



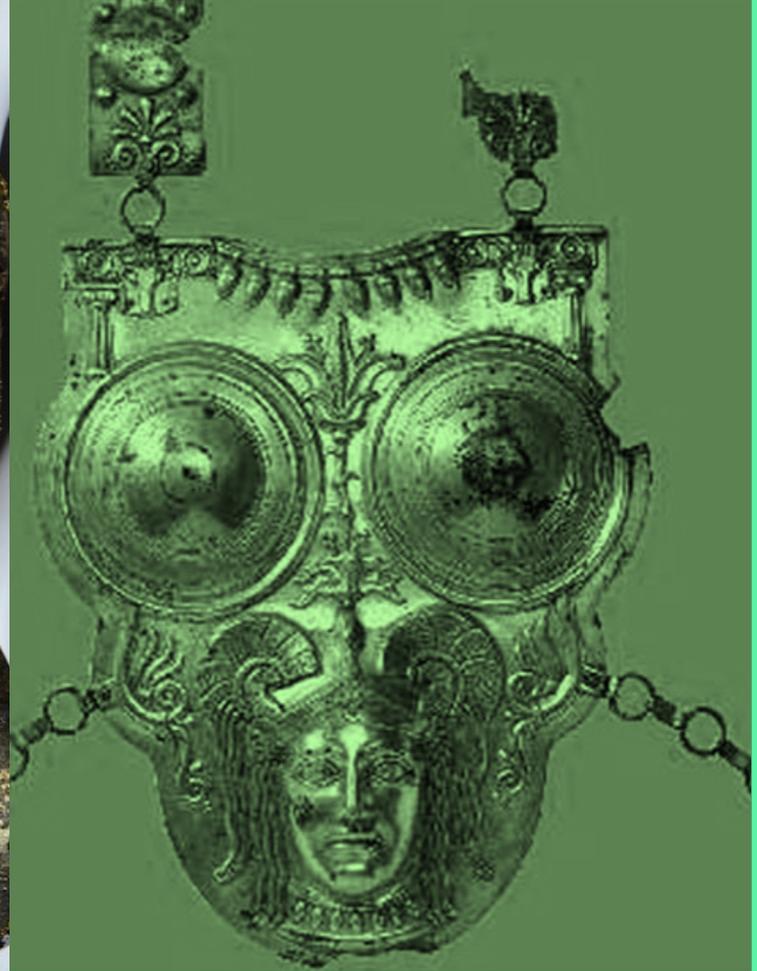
Venus Alchemy Morning Star Heart Chakra Insights

Heart Chakra Blocks Release Phase
with Cayelin K Castell and Sheridan Semple



Entering The Heart Chakra Gate





At the 4th Gate Inanna releases her breast plate protecting the vulnerability of her heart, symbolically releasing all the ways she has guarded her heart from pain.

She is also releasing all the ways she no longer truly loves herself and therefore others.

The Heart Chakra (or *Anahata* Chakra, Sanskrit for *unhurt, unstuck, or unbeaten*) is the seat of the soul.

Located where our physical heart is around the breastbone or sternum representing pure love connecting the upper and lower chakras.

Linked to the **Thymus Gland**, circulatory and respiratory systems, lungs, ribs, breasts, arms, shoulders, hands, diaphragm.

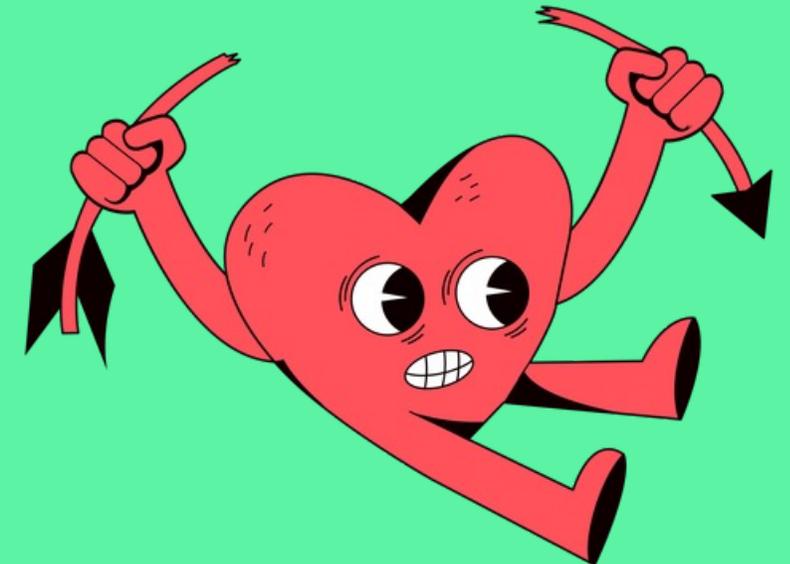
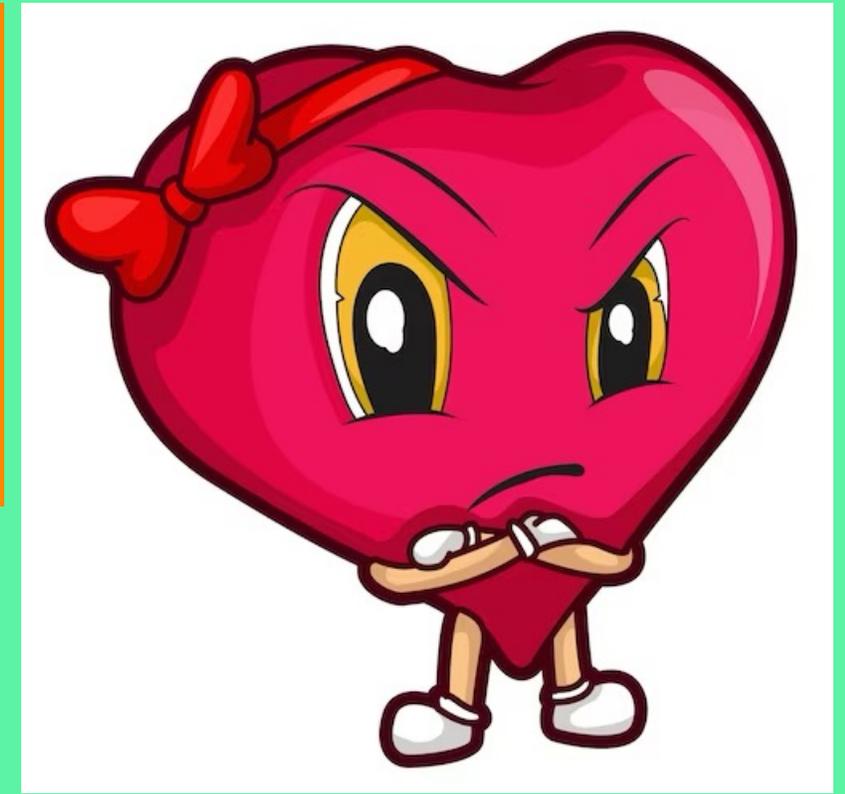
Linked to empathy, harmony, kindness, caring, sensitivity, emotional balance, our relationships and how we interact with others.

