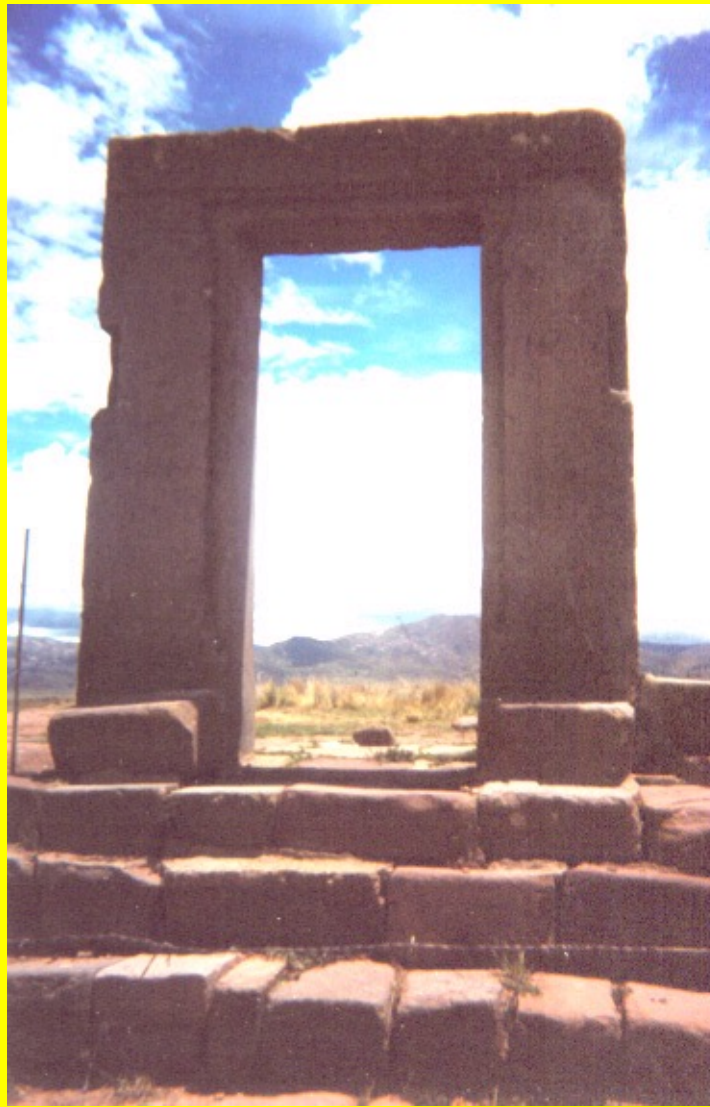




**Venus Alchemy Morning Star
Solar Plexus Chakra Release Phase
Releasing Blocks to
Healthy Personal Power
with Cayelin K Castell and Sheridan Semple**



Entering The Solar Plexus Chakra Gate



At the 3rd Gate

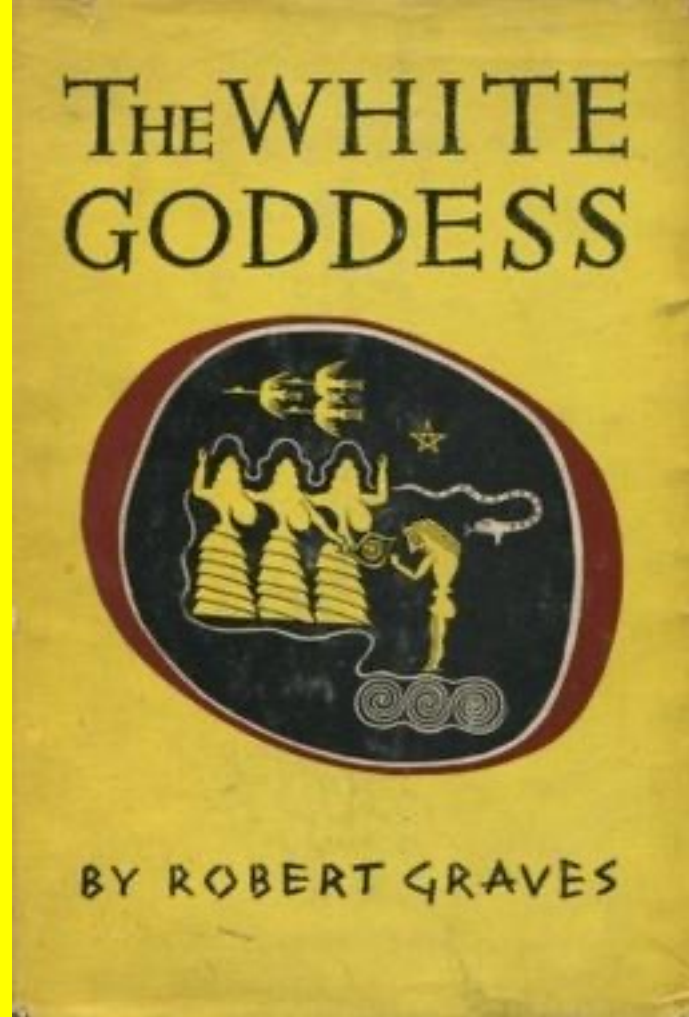
Inanna gives up her Golden Hip Girdle/Belt or Ring of Power symbolically releasing or letting go of all the ways she has either given her power away or tried to have power over others.



