



Venus Alchemy Morning Star Throat Chakra Insights

Releasing Blocks to
Healthy Communication
and Creative Expression

with Cayelin K Castell and Sheridan Semple





Entering The Throat Chakra Gate



When Inanna reaches the 3rd Gate she gives the gatekeeper the lapis lazuli necklace she is wearing symbolizing the throat chakra.

This is about releasing all the ways she is NOT communicating the deepest truth of her being, and her inspired, authentic, joyous creative self-expression.

Throat Chakra connects to:

Neck, thyroid, parathyroid, throat,
trachea, mouth, teeth

When imbalanced:

Prone to sore throats and laryngitis

Mouth Ulcers

Swollen Glands

Gum or Tooth problems, TMJ

Thyroid and Immune System Issues

Neck and Shoulder Pain

Detox Diet strengthens Immune System



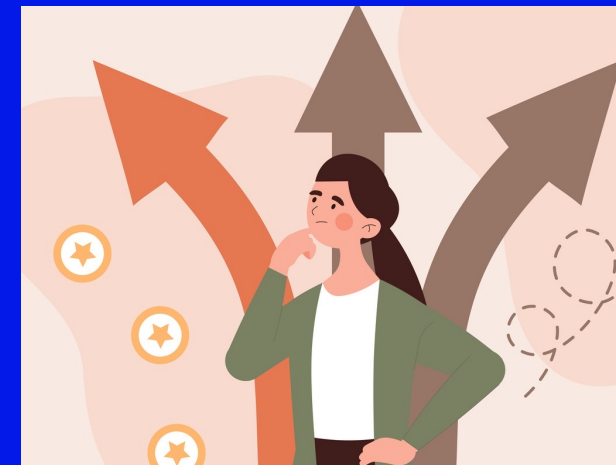
Imbalanced Throat Chakra

Excessive

- Overly Talkative – Doesn't Listen
- Dogmatic points of view
- Self-Righteous and/or Arrogant
- Critical of self and others

Deficient

- Fearful, Timid, Quiet, Afraid to Speak Up
- Difficulty Expressing Thoughts and Feelings
- Unreliable, Inconsistent
- Devious and Manipulative
- Lacks Personal Will
- Difficulty making Decisions or Choices
- Lacks Discernment



Balancing this Chakra:

Sing, chant, hum

Listen to music

Gaze at the Beautiful Blue Sky

Wear Blue

Breathe Consciously (Pranayama)

Gems/Minerals:

Blue Sapphire, Aquamarine, Blue
Turquoise, Chrysocolla, Blue Topaz

Essential Oils:

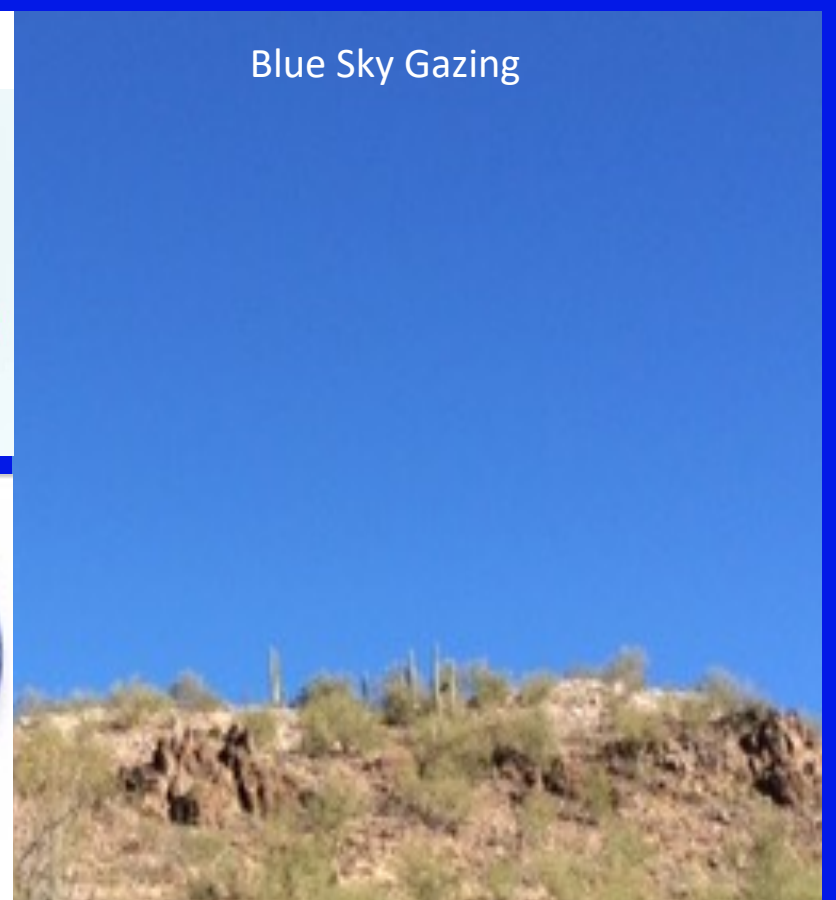
Blues: Eucalyptus Blue Gum and Blue
Mallee, Blue Spruce, Blue Cypress
(aquamarine color) — Blue Tansy, Blue
Chamomile, Yarrow – all sapphire blue
color, also Nerolina, Niaouli MQV