Connects the Spiritual and the Physical
Heaven and Earth



Imbalanced Heart Chakra

- Lack of self discipline
- Difficulty in relationships
- Fear of Betrayal
- Inability to forgive
- Lack of empathy
- Living vicariously through others
- Looking to others for acceptance & happiness
- Strong jealousy and harsh judgment of others
- Fear of being alone - feeling shy and lonely
- Leading with logic and reason and disregarding what you *feel* as unimportant or having no value
- Giving to Get



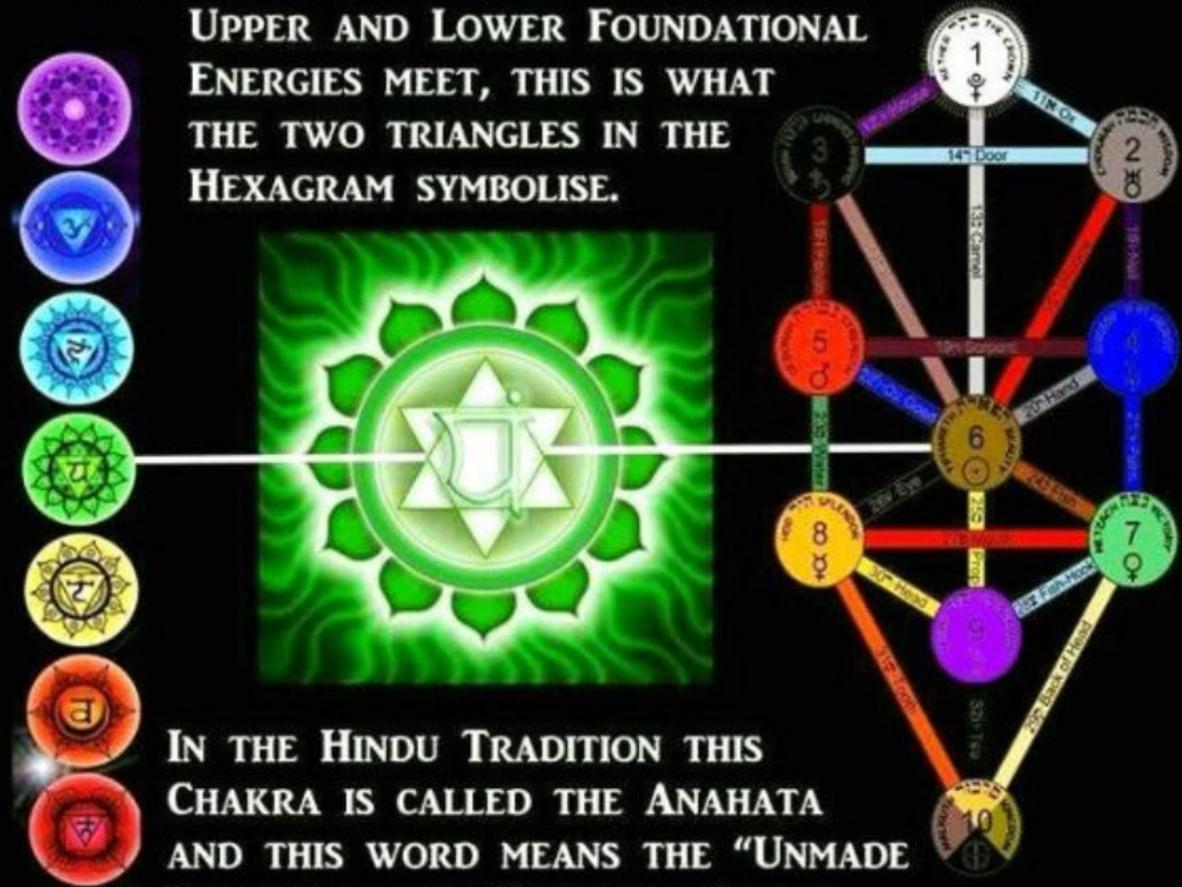
Balanced Heart Chakra

Expresses as:

- Love and Compassion for All Life
- Kindness, Empathy, Harmony
- Acceptance of Others
- Expansion, Freedom and Growth
- Healthy personal values and ethics
- Following your unique direction in life
- Open to Giving and Receiving Equally
- Connecting to Limitless Universal Energy
- Self Confidence, Self Approval, Self Acceptance, Self Respect

THE HEART CHAKRA

THE HEART CHAKRA IS THE ENERGY POINT WITHIN OUR ETHEREAL BODY WHERE THE DIVINE UPPER AND LOWER FOUNDATIONAL ENERGIES MEET, THIS IS WHAT THE TWO TRIANGLES IN THE HEXAGRAM SYMBOLISE.



