

Venus Alchemy Present the Leo Morning Star

4th Chakra 4th Gate

Releasing Distortions around Healthy Self Love

with Cayelin K Castell and Sheridan Semple



Leo Meta Goddess Invocation

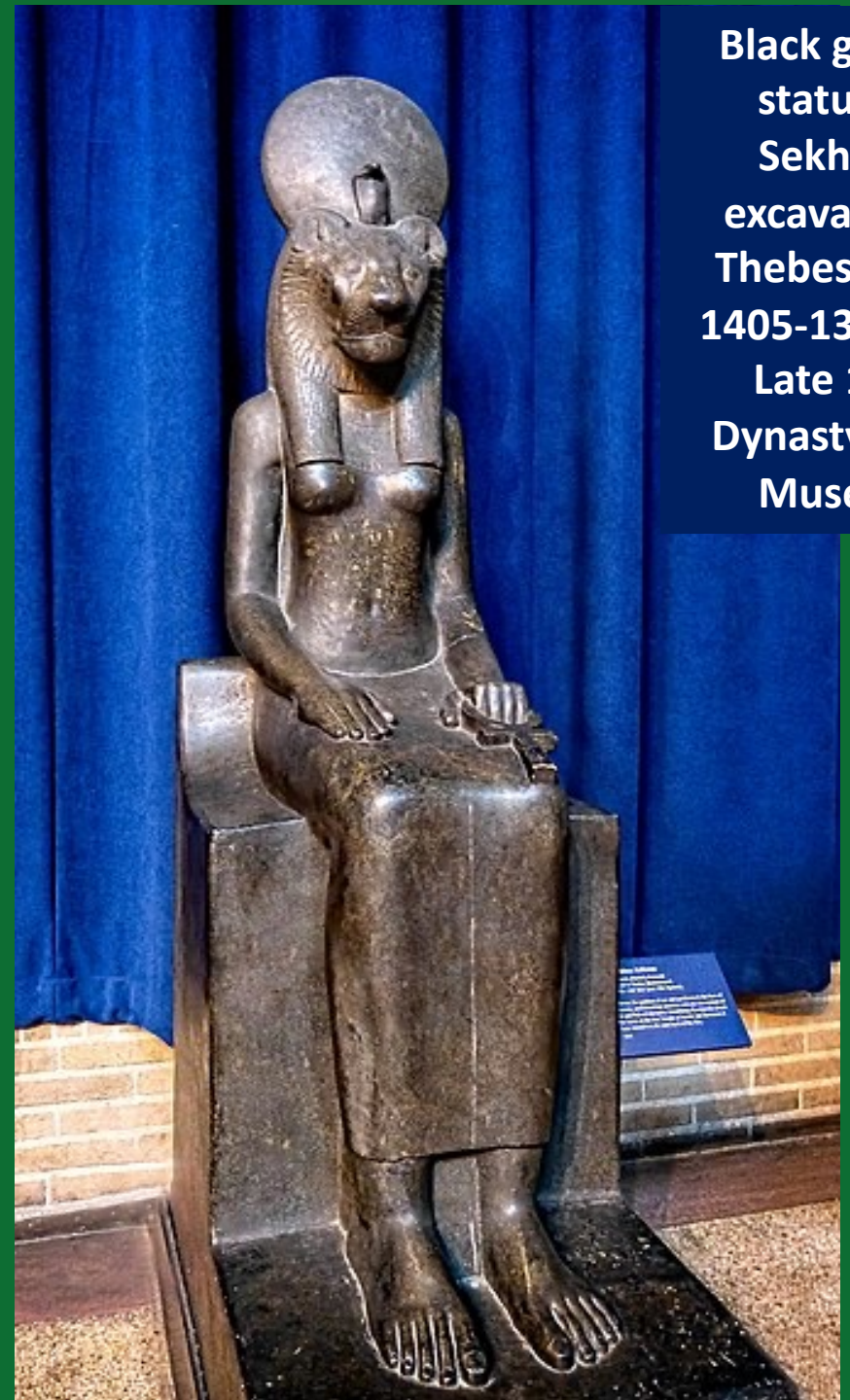
Oh Inspiring, Magical, Radiantly Shining One,
Queen of All Realms including Heaven and Earth
Inspired by Your Brilliant Resplendent Love Light
Thank you for Guiding Us Into the Depths of Your Mysteries