Aquamarine



Sapphire

Blue Sky Gazing



Eucalyptus Blue Gum



Blue Chamomile

Balanced Throat Chakra

- Heightened Intuition and Telepathy
- Personal Will Aligned with Divine Will
- Content to Live in the Present Moment
- Takes Responsibility for personal needs
- Seeks and Expresses Truth
- Considerate, Respectful, Kind and Honest Communication
- Excellent Sense of Timing - Knowing when to Communicate and when to Listen
- Great Speakers, Orators, Writers
- Healthy Creative Self-Expression
- Healthy Sense of Humor

THROAT CHAKRA HEALING PRACTICES



Singing



Non goal oriented
creativity



Automatic
writing



Listening



Neck, jaw &
shoulder massage



Work on
communication
skills

Engaging the Throat Chakra Mudra

Benefits accumulate over time with regular practice.

Ideally hold the mudra for 5 to 15 minutes.

It brings balance to the functioning of the thyroid and parathyroid glands encouraging the smooth flow of prana through out the body.

It helps balance the physical and emotional body activating calmness, serenity, and ability to express.

It helps bring the mind into stillness and silence supporting confidence and clarity in the mind.

It helps to regulate more peaceful thoughts based in greater self-confidence and self esteem improving over all communication skills.

Helps one be a better listener.

It helps to chant the Mantra HAM when doing this mudra.

STEP 1



STEP 2



STEP 3



THROAT CHAKRA MUDRA

- OTHER NAMES: GRANTHITA MUDRA, GLAND MUDRA
- ELEMENT: SPACE
- CHAKRA LOCATION: THROAT AND NECK AREA
- CHAKRA COLOUR: BLUE
- CHAKRA FUNCTION: COMMUNICATION, SELF-EXPRESSION

STEPS

1. CLASP BOTH YOUR HANDS TOGETHER WITH YOUR FINGERS INTERLACED,
2. HAVE YOUR LEFT INDEX FINGER AND LEFT THUMB TOUCHING
3. ENSURE YOUR LEFT INDEX & THUMB ARE ON TOP OF YOUR RIGHT HAND.

MUDRA LOCATION: HOLD THE GESTURE AROUND YOUR THROAT AREA IN A RELAXED MANNER.





Gila Monster A Throat Chakra Power Animal

- Left over from the Dinosaurs - one of the oldest animals on Earth
- **Uses Tongue** to Hunt and **Receive Information About Environment**
- Bite is Poisonous - Venom used as medicine
 - Helps you with Finding and Speaking Your Own Truth
- To the **Navajo** has ancient mystical powers and the name is spoken only as a Prayer
 - Who put all the pieces of the Sun back together a Healer/Protector/Regenerator
 - The Spirit of Gila Monster is thought to be in the Navajo Hand Trembler for diagnosis and divination
 - Divination, Intuition, Patience, Dismembering and Remembering, similar to Releasing and then Reclaiming
 - Moving Between the Worlds Above and Below (Literally Above Ground and Below Ground)
- Can live for a year with out food or water - resourceful
- Spends **95 to 98%** of time **underground** - connected to dreaming - are nocturnal so to see them is rare
- Up to 22.5 inches long, 3 to 5 lbs when grown and have lived over 35 years in captivity

Barnumbirr is a creator-spirit identified as the planet Venus.