IN THE HINDU TRADITION THIS CHAKRA IS CALLED THE ANAHATA AND THIS WORD MEANS THE "UNMADE SOUND" OF THE UNIVERSE. THIS IS SPEAKING OF THE VORTEX WITHIN OUR ETHEREAL HEARTS CREATED BY THESE HIGHER AND LOWER ENERGETIC FORCES.

Ways to Balance this Chakra:

Chant the Mantra “Yam”

Wear Green or Pink

Green is Blue and Yellow combined
Yellow for the Soul/Blue for the Spirit

Eat Green Foods like Broccoli, Zucchini,
Avocados, Green Apples, Green Beans

Gems/Minerals:

Emerald, Jade, Green Tourmaline,
Malachite, Peridot, Aventurine, Moss
Agate, Green Jasper, Rose Quartz,
Rhodochrosite

Exercise:

Practice the “Thymus Thump”



Thymus Tapping 5 min. Video on Heart Chakra Class Page or at this link <https://youtu.be/DknBrfv1mJY?si=aect6PtzNNlu74B2>

Essential Oils for Balancing the Heart Chakra

Cardamom Seed Green, Rose, Jasmine, Ylang Ylang, Geranium, Inula Graveolens, Lavender, Rosewood, Buddha Wood, Champaca, Oak Moss, Magnolia, Rhododendron, Lime



Use the drops on your heart with reverence and intention

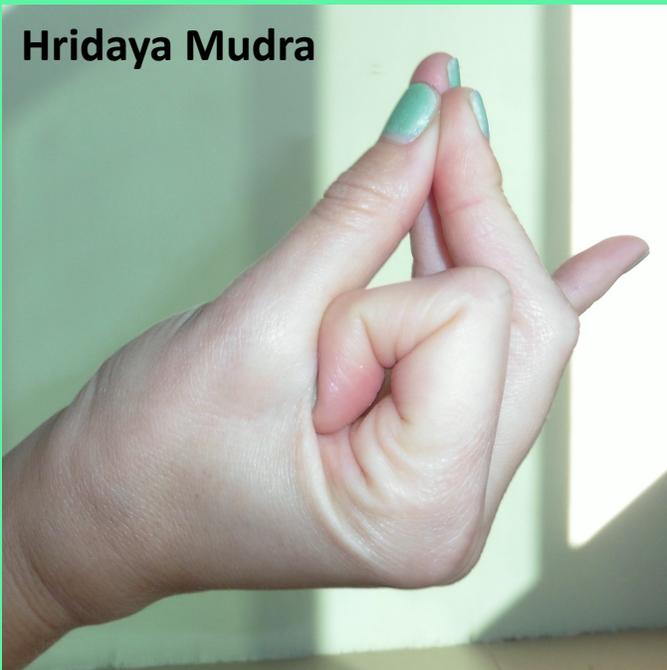
Lotus Mudra helps cultivate feelings of love, compassion, kindness, and affection towards others.

And counter acts negative feelings like hatred, anger, misunderstanding transforming them within the body.

Lotus Mudra not only opens all the Chakras it also connects us specifically to the Anahata Chakra or Heart Chakra.

For more on both Mudras

See 2 short videos on Heart Chakra Class Page



Hridaya Mudra: Place the tip of the index finger at the root of the thumb. Bring the tips of the middle and ring fingers to meet the thumb. Keep your pinkie straight. With both hands in the mudra, place them on your knees facing upward. You can practice this mudra for up to 30 minutes, while focusing on the chest and heart chakra. The middle and ring fingers are related to the energy channels (nadis) of the heart. Closing the circuit with the thumb helps release pent-up emotions from the heart.



HEART CHAKRA MUDRA

- OTHER NAMES: PADMA MUDRA, LOTUS MUDRA
- ELEMENT: AIR
- CHAKRA LOCATION: HEART AND CHEST
 - CHAKRA COLOUR: PINK, GREEN
- CHAKRA FUNCTION: COMPASSION, LOVE, RELATIONSHIPS

- STEPS
1. TOUCH THE OUTER EDGES OF BOTH THUMBS
 2. TOUCH THE OUTER EDGES OF BOTH PINKIES, THEN REST THE HEELS OF YOUR PALMS TOGETHER, 4 EXTEND THE OTHER FINGERS OUTWARD, LIKE YOUR HANDS ARE A BLOSSOMING FLOWER.

MUDRA LOCATION: HOLD THE GESTURE AROUND YOUR HEART/CHEST AREA IN A RELAXED MANNER.



Feel what you FEEL

Especially the not-so-great feelings with the intent to release the charge these feelings have for you

Find healthy expressions for your feelings

Don't take your feelings out on others

Do scream, cry, beat on pillows, or find other forms of emotional release that can help you get these feelings moving

Talk to someone who is NOT involved personally.

Ideally, a compassionate supporter who supports you in understanding your part!

Write or journal your feelings as honestly as possible - for your eyes only. This isn't about any one but you.

Practice Radical Forgiveness for yourself and others.
See links on Class Page for the Worksheets.



A Fractured Heart
Shines More Light

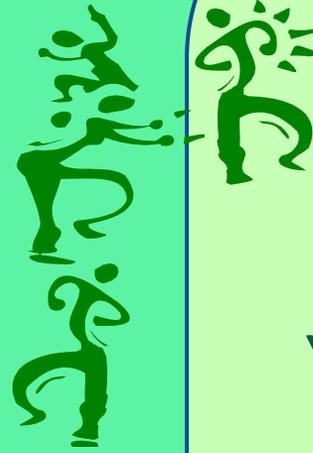
You Get What You Give
Link to Song by the New Radicals

Practice being in the present moment

When you find you are reliving a painful experience do your emotional release work.

Dance to This Song or what ever music gets you going.

Do yoga or some kind of meditative movement (walking meditations are great) that will help you feel and then transform your feelings bringing you into the present.