The Ring of Power

associated with The White Goddess is connected to the power of the goddess protecting and blessing family, children and ancestors.

Used properly the Ring of Power increases our ability to move beyond what holds us back and/or release limiting conditions that block us from being in our true, divinely inspired, power.



JEAN SHINODA BOLEN, M.D.

RING OF POWER



Symbols and Themes

Love vs Power

in Wagner's Ring Cycle and in Us

A JUNGIAN FEMINIST PERSPECTIVE

The Solar Plexus Chakra or **Manipura** a Sanskrit word meaning **‘City of Jewels’** or **‘Shining Gem’** is located just above the naval and below the rib cage radiating vital life force (a.k.a. Prana or Chi) through out our entire body.

This is where Will Power is generated including our ability to accomplish our desires.

Also, where the “gut feeling” or intuition resides.



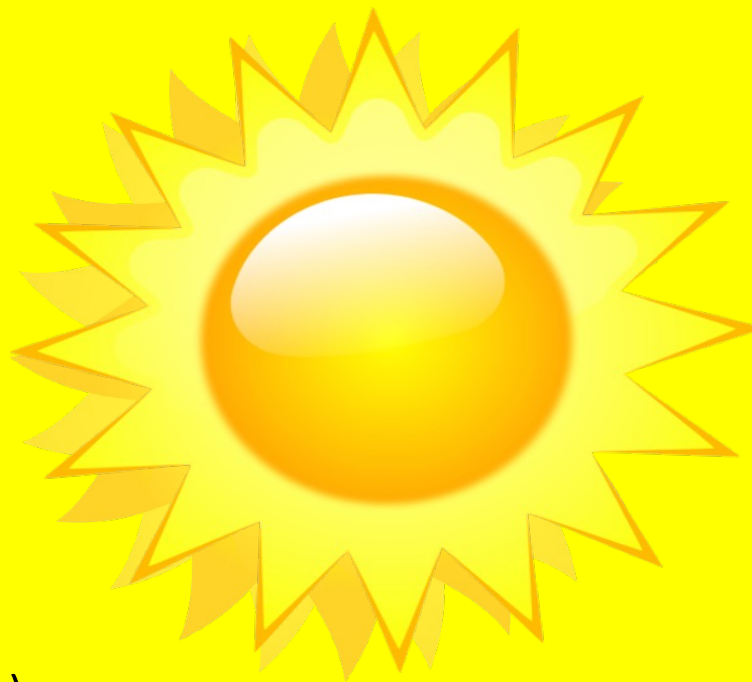
The Solar Plexus Chakra governs:

- Self-confidence, Vitality, Dynamism,
- Healthy Personal Power, Empowered Living
- Shining like the Sun
- The energy and motivation to start and complete projects that serve the greater good

The Solar Plexus is active and strong when:

- You find the courage to do what scares you
- Even if you are not entirely successful by our modern-day standards (that need revising anyway)
- Tactfully Speak what needs to be said for yourself and/or others
- Find you are Energetically Standing for the deeper truth, while also supporting others
- Taking appropriate action to further your dreams
- Actively Expressing Creativity, Curiosity, Coherence

The Solar Plexus also governs: Metabolism, Digestion, Elimination, Liver, Gallbladder, Pancreas, Spleen and Stomach.