She guided the first humans to Australia.

The rising of Barnumbirr (Venus) in the sky before sunrise marks an important ceremony.

In the early hours before dawn, Venus, according to the Yolngu is drawing behind her a rope of light attached to the island of Baralku on Earth. Along this rope, with the aid of a richly decorated "Morning Star Pole", the people are able to **communicate with their ancestors**.

Barnumbirr flew across the land from East to West, creating song lines naming and creating the animals, plants, and natural features of the land.



The song line from the Australian Aboriginal Perspective is also called the dreaming track.

These tracks create a path across the land marking the route followed by localized 'creator-beings' during their Dreaming.

The paths of the song lines are recorded in traditional songs, stories, dance, and art.

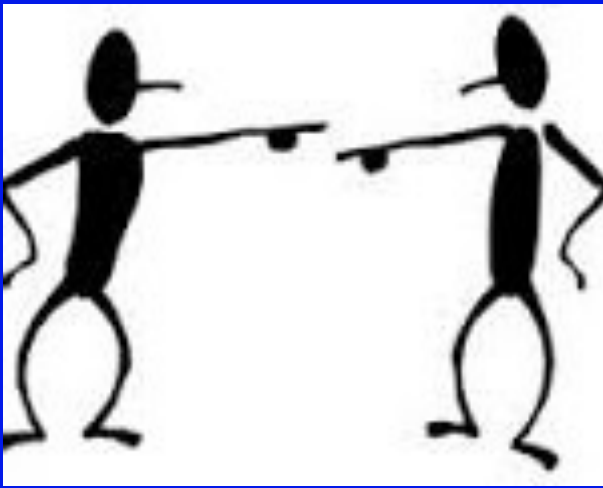


Song line Painting/Art

For the Australian Aboriginal it is possible to navigate across the land by repeating the words of the song that describe the location of landmarks, waterholes, and other natural phenomena.

Using their voice to find their way





Choose being kind over being right
and you'll be right every time

Take Responsibility For What You Have To Say

When YOU (or anyone for that matter) are standing up to speak your truth and it is coming from a need to be right, or superior, or with an intent to justified and prove your point, this usually creates greater separation.

Plus, it is often not as true as you think or perceive.

Be sure you are speaking up for the purpose of creating honest communication that does not blame, shame, or complain.

If communicating from a need to be right the result will ultimately deepen the wounds and/or create further separation



How You Say It Makes a Difference

First step is to note: is your perspective true?