**Some of the Words to
the Song**

But when the Night is Falling
And you cannot find the Light
You Feel your Dreams are Dying
Hold Tight

You've got the Music in You
Don't Let Go

You've Got the Music in You
One Dance Left

This World is Gonna Pull Through
You've Got a Reason to Live
Can't Forget

We Only Get what We Give

Practice the Art of Acceptance

Accept What Is For Now

Accept what you can't change

Attend to what you can change

Go with the Flow

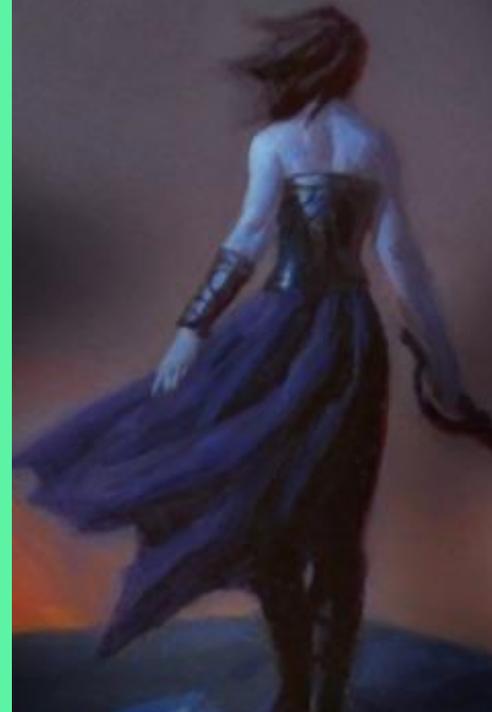
ACCEPTANCE



is seeing with your heart,
not with your eyes.

Accept What is and
Trust the Universe

*You can't change what's
going on around you
until you start
changing
what's going
on within you.*



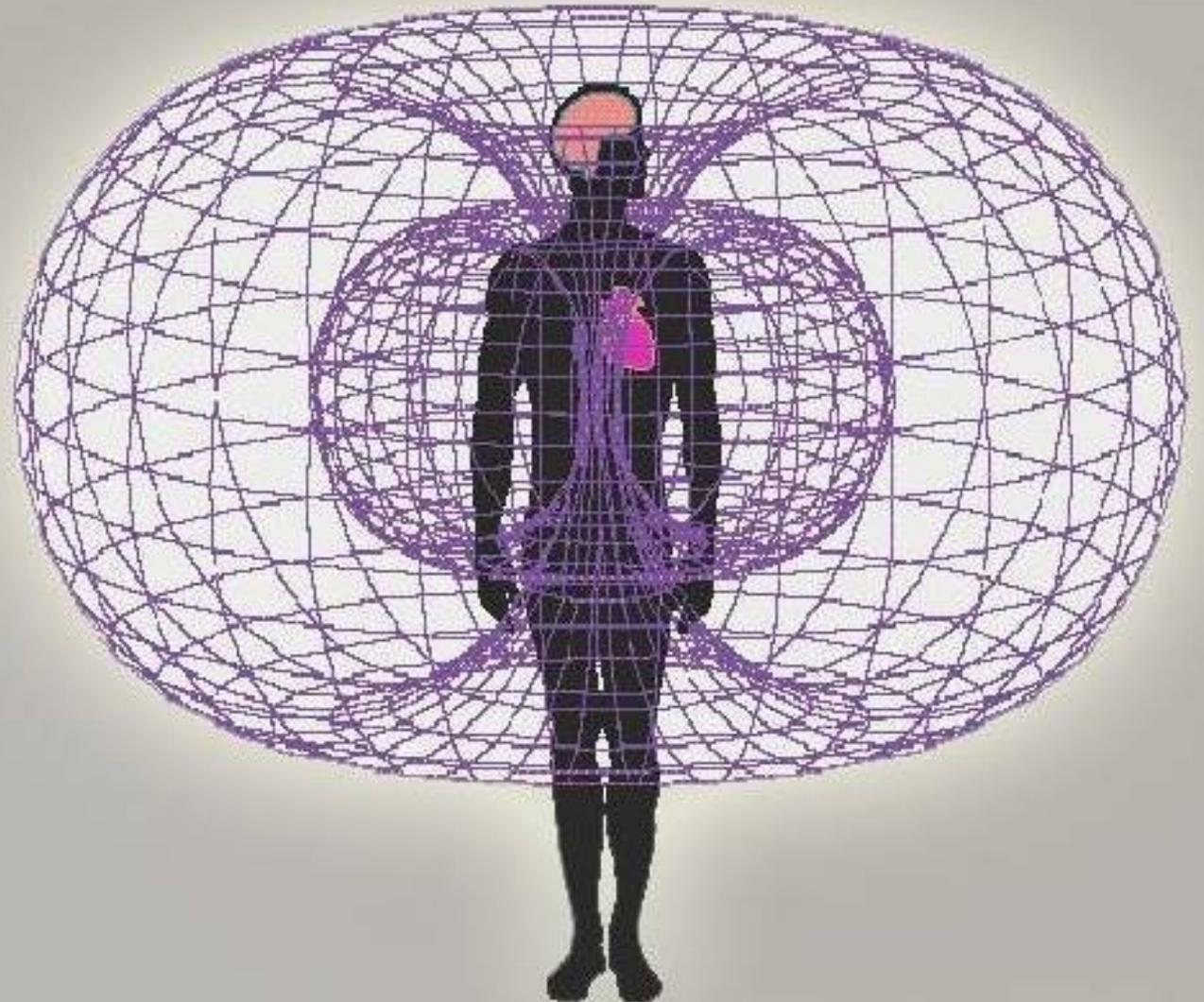
HeartMath

Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead.

It takes the power of the heart.

**~ Doc Childre, Founder,
Institute of Heart Math**

The electromagnetic field of the heart



HeartMath Insights on Neural Pathways

Neural pathways from the heart to the brain either inhibit or facilitate electrical brainwave activity.

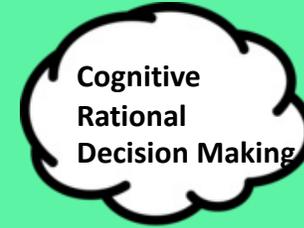
The heart sends electro-magnetic messages to the brain in ways that affect how we perceive and react as well as how we make decisions.