I am brave
I am kind
I am smart
I am strong
I am beautiful
I am successful
I Am wise and accomplished
I am courageous
I am loved
I am enough



Imbalanced Solar Plexus

- Poor Digestion, Stomach Ulcers,
- Belly Fat, Allergies, Fatigue, Diabetes,
- Controlling, Angry
- Addictive Personality
- Judgmental, Superior, Aggressive
- Oversensitive to Criticism, Insecure
- Needing constant reassurance
- Worried about what others think
- Archetype of the Drudge or someone who depends on others for approval
- Victim, Critical, Pessimist, Inadequate
- Sarcasm, Arrogance, Depression
- Compulsive Behavior
- Feeling Rejected, Ignored, Unappreciated, Unacknowledged
- Lack of Self-Confidence, Self-Worth, Self-Respect, Self-Esteem
- "I am not worthy"
- Lack of Affection
- ***Doing Addiction/Workaholic to prove worthiness***



An Over-Active Solar Plexus

Judgmental, Critical

Demanding, Rigid, Stubborn,

Aggressive, Angry, Controlling

Procrastinator or Driven Workaholic

Perfectionist, Afraid to Fail

Nothing is Ever Good Enough Including Oneself

Under-active

Dependency especially co-dependency

Mistrust - Doubting Self and Others

Worry - including worrying about what others think

Avoiding Feelings

Anxiety and Depression

Physical Symptoms:

Digestion and Weight Issues, Anorexia, Bulimia, Obesity

Ulcers, Diabetes, Arthritis, Hepatitis, Chronic Fatigue,

Unhealthy Colon, Pancreas, Liver, Gallbladder, Kidney issues



**“Worry gives a
small thing a big
shadow.”**

-swedish proverb

Ways to Balance this Chakra:

- Chant the Mantra Ram and practice Mudras
- Wear Yellow, Eat Yellow Foods i.e. Bananas, pineapple, squash, lemons, yellow curry etc...
- Be willing to face challenges with courage
- Commit to something you care about – even if you don't have all the answers, and you might make mistakes.

Gems/Minerals: Yellow Citrine, Topaz, Jasper
Tigers Eye, Sunstone, Amber, Yellow Tourmaline

Practices: Any Physical exercise that raises your energy Hiking, Dance, Yoga, esp. the Sun Salutation.

Create an empowering Mantra or declaration you say out loud every day →

Any ceremony that connects you with the inner and outer Sun. May included responsible Sunbathing.

Pranayama, Belly Breathing



I am a Super Conductor of Love

I am radiating and vibrating LOVING KINDNESS

I am living and loving my true purpose

I am safe, supported, accepted and valued

I am Strong, Vital, Alive, Healthy, Wealthy, Wise

I am courageous and confident

I Love who I AM

My Will is Aligned with Divine Will

Herbs and Essential Oils For Balancing the Solar Plexus:

Ginger, Cistus, Rosemary,
Coriander, Lemongrass,
Galbanum, Benzoin,
Goldenrod, Ylang Ylang

Citrus Essences: Lemon,
Bergamot, Neroli, Grapefruit

Kitchen Herbs: Rosemary,
Coriander, Peppermint



RUDRA MUDRA

Gesture Of Strength

Connect your thumb to your index and ring fingers while keeping your other two fingers as straight as you can.

- **Strengthens Bones, Muscles, Heart**
- **Helps reduce dizziness from Low Pressure**
- **Improves Circulation**
- **Helps with exhaustion & energizes the body**
- **Improves Eyesight and Mental Clarity**
Improves function of stomach, spleen and pancreas



Balanced Solar Plexus Chakra

Expresses as:

- Clear Intuition and Discernment
- Charisma and Generosity
- Spontaneity, Playfulness
- Fun Sense of Humor
- Command of Thoughts and Emotions
- Healthy Self Confidence and Self Esteem
- Able to make decisions and meet challenges
- Motivation combined with Action
- Experiencing Joy AND sharing it with others
- Self Acceptance and Acceptance of Others



Release What Is in the Way of Standing in Your True Power including:

- Shyness, Fear of Speaking Up, Fear of Expressing Yourself
- Whatever Blocks you from Boldly engaging New Challenges, Opportunities, Intentions etc...
- The need to be successful in a BIG way to start Baby Steps are Okay
- All that stands in the way of feeling self confident

Practice:

- Standing Tall, Walking with Confidence even if you don't feel it
- Smiling More (greeting yourself and others with a warm smile)
- Acting the Part, To Own the Part (Fake it till you make it)
- Taking care of yourself (Nutrition, Sleep, Exercise, Yoga, Walking, Dance, Hiking, Running, Stretching and Strengthening)
- Looking People in the Eye when speaking to them
- Meditation focusing on practices that calm the mind and body
- Choosing an activity that excites and motivates you, then take actions toward engaging it in ways that are empowering
- Making Friends with Failure – It is a gift that strengthens you
- Stepping out of your comfort zone - change your daily routine often
- Let your actions speak for themselves; focus on your strengths by taking small proactive steps



Mastering others
is strength.
Mastering yourself
is true power.