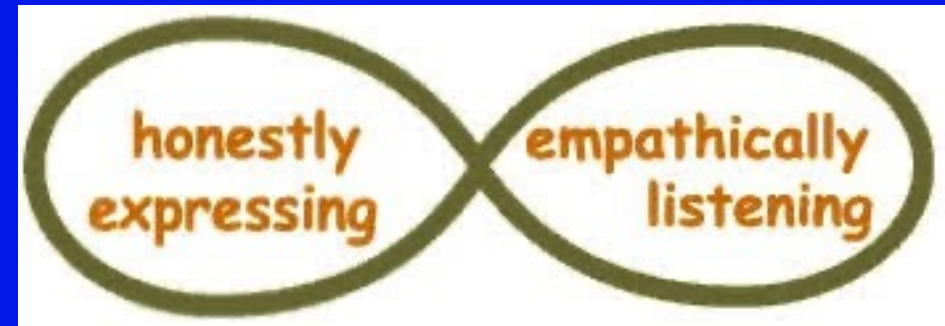
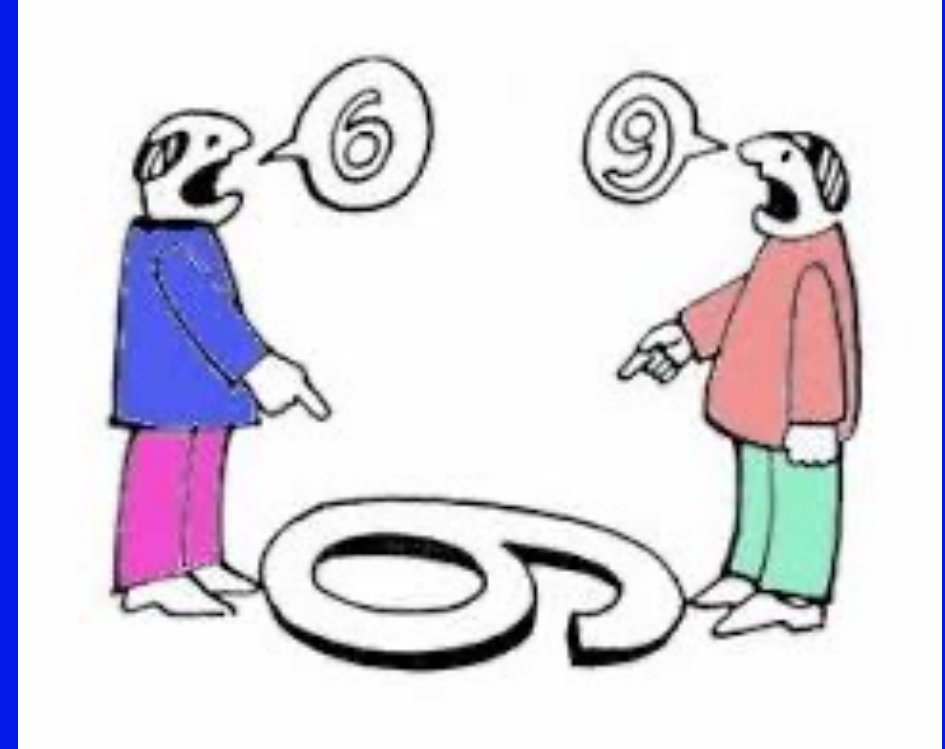
What is your opportunity to see something about yourself?

If it still feels important to share with the other person:
Allow a deep breath and speak clearly, avoid using a Loud or High-Pitched Voice

It might help to practice your message, including your pace, tone, and pitch so it feels more natural.

Practice what it is you want to say until it feels comfortable.

As you practice, be open to insights that may help you understand the situation more deeply.



Press Pause: Reactivity vs. Mindful Speaking

The need for round-the-clock connection not only makes people more impatient, it also robs them of time for quiet reflection or deeper, more critical thinking.

~Ronald Alsop, *Instant Gratification and its Dark Side (Technology and Communication)*

Learning to press pause means listening and assimilating before opening my mouth. I often hear a voice in my head saying what I would have normally voiced out loud, but in the few seconds I allow myself to pause, I realize it doesn't need to be said at all.