The heart has its own nervous system with the ability to learn, remember, feel, sense, and make decisions separate from the brain.

The heart's electromagnetic field is about 5000 times stronger than electromagnetic field of the brain.

Emotions produce predictable physiological changes in heart rate, blood pressure, and other bodily functions.

The emotional impact of a dramatic or shocking experience can trigger negative incoherent heart rhythms.



Experiential, Heartfelt Decision Making



The Institute of HeartMath Research Shows

Electro-magnetic fields communicate Information operating beyond our conscious awareness to others that are within at least 15 feet of each other.

A coherent energy field synchronizes the brain waves of those in close proximity. This is why vibrating with energy of love changes everything around us.

When our mind body systems are in a harmonious state, we are more aware of and attuned to the information encoded in the electro-magnetic heart fields of those around us.

The heart functions like an endocrine gland secreting hormones that influence not only the brain but also blood vessels, kidneys, and adrenal glands, regulating noradrenalin and dopamine neurotransmitters.



Oxytocin the Heart Hormone

Oxytocin is released through meaningful hugs or nurturing touch and during certain breathing practices.

Is also present when reading social cues and establishing enduring relationships.

David Vesely, M.D., PhD Professor of Medicine at the University of South Florida found that Oxytocin reduces 90% of all cancers in cell cultures within 24 hours.

The heart plays a fundamental role in stabilizing and harmonizing the interaction between the heart, the central nervous system and the brain.

5 Ways to Boost Oxytocin Production

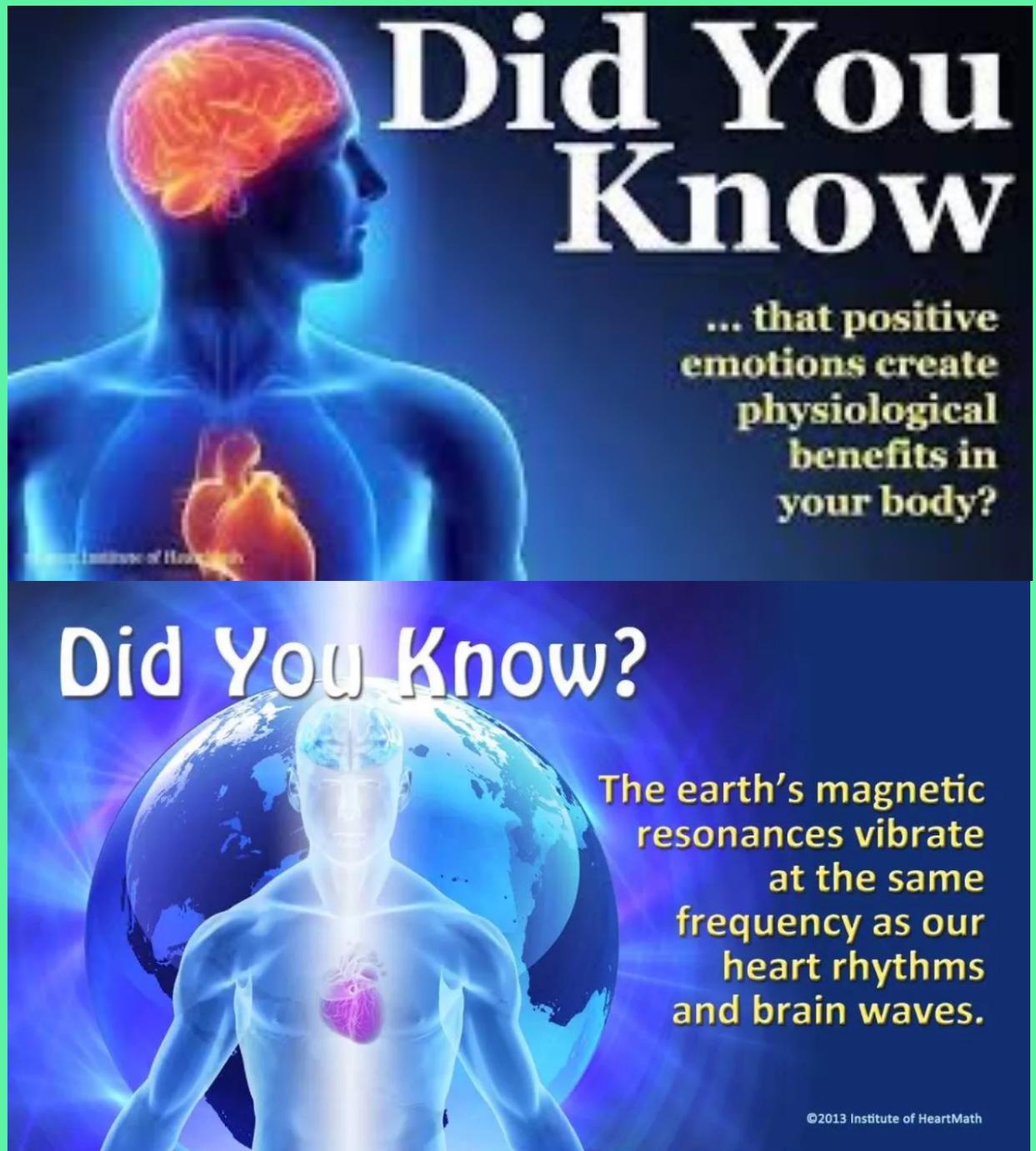


HeartMath Did You Know...

The heart is involved in processing, and decoding intuitive information because it connects with an energetic information field existing beyond the boundaries of our space time reality.

Additional research shows that both the heart and the brain can receive and respond to information about a future event before it even happens!

The Heart receives this information before the brain, but often our thoughts cause us to dismiss it.



Did You Know

... that positive emotions create physiological benefits in your body?

Did You Know?

The earth's magnetic resonances vibrate at the same frequency as our heart rhythms and brain waves.

©2013 Institute of HeartMath

stress management. Even severe coronary heart disease often begins to reverse when making these lifestyle changes, without drugs or surgery!