~ Lao Tzu



The Doing Addiction:

Doing (taking action) is a natural part of life.
Excessive Doing is an addiction.

This includes the work-a-holic and also including doing Philanthropic Work if it is a way to avoid feeling or dealing with your life.

What Drives the Doing Addiction?

- Fear of not having enough
- Fear of not being good enough (having to prove your self)
- Fear of Facing your Fears and having to really Feel what you Feel...

Do you enjoy what you do?

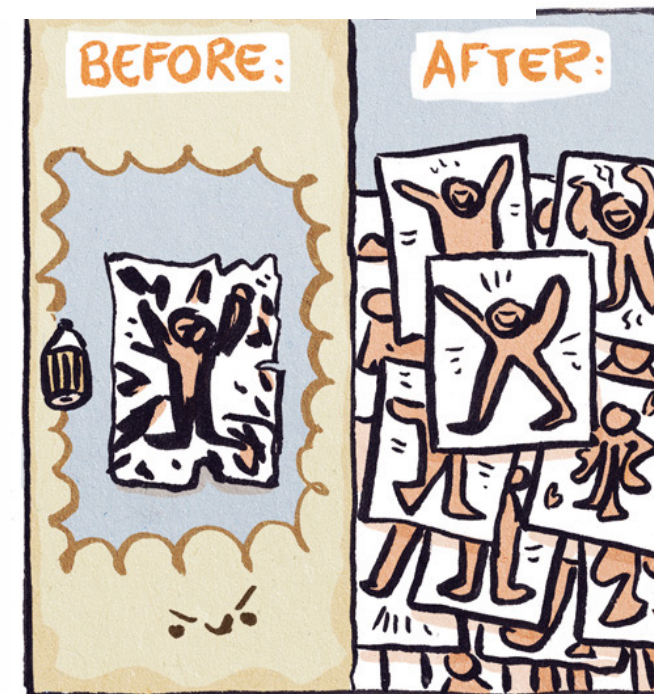
Are you doing what you want to do, or what you feel you have to do?

Do you feel driven or compulsive about your doing ... eating right, exercising right, working long hours, doing spiritual practices ... in the right way?



Do you do out of fear, i.e. that the world will fall apart, or it won't get done if you don't do it?

Or do you Do from the enjoyment it brings in the process, as well as genuinely enjoying the results of your Doing?

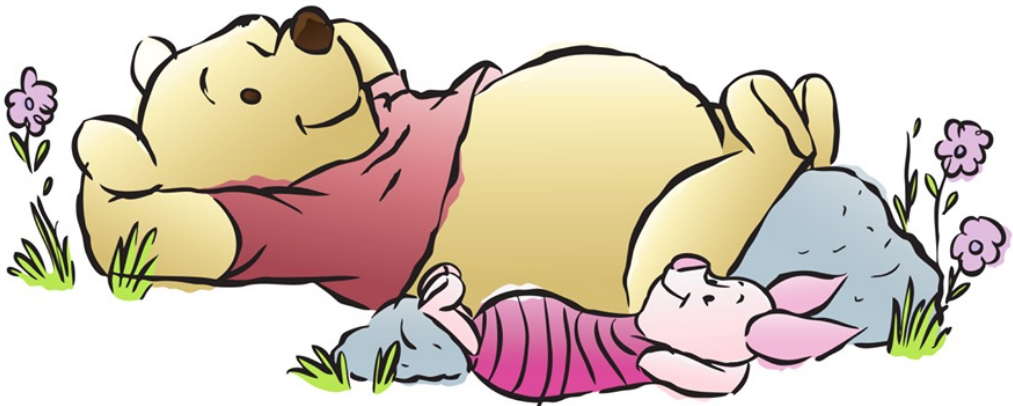


When you stop overdoing, going with done is better than perfect, you feel more relaxed, less stressed, and have way more fun.

Remember FUN is Better than Perfect

Healing a Doing Addiction

a
perfect day
for
doing nothing



- **First Step** is Awareness of the Addiction and what is driving it.
- Why am I doing what I am doing?
- AM I having Fun?
- If not, why I am doing it? Review Doing Addiction Handout on class page or slides above
- When aware you are **DOING** out of addiction, and it diminishes your sense of joy and fulfillment, either stop or find a way to change the core motivation for how and why you are **DOING**
- Choose times when you are **DOING Nothing** - that is about getting results...