Thank you for Blessing Us With Your Fierce Compassion,
Transforming All Lower Vibrational Energy
Into the Higher Vibrational Energy Of Loving Kindness
Continually reminding us that Divine Love Light
Has always been our Birthright

Thank you for Guiding US to Genuinely Experience
Healthy Self Love, Self Confidence, and Self Respect
No Matter What is happening in Our Outer Reality

Thank you for Assisting US in transforming our awareness
So WE remember how to Truly and Deeply Love Our Selves
And In So Doing – We Inspire Others To Do The SAME

It is DONE! It is SO! And so it IS! Blessed Be!!!



Black granite
statue of
Sekhmet
excavated in
Thebes Egypt
1405-1367 BCE
Late 18th
Dynasty Penn
Museum

Leo Queen Goddess Prayer

Releasing Blocks to Divine Feminine Love and Compassion

Beloved Goddess of Enthusiastic Heartfelt Compassion
Filled with Loving Kindness, Abundant Generosity and Deep Caring
Thank you for showing me how to Nurture Healthy Self Love

Thank you for guiding me to Face And Release
Any Remaining Fear that I am not Truly Loved, Accepted or Valued
Embracing the Inner Strength Within my Own Heart
AND the Courage to Genuinely Live My Life From Love

O Powerful and Triumphant Goddess of Magic and Miracles
Filled with the Wondrous Mysteries of the Truest most Pure Love
Beloved, Courageous and Mighty in Your Great Love For All

By Means of Your Fierce Love – Help me Restore Myself to Wholeness
Thank you for guiding Me to Release all that stands in my way
Of Loving Myself More Authentically, Deeply and Confidently

Thank you for Guiding Me to Experience the Full Ecstasy of Love
Within my entire being on all levels of existence
Embodying the Power of Love in ALL I AM, ALL I BE and ALL I express
I sincerely appreciate how I am Miraculously Living the Magic of Love Now!
With Gratitude It is Done. It is So. And SO it IS! Blessed Be!