~Kelly Pietrangeli, *Think Before Reacting, How to Use Your Mental Pause Button*

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

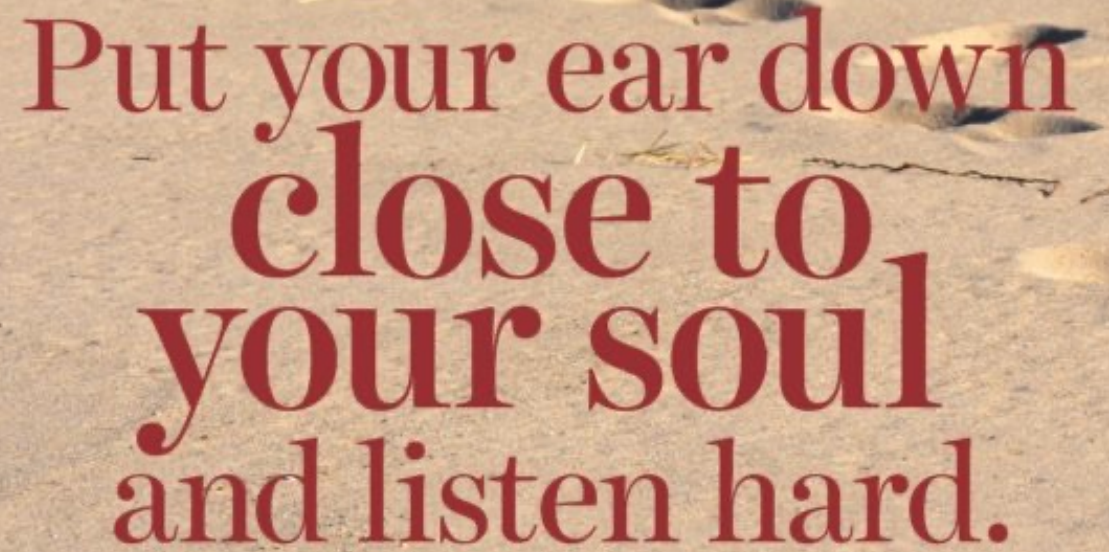
N = Is it Necessary?

K = Is it Kind?

What is your Inner Voice Saying to You?

Is your inner self-talk loving and kind
or judgmental and critical?

- Take note of the Inner Critic or “Voices of Judgment”
- Choose to think more loving, caring, kind and compassionate thoughts about yourself and others
- Create a dialogue with the Inner Critic who really has your best interest in mind...even when it doesn't seem like it
- Ideally this is a Daily Practice



Put your ear down
close to
your soul
and listen hard.

Anne Sexton

Take Time to Express What You Are Feeling

If feeling defeated, worthless, like a failure, not good enough, always falling short of your dreams, like you never catch a break, like a loser, etc. take time to yell and scream out your frustration, ideally into a pillow or where you won't be heard.

Bruce Willis in the Movie **The Kid** is a judgmental but successful man who has forgotten to nurture his childhood dreams.

Just before his 40th birthday (Venus Return)
his 8-year-old self shows up orchestrated by his Future Self.

They discover their BIG fear is being a loser. In the end they declare (yell loudly) they are not losers to the satisfaction of their future self.



The Cost Of Keeping Secrets

*When I started sharing the truth about who I really am, I could no longer present the mask to the world called “**hey, I’m fine!**” and the numbness had nowhere to live anymore.*

*Every one of us has something we’re hiding about who we are, what we’ve done, or **how we feel**. A secret that perhaps we’re too afraid to tell.*

The secrets we hide have a devastating impact on our life. When we hide secrets, we ‘re forced to lie about who we are and we present ourselves to the world as something we’re not.

*When we do that long enough, we lose track of who we actually authentically are. **And the aliveness that we once felt as children gets replaced by numbness.***