**Remember You never get it ALL done
and there is ALWAYS more to DO**

AND The Goddess within wants to have FUN

What is FUN for you?

Hanging out with Friends and/or Family

Dancing, Yoga, Exercise

Creative Activities, Ceremony, Travel

Adventure, Reading Books

Add Yours _____





The Art and Pleasure of Doing Nothing
At least every now and then...



BEING - a Counterpoint to all our Doing

Being is Fiery actional (Yang) when you commit to choosing Being who you are!

Being is Earth presence (Yin) as in Being in the moment.

The beauty of Being is possible anywhere, anytime.

All of BEING - the Yin and Yang - is already within us.

Being present is one of the Secrets of a Fulfilling Life.

Breathing in Being and Presence focuses awareness on the diaphragm where the Solar Plexus Chakra resides

Being includes accepting the wholeness of ALL of ourselves wounds, rage, fears, self-judgement, perfectionism, etc.

Allowing and accepting is NOT “doing” as in fixing or changing something. Rather allowing and accepting often is all that is needed to shift whatever it is.

Nothing is more precious
than being in the
present moment.
Fully alive,
fully aware.

—Thich Nhat Hanh



“The concept of mindfulness generally has been conceptualized... as fundamentally involving a highly receptive, nonjudgmental awareness of and attention to whatever is present in the moment – whether pleasant, unpleasant, or neutral”

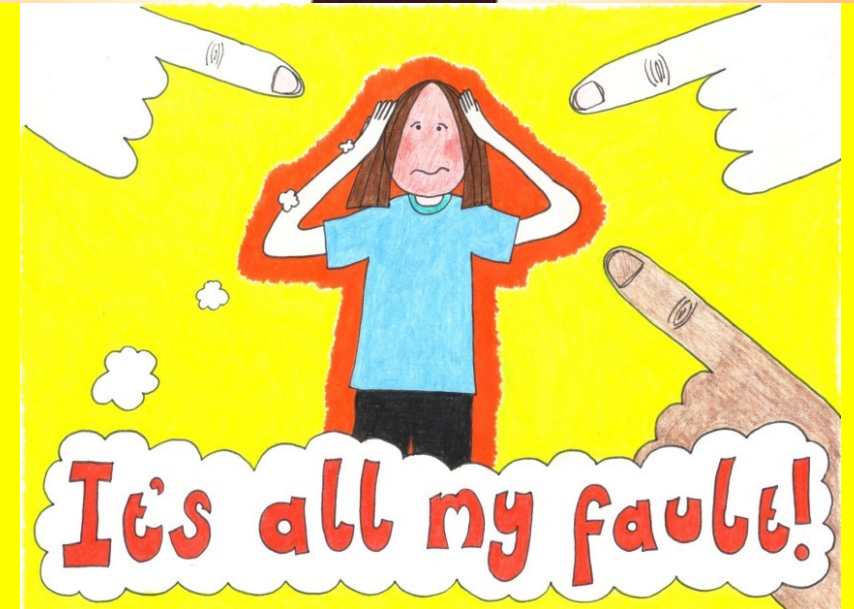
NIH, National Library of Medicine

Where Do I Give Away My Power?

- If there is a conflict I assume it is my fault
- Assuming I am '*less than or not good enough*' when I compare myself to others
 - ✓ If someone seems more talented or skilled
 - ✓ Thinking my own skills are not a big deal
 - ✓ Appearance (like Getting Older)
- Expecting or Fearing the Worst
- Obsessive Worrying and Chronic Self Criticism
- Not Staying Current with Feelings and Boundaries...
- Feeling Triggered and Being Inappropriate
- **Giving Priority to Either Work or Love Relationships that are Imbalanced**
- Sharing Deeply Personal Feelings and Experiences too soon or in an unsafe context
- Asking for advice and external validation too often
- Setting Super High External Standards that are Impossible to Meet
- Looking to the Past instead of Being in the Now & creating the Future
- Procrastination

“The most common way people give up their power is by thinking they don’t have any.”