Overview

Sky Magic

Leo Meta Goddess – Scorpio & Sagittarius

Honoring the Queens

Heart Chakra

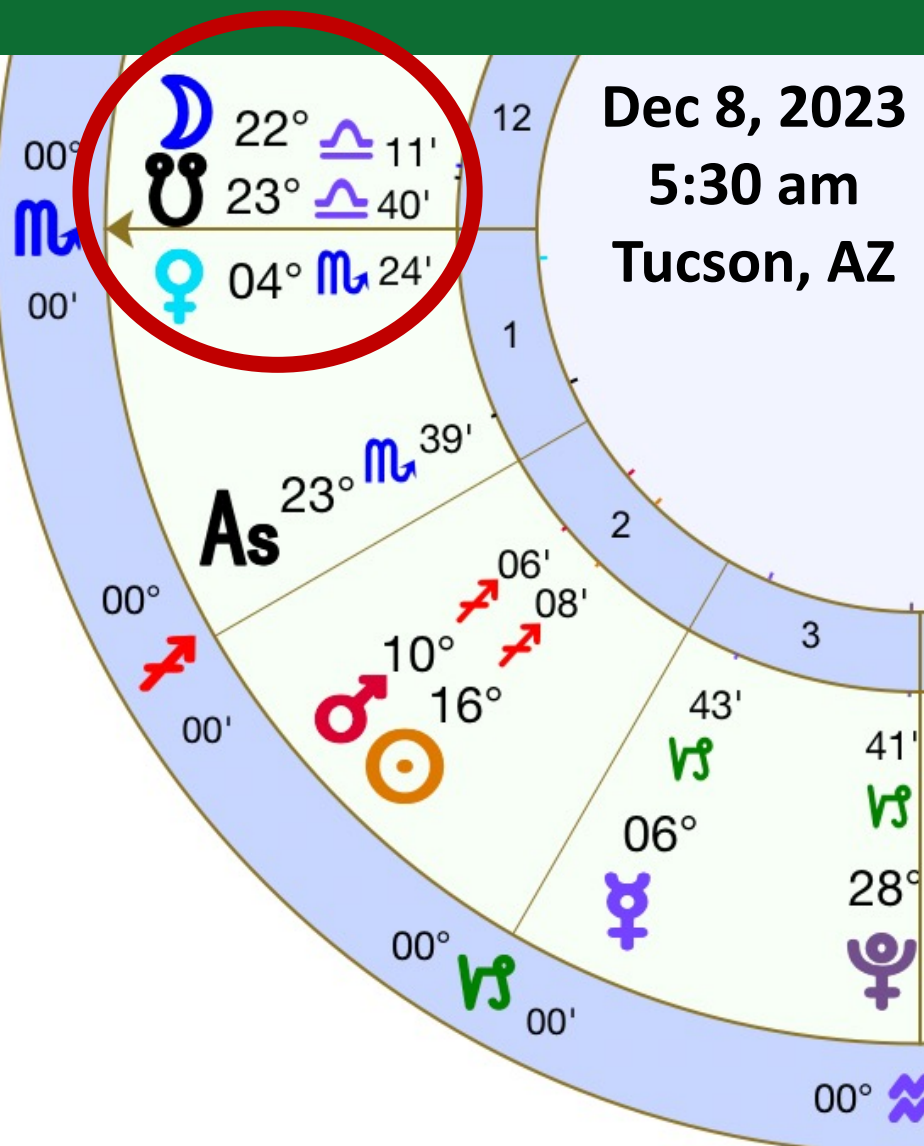
Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

