. You can practice this technique anywhere, any time.



Capricorn Wisdom Fitting in Versus Belonging - A Practice

Fitting In is a significant Barrier to *Belonging*. True belonging doesn't require you to change who you are - it requires you to be who you are - both vulnerable and brave. ~Brene Brown

What Interests You? Hang out with people who share your interests.

What Brings You Joy? Find time to do those things.

Make a list of things you do to fit in that feel bad, unfulfilling, less than who you really are.

Who would you look like, sound like, be like if you weren't fitting in?

What action could you take to let one *fitting in* habit go or begin to change it somehow over this next month?

How would your life be? What would your days look like? Who would you be spending time with? Choose to live life defined by YOU and your expectations – not trying to fit into what you imagine others expect of you.

Be sure to notice the impact of your actions and words. Are they helping you to feel more connected to others?

Start small and practice belonging to yourself first by being your true self – if you notice you are NOT being true to yourself - commit to changing those habits or ways of being.

Work your way - step by step - to embracing more of your magnificent self.

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 March 23, 24, 25**
- 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 **Heart Chakra Meditation** by Cayelin (16 min)
- **Share** your experiences and insights on Facebook



Ceremony





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 Solar Plexus Chakra Gate?
- Any highlights or lowlights?
- What are your intentions for the Heart Chakra Gate?