—Alice Walker



Ways to Stop Leaking/Giving Away Your Power

Take responsibility for your needs and your shadow

Base decisions on what energizes you

Not what others think

Take care of your needs first

So when you give it comes from abundance

Take charge of your response and view

of difficult situations

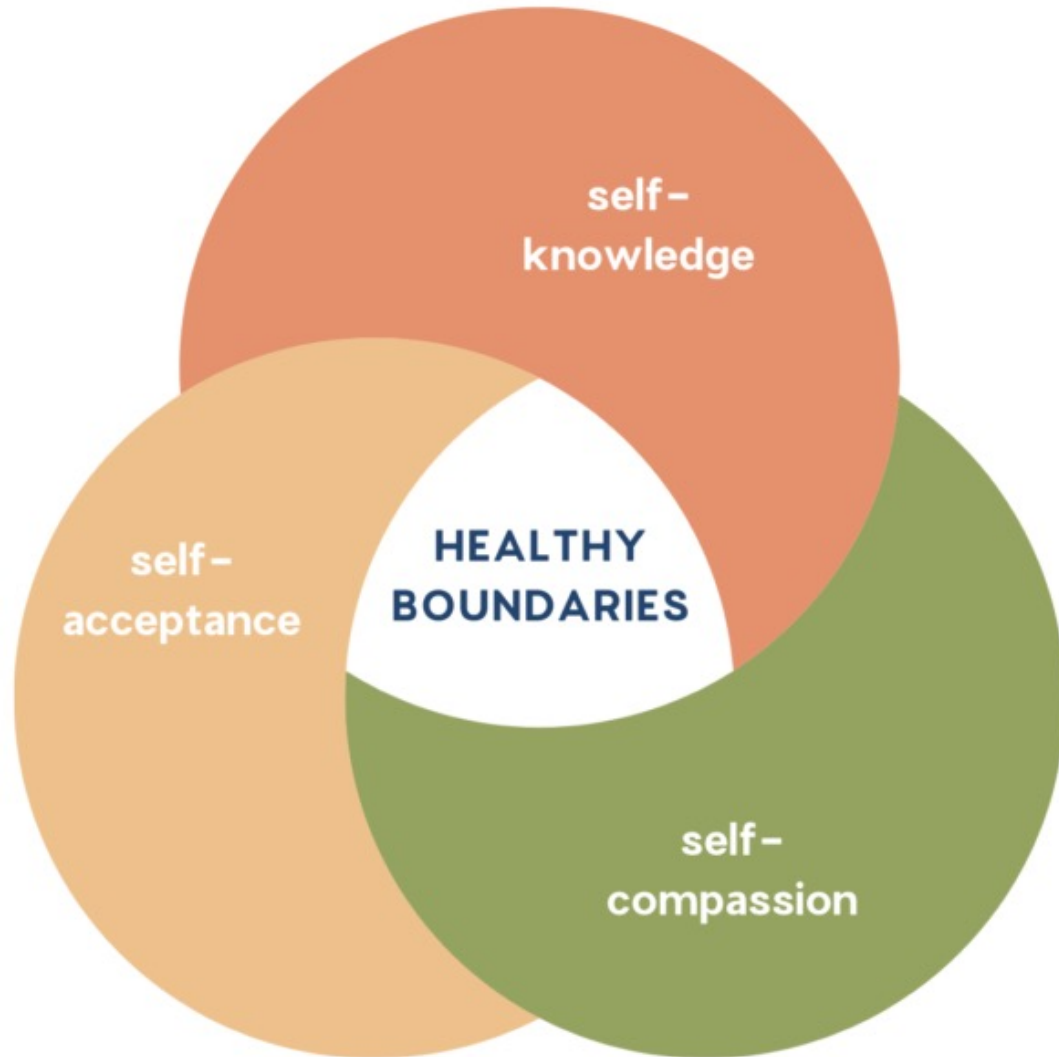
When others attack, dump on you, or otherwise act poorly, know it's likely "not about you," and stay neutral when possible

Here is the big one that usually provides our first Whiskey Tango Foxtrot moment on the road to truth... continuing to live in a way that is not authentic to who we are, simply to please others and fool ourselves.

Six Steps to Stop Giving Away Your Power ~Dana O'Dell



Healthy Personal Power
First Know Yourself
Accept Yourself
And Have Compassion for Yourself

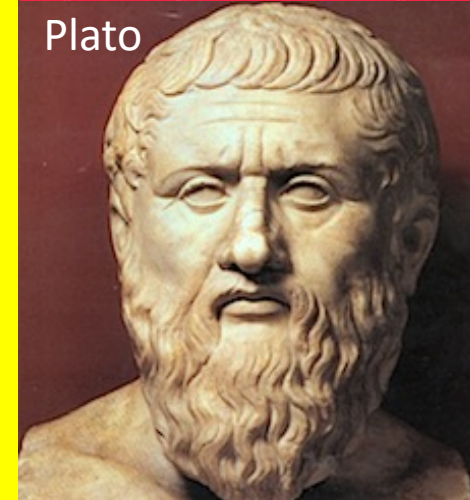


The Old Rules of Power (from the 48 Laws of Power)