~Bruce Muzic TedXSinCity



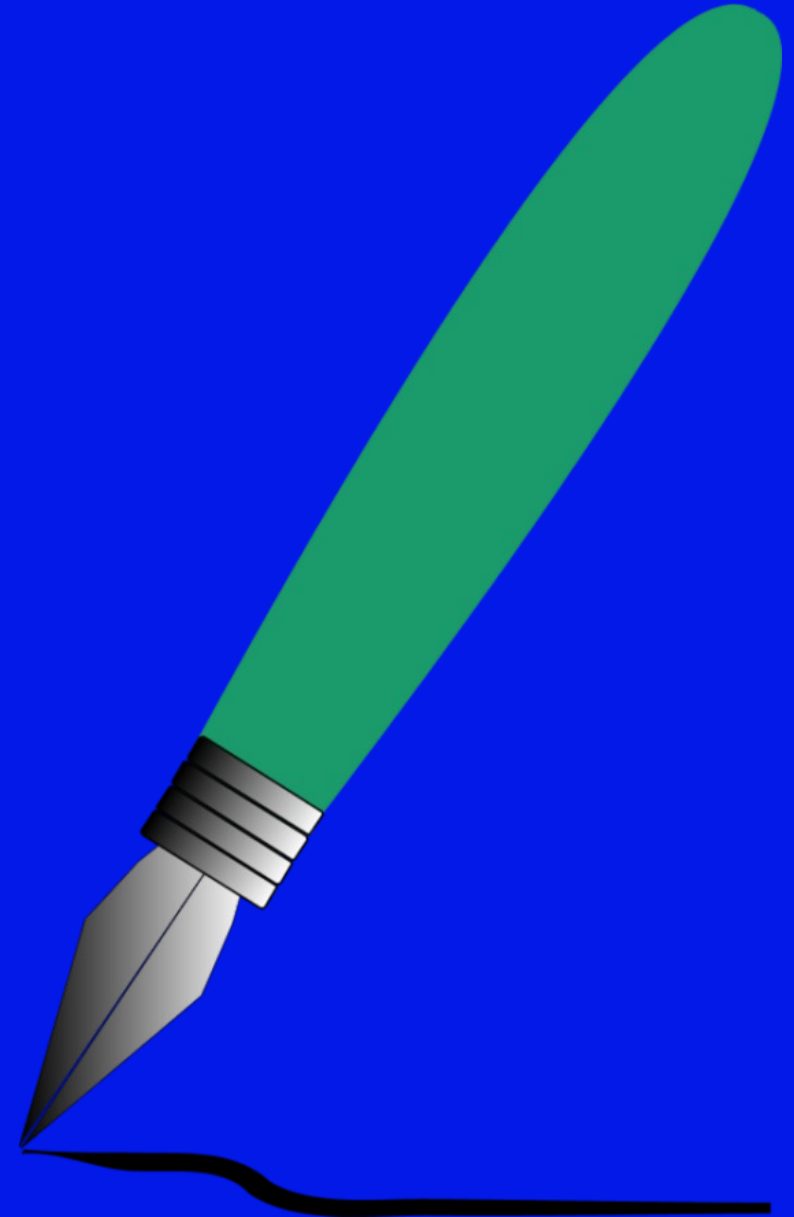
Ten Questions to Find Your Voice

- What angers you?
- What makes you cry?
- What have you mastered?
- What gives you hope?
- As a child what did you want to be when you grew up?
- If you had all the time and money in the world, what would you do?
- What would blow your mind in a good way?
- What platform have you created or are creating?
- What change would you like to see in the world in your lifetime?
- If you had a day left, how would you spend it?



Clearing Throat Chakra Trauma

- In this, or previous lifetime, what throat chakra injuries or traumas have I experienced?
- What beliefs have these experiences produced in me?
- What would it take for me to transform these beliefs?
- Draw it, dance it, scream it, act it out and resolve it - whatever it takes for transformation!



Fears or Blocks Around Your Voice

- My voice (opinion, truth, experience) doesn't matter, isn't good enough
- It's already been said
- I don't know enough for my opinion to matter
- What if I'm wrong?
- It's just words - what difference will it make?
- If I say it, I might be — punished, exiled, abandoned, killed
- I might offend someone or hurt their feelings
- They won't hear me or care what I think anyway
- I might start a conflict and I HATE conflict because it might be used against me later



Home Play for the Throat Chakra

Clear Fears Around Claiming Your Voice

Identify Fear: Choose 1-3 fears from previous slide

Observe Fear: Pay attention to when this fear comes up, how do you respond to it, how does this impact your daily life?

Practice Countering Fear through affirmations, remembering and focusing on examples in your life where you've overcome the fear.

Journaling Exercises

With Morning Star Buddy or in your Venus Journal explore

- Any of the 10 Questions that resonate for you
- Questions to Clear Throat Chakra Trauma

You are planting the seeds now for finding and claiming your voice over the course of your Venus Journey



**"WATCH YOUR THOUGHTS; THEY BECOME
WORDS. WATCH YOUR WORDS; THEY BECOME
ACTIONS. WATCH YOUR ACTIONS; THEY BECOME
HABIT. WATCH YOUR HABITS; THEY BECOME
CHARACTER. WATCH YOUR CHARACTER; IT
BECOMES YOUR DESTINY." — LAO TZU**



Made with ❤ by picsy.com

Thoughts
(6th chakra)

Words
(5th Chakra)

Deeds or
Actions
(3rd Chakra)