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, "not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery", affects our health, quality and length of life more than **feeling loved and cared for**. He

Habits that Cripple Self Love

Toxic Comparison with others (amplified by social media)

Chronic **People Pleasing** Behavior

Avoiding action due to fear of making mistakes & failure

Taking on distorted societal perceptions, for example:

aging: *I'm too old to change;*

beauty: *I'm too fat for someone to love me;*

power: *I don't have enough money;*

happiness: *I'll never be happy until I meet my soul mate*

Making choices based on "shoulds," or martyr mentality

Failing to acknowledge your accomplishments

Failing to honor your own life experience and perception as valid

Name Yours

Self Love Practices

- Let go of Toxic Habits
- Forgive Yourself and Others
- Be Kind to Self and Others
- Affirm Daily you are Loved
- Listen to Uplifting Music
- Sing, Chant, Hum
- Exercise, Yoga, Dance
- Talk to a friend
- Journal Blessings/Gratitude
- Write yourself a love letter
- Read a Fun Book
- Watch a Fun Movie
- Watch Sunrise and/or Sunset
- Connect with Venus in the Sky
- Bask in Nourishing Sunlight

Letting Go of Love Addiction

Love Addiction Markers include:

- **Lack of love and nurturing or abuse in Childhood** so individuals associate love and pleasure with pain, emotional unavailability and/or drama
- **Mimics the qualities of drug or other addictions** such as addiction to the *falling in love* high, attraction to high intensity, high drama relationships, craving, withdrawal symptoms
- **Pattern of attraction** to partners who are also love addicts or emotionally unavailable
- **Can be suppressed for years but when a *trigger archetype* shows up, addiction pattern may be reactivated**



- **“Trigger archetypes”** for love addicts are often represented by a **woman’s Mars and a man’s Venus** (both or either for non-binary)
- **Dependent** on perceived affection, attraction from Other for self esteem and self love
- **Personal goals** eclipsed by relationship drama

Transforming Love Addiction

- **Seek out support** through skillful therapist skillful specializing in love addiction, or by gathering a group of nurturing and enlivening friends - or find a Sex and Love Addiction 12 step Program
- **Identify healthy passion points** NOT focused on romance and feed those with focus and attention
- Claim the addiction as a deep invitation to **cultivate unshakeable personal power and radiant radical self-love**
- **Commit to doing things that make you feel your version of authentic, alive, sexy, playful** OUTSIDE of the context of an addictive relationship
- **Perceive your “target” as a Spiritual Teacher**, challenging you to cultivate self respect and love
- Identify the common attractive qualities of your “addictive love targets” and ask **“how can I embody these qualities in a healthy way?”**

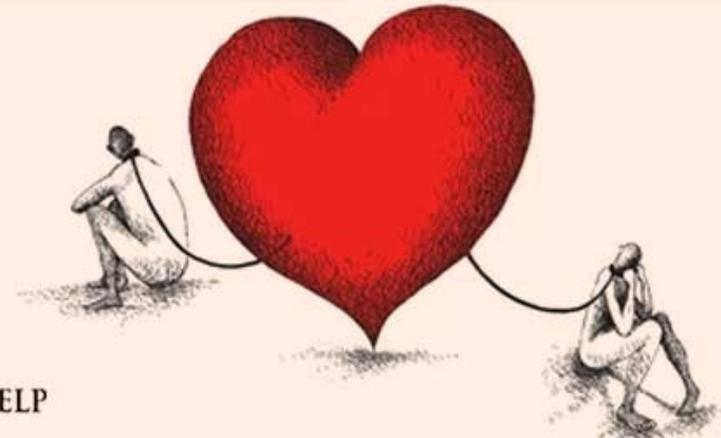
HEALTHY LOVE VS. LOVE ADDICTION

Healthy love looks like

- secure attachment with your partner
- clear boundaries in your love life
- retaining your own individuality in a relationship

Love addiction looks like

- anxious attachment and insecurity
- constantly seeking a romantic partner
- connecting your personality and self-worth to that of your partner



The Cost of Numbing Ourselves

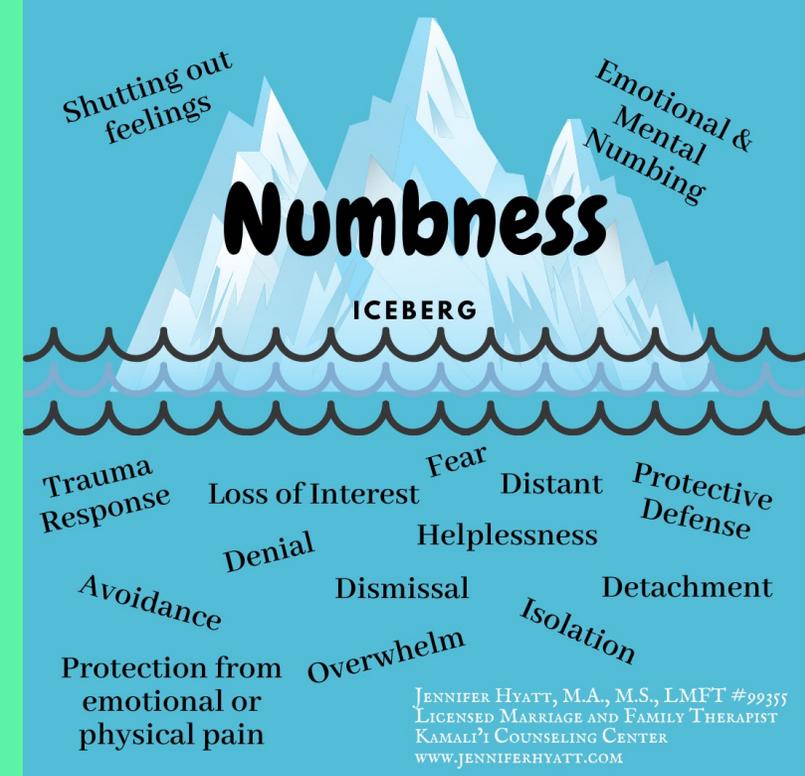
Anything In Excess Alcohol, Sugar, Poor Food Choices/Fast Food, Caffeine, Stress and Drama, TV, Video Games, Over Doing, Over Working, Casual Sex, Social Media, Internet, Sleeping, Exercise, Meditating, Avoiding Intimacy and Connection with others

Addictive Drugs that Numb Feelings such as:

Heroin, Meth, Speed, Uppers, Downers, Pain Meds, etc...