Connection Groups followed by Q & A

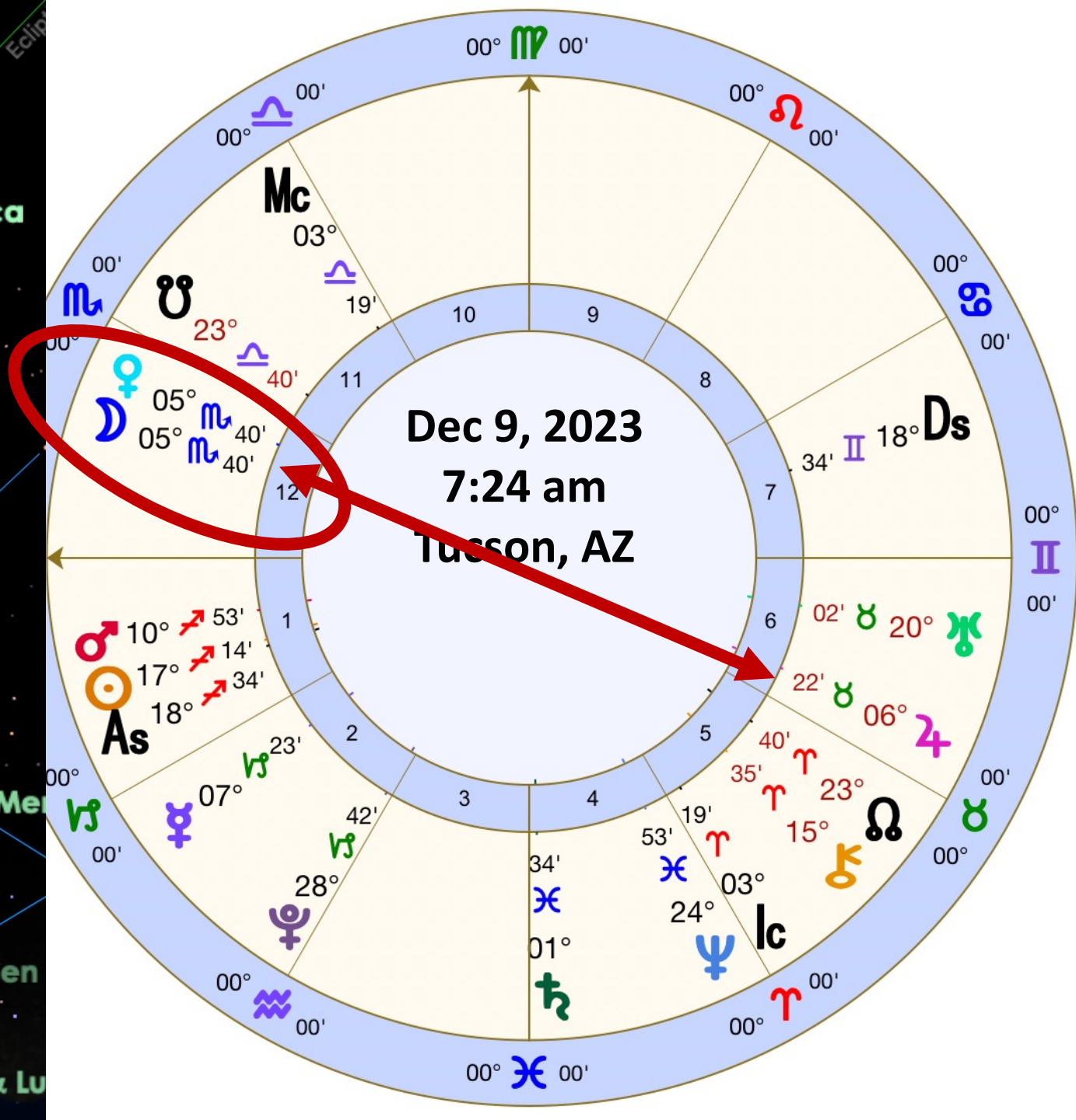
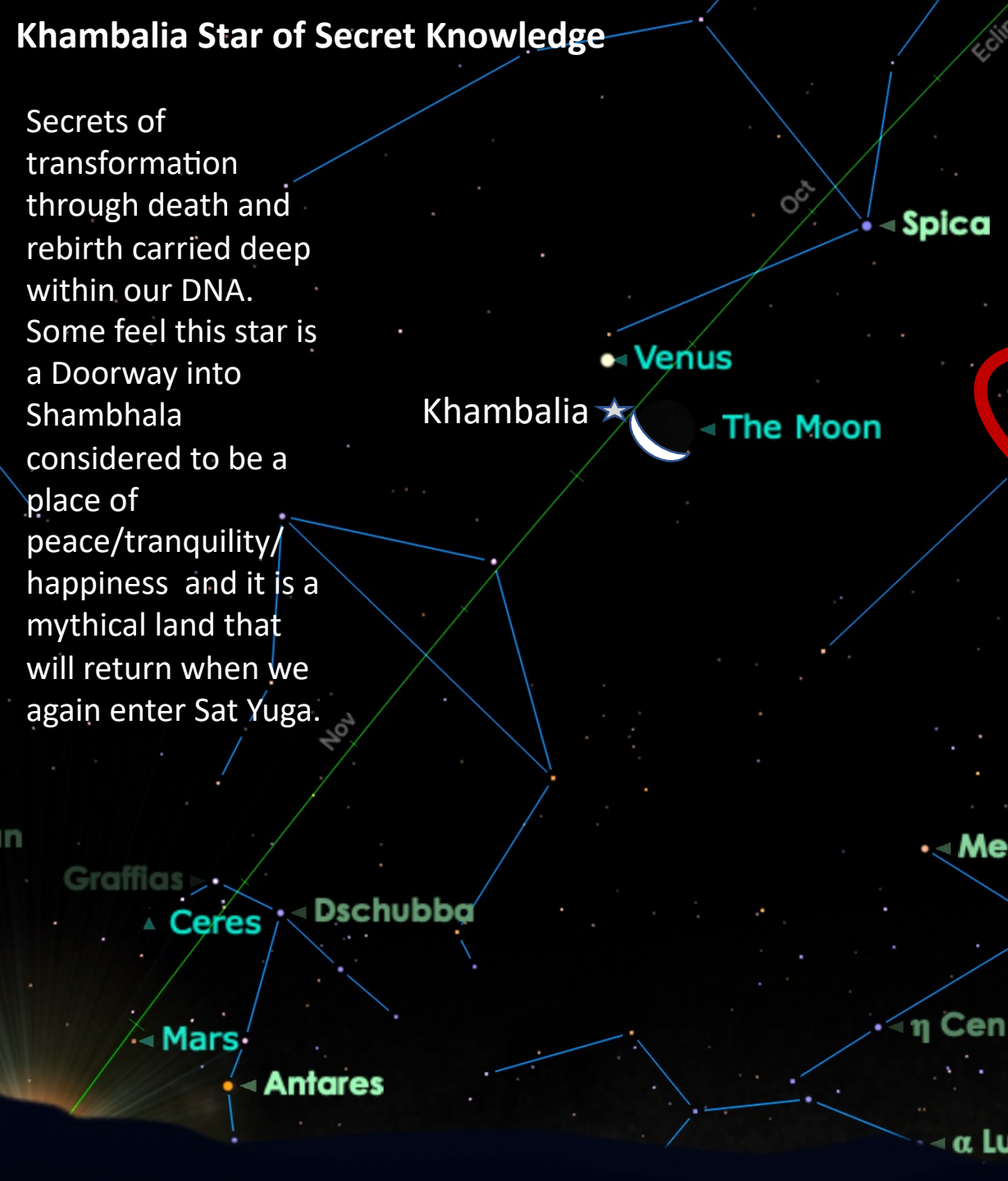