- S/he who has the most toys wins
- Master the ability to control and manage others behavior
- Never reveal your weaknesses
- Make sure you look good - at least better than the other person
- Let others do the work for you but always take the credit
- Manipulate others to get what you want
- Avoid the unhappy and the unlucky
- Create dependence in others so you will always be needed
- Always appeal to people's self interest, not their higher values
- Be unpredictable so people can't control you
- Know when to withdraw so others want you more
- Never commit to anyone
- Scapegoat others to look good
- Find and use others' weaknesses against them
- Only value what comes with a price tag



Plato



This and no other is the root from where a tyrant springs; when he first appears, he is a protector.

The New Guidelines for Personal Empowerment

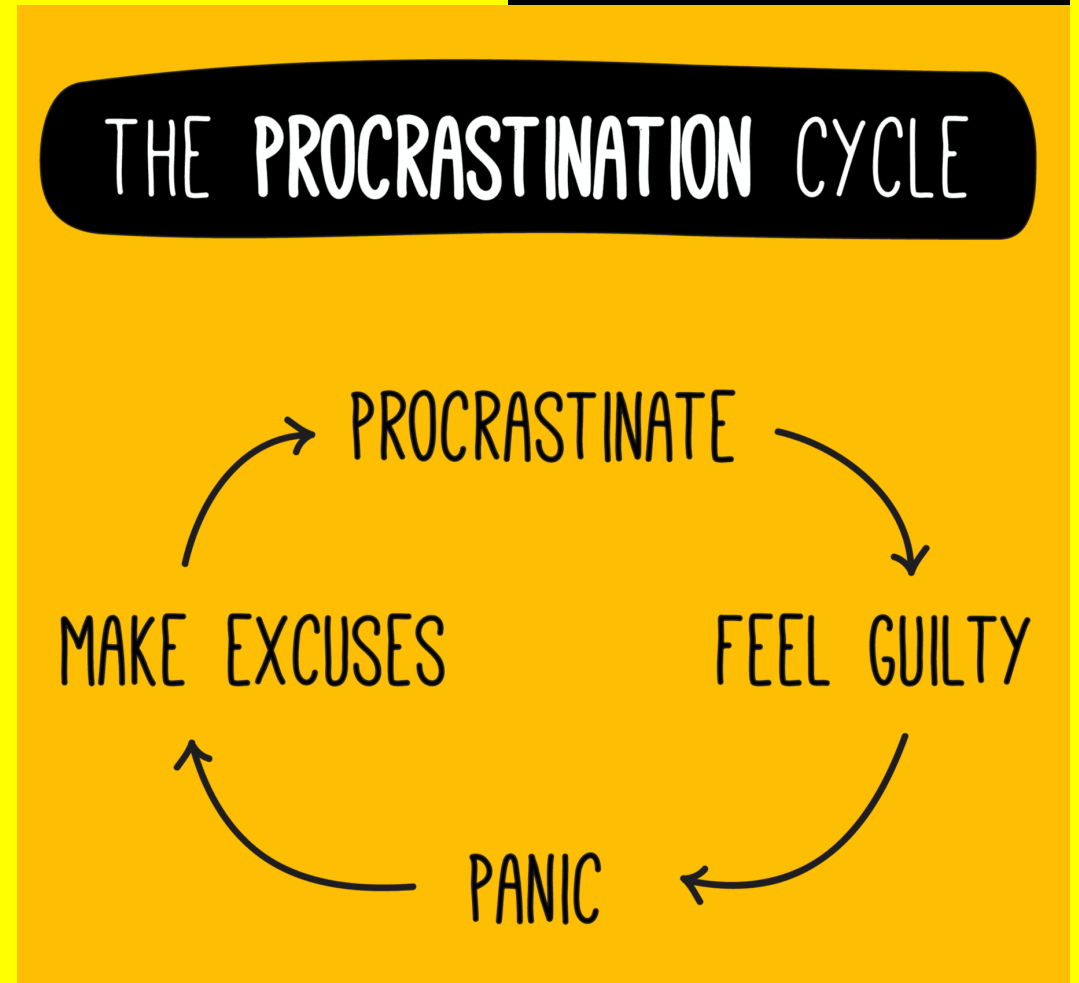
- S/he who **shares** the most toys or energy - wins
- Celebrating and uplifting others is empowering for all involved
- Authentic vulnerability deepens our authentic connection to others
- Radiate your light and inspiring your community, family, friends
- Joyfully Create what is yours to Create
- Inspire others in their process of creating and co-creating
- Acknowledge everyone's contribution
- Get clear on what you want and ask for it
- Let go of any attachment to outcome
- Know your power to uplift others is through kindness and compassion
- Bless the World by Freely sharing your gifts and knowledge
- Appeal to people's higher values and NOT their self-interest
- Be true to your inner compass
- Be generous and Be present - more often than not
- Be courageous enough to commit to what lights you up
- Have compassion for others' weaknesses and challenges while encouraging their growth
- Celebrate the abundance of the Universe and cherish the gifts freely given



Why and When We Procrastinate?