Numbing yourself has a cost. Studies show that repressing negative emotions depletes your psychological resources, making it more difficult for you to handle stress and make good decisions. Numbing yourself from emotional pain hurts your physical health and resilience.

Practices: Take time to feel into a healthy response – don't just react. Journal your feelings. Practice Breathing Techniques that help you to FEEL your real Feelings. 30 minutes of active exercise 5 or 6 times a week. Listen to Music. Dance, Drum, Pray. Time in Nature. Sleep 7 to 9 hours at night. Doing any activities that are nurturing and healthy. Practice Forgiving self and others.



Gifts of Forgiveness

- Forgiveness empowers greater acceptance of self and others.
- Forgiveness empowers greater love.
- Self-Forgiveness empowers personal responsibility.
- Forgiveness empowers understanding and reconciliation.
- Forgiveness empowers surrender and the ability to allow what IS without the need to change it or make it be different.
- Forgiveness empowers an ability to still have preferences while also allowing for and accepting what IS.
- Forgiveness empowers healthy union between our human and divine selves.
- Forgiveness empowers peace - within and without.

Forgiveness

is the only way we can
release ourselves from the past.

Marianne Williamson



Forgiving Self and Others

Radical Forgiveness developed by Colin Tipping.
[The Radical Forgiveness Worksheet](#) and other tools

Stauffer Method of Forgiveness
<http://www.crtraining.org/library/forgiveness>

Ho'oponopono (ho-o-pono-pono) is a simple, easy ancient Hawaiian practice of forgiveness.

The distilled essence is four phrases said silently to yourself as much as possible, all the time, or whenever you remember to say it.

"I love you. I am sorry. Please Forgive me. Thank you!"



Links to More on Forgiveness

<http://www.hooponoponohelp.com/>

And <http://www.ancienthuna.com/ho-oponopono.htm>

YouTube

<http://www.youtube.com/watch?v=wSfbkG97H7Q>

And ho'oponopono meditation

<http://www.youtube.com/watch?v=lil63u-xB70&feature=related>

Interview with Dr Ihaleakala Hew Len

<http://www.youtube.com/watch?v=3xCmvZZFQI0&feature=related>



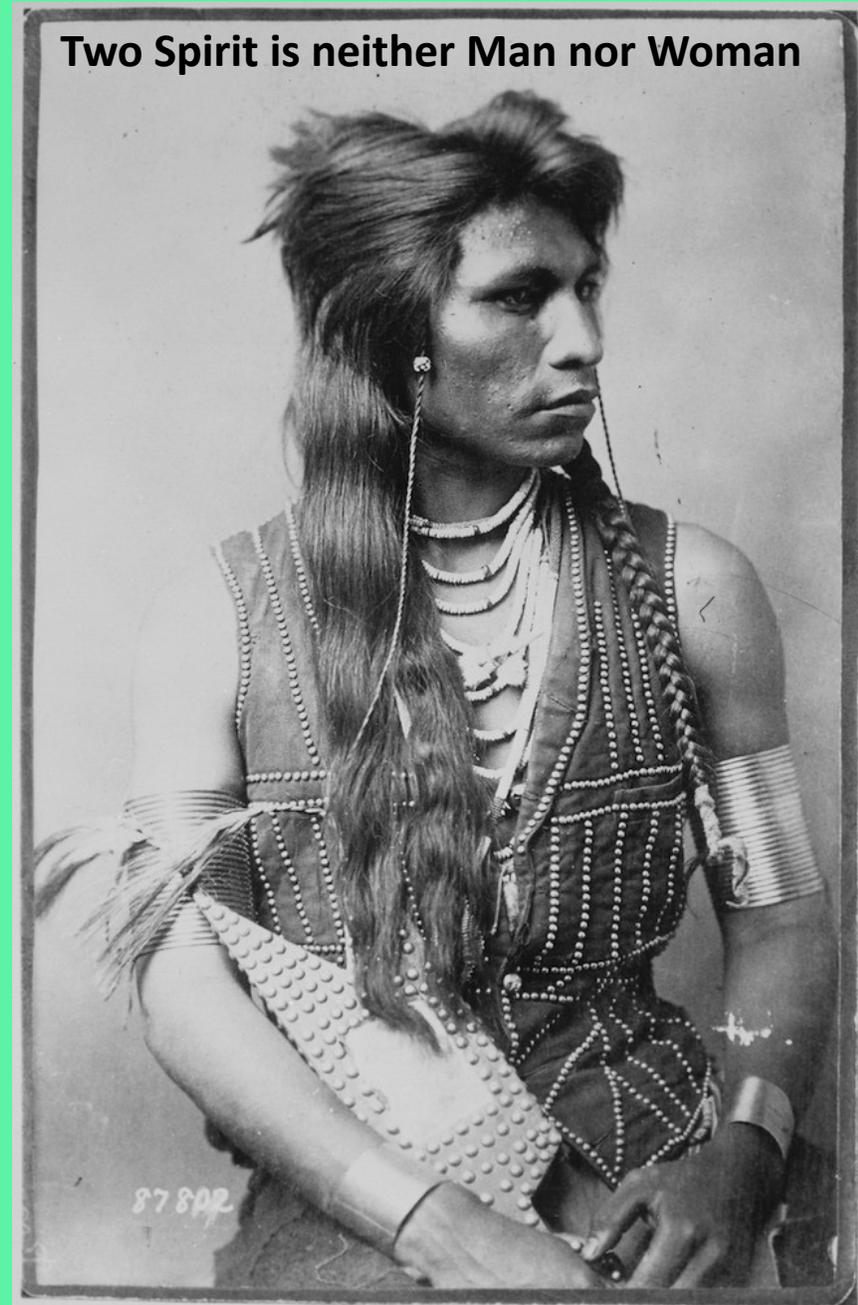
Loving Beyond Gender

- It is time to further our Understanding of gender beyond binary masculine and feminine
- Three or more genders were recognized within many indigenous cultures including The Manaka Kaoli in Hawaii, the Sakalavas of Madagascar, and many Native American tribes.
- Facebook allows a person to choose several gender identities, further validating how many, many individuals within our culture feel their gender does not fit within the masculine feminine framework.