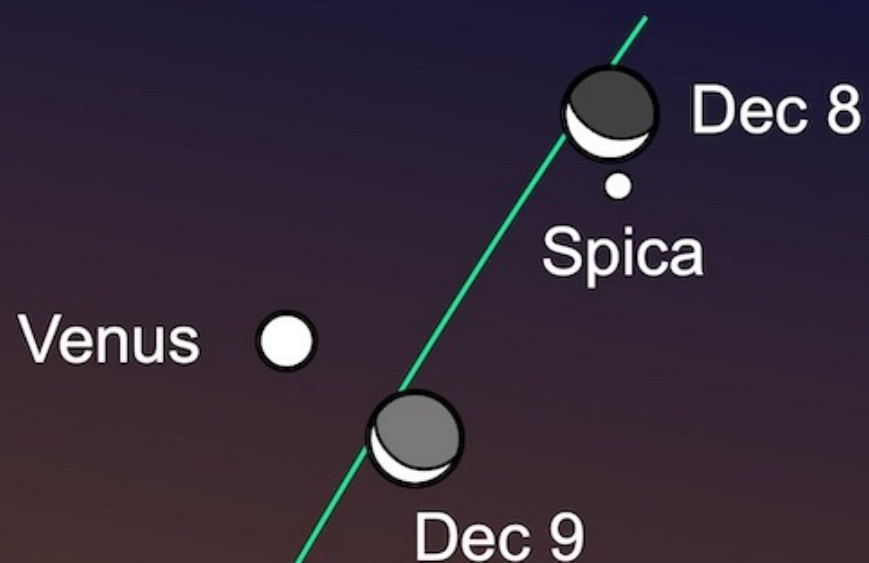
**Moon is near
Spica and the South Node
Venus is opposite Jupiter
see next slide**

Khambalia Star of Secret Knowledge