- We have an internal image of what we must accomplish that is impossible to achieve
- We are stubborn and unwilling to bring our expectation down to reality
- We get caught in a vicious cycle of low self-worth because of inaction, creating paralysis
- We haven't broken the task down into manageable parts
- We don't really want to do it
- We have already experienced the “positive outcome” in our minds and don't feel the need to make it real.



How to Overcome Procrastination

- Ask what the root cause of the procrastination is for you & address that cause
- Revise your expectations so they are in the realm of possibility
- Break task into measurable parts and reward yourself for accomplishments along the way
- Honor the fact that your area of procrastination is a teacher for you
- Address insecurities - remind yourself that you can do the job adequately and that is good enough



What IS Inflammation?

Inflammation happens when your body detects what it perceives as foreign invaders, causing the white blood cells and cytokines (chemicals in your body) to defend and protect you.

This is a healthy response, a good thing as a normal way to handle viral, bacterial and toxic invasion protecting and healing your body, except when it is out of control

When the immune system is out of balance, inflammation can become chronic leading to dis-ease and/or weight gain.

Inflammation is triggered by things like eating sugar, processed foods, stress, not enough exercise or rest, etc...

Inflammation is at the root of disease and is the main factor in obesity, heart disease, cancer, diabetes, dementia, liver/gallbladder disease, premature death and more.

what causes **Inflammation?**



Trauma and Infection

Recent injuries or infections that have not been dealt with correctly



Diet

Diets high in fat, trans-fat or refined sugar, especially in those already overweight is associated with higher production of pro-inflammatory molecules.



Low Sex Hormones

Testosterone and estrogen can suppress the production and secretion of several pro-inflammatory markers.



Smoking and Alcohol

Smoking is associated with lowering the production of anti-inflammatory molecules and alcohol typically has a high sugar content and excessive amounts can cause 'leaky gut'.



Stress

Physical and emotional stress is associated with inflammatory cytokine release.



Poor Sleeping Habits

Those with irregular sleep patterns are more likely to have chronic inflammation than consistent sleepers.

Anti-inflammatory foods

Eat these foods to fight inflammation...



Citrus fruits



Leafy greens



Beets



**Reishi
mushroom**



Turmeric



Coconut oil



Berries



Pineapple



Flaxseed

@vivolife

Inflammatory foods

Avoid these foods to prevent inflammation...



Dairy products



Meat



Processed foods



Vegetable oil



Sugar

Additional Anti-Inflammatory Foods

Avocado
Walnuts
Broccoli
Garlic
Green Tea
Fresh Ginger
Fresh Lemon

Additional Inflammatory Foods

Soy	Fast Foods
Eggs	Fried Foods
Corn	Frozen Dinners
Gluten	Artificial
Peanuts	Sweeteners
White Flour	
Trans Fats	

Healthy Solar Plexus Questions

Are you confident in how you respond to most situations you encounter?

Do you speak up for yourself?

Are you able to take risks when needed?

Do you have a healthy digestive system?

Do you laugh easily and with delight?

Are you able to listen to other points of view without feeling threatened or defensive?

Are you able to create and then honor your own healthy boundaries?

Do you take responsibility for your commitments and see things through to completion?



Laughter is the fireworks of the soul.

—JOSH BILLINGS

The Gift of Encouragement

One of the most beautiful gifts in the world is the gift of encouragement.

When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. There are times of great uncertainty in every life. Left alone at such a time, you feel dishevelment and confusion like gravity.

When a friend comes with words of encouragement, a light and lightness visit you and you begin to find the stairs and the door out of the dark. The sense of encouragement you feel from the friend is not simply her words or gestures; it is rather her whole presence enfolding you and helping you find the concealed door.

The encouraging presence manages to understand you and put herself in your shoes. There is no judgment but words of relief and release.

~John O'Donohue Quote from ETERNAL ECHOES