Currently, there are 14 preset gender options you can choose on your Facebook account, plus the custom free-form field:

*Agender *Androgynous *Bigender *Cisgender *Cis Woman *Cis Man
*Non-binary *Gender Fluid *Gender Questioning *Transgender
*Trans Woman *Trans Man *Transgender Person *Two-Spirit

AND Facebook Offers a Custom option (A freeform field to enter your own gender) If you begin typing other words, a wide variety of other gender options will be auto-suggested.



Loving Beyond Gender

- Across all ages but especially within the younger generations we are learning to love in new ways, appreciating the unique interplay of masculine/feminine qualities within every individual
- How does masculine and feminine reside within us and how can we honor and love where each of us is on the continuum?
- How does this growing awareness of the gender continuum open all of us to loving in a more empowered, alive, dynamic way?



Heart Connection Across Cultures

Inlakesh

You are another myself

~Mayan Greeting

Namaste

~East India Greeting

Mitakuye Oyasin

~Lakota Greeting

Aloha and Ho-oponopono

I love you, I'm sorry,

Please forgive me, Thank you



The Lonely American

Choosing to Reconnect in the 21st Century

[Utne Reader](#) by Jacqueline Olds and Richard S. Schwartz

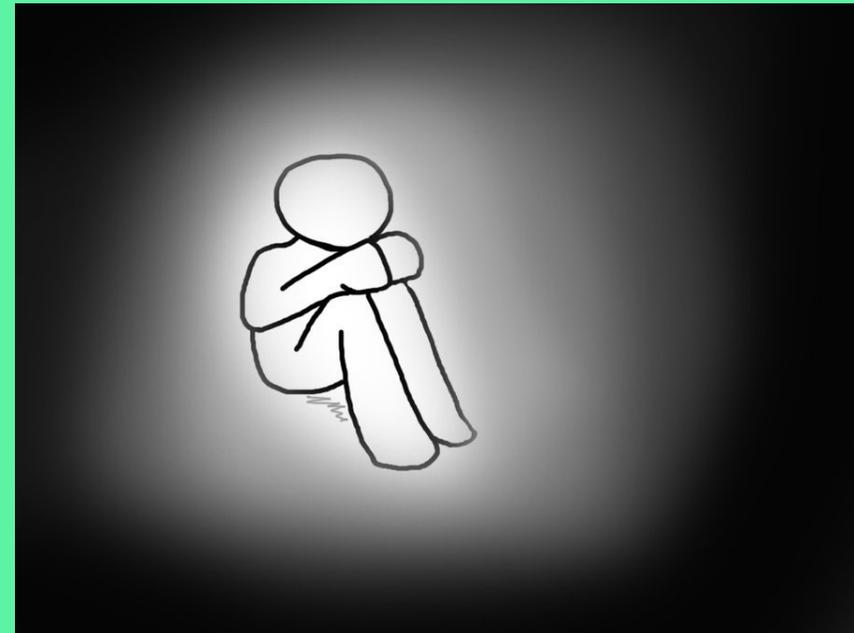
Recent studies suggest that our society is in a dramatic and progressive slide toward disconnection adding to anxiety, depression, challenges with addiction, and heart disease.

Data from the General Social Survey (GSS) found between 1985 and 2004 the number of people the **average** American discussed “important matters” with dropped from three to two. The number who had no one at all tripled.

In 2022 a report by Harvard suggests that about 36% of Americans (including 51% of mothers with small children and 61% of young adults) experience “serious loneliness.”

Increase your sense of connection and reach out for support if it feels aligned for you.

A way to start or add to your sense of connection is to stay for one of our connection groups.



[This 72 page USA.gov document explores loneliness/isolation and strategies to change it](#)

Heart Deepening Exercise

Feeling Your Feelings: In your Venus Journal, pay special attention to moments when you get emotionally triggered. Pay attention to your body, your breath, and your instinctive response. Observe your pattern.

Practice breathing deeper and pausing to respond rather than react. Find creative ways to shift and “move the energy” that push your comfort zone: scream into a pillow or alone in your car, paint hideous paintings, throw rocks into a river or lake or landscape, engage in dancing, long hikes or walks where you allow your feelings to be felt, or anything else that helps you feel what you feel.

Consider your Heart Connected Community. Journal on the following topics: Do you take time for regular (in-person as well as distant) connection with beloved friends, family, others? Have you taken the time to enlarge your circle with new friendships? Is that something that you want to do?

Have you drifted into the direction of isolation and disconnection? If so, can you remember a time you felt more joyfully connected with others and the happiness that brought you? How could you engage that now?

Write the names of 3-5 people you'd love to spend more time with. Create an action plan for how you will connect with 1 or more of them. Consider a regular “date” with individuals or circles: monthly brunch, music/drum circle, weekly walk, hike, coffee/tea, game night, volunteering, etc.



Releasing and Healing the Heart Chakra

Six Questions to Meditate/Journal On

What difficult emotional memories or repressed feelings am I ready to release now?

What would it take to release my fear of losing love from others limiting my expression and actions?

What would it take to let go of habitual thoughts or actions that keep me numb to avoid feeling discomfort or pain?

What would it take to release any emotional wounds that cause me to want to control people or situations around me?

What would it take for me to truly forgive myself? Others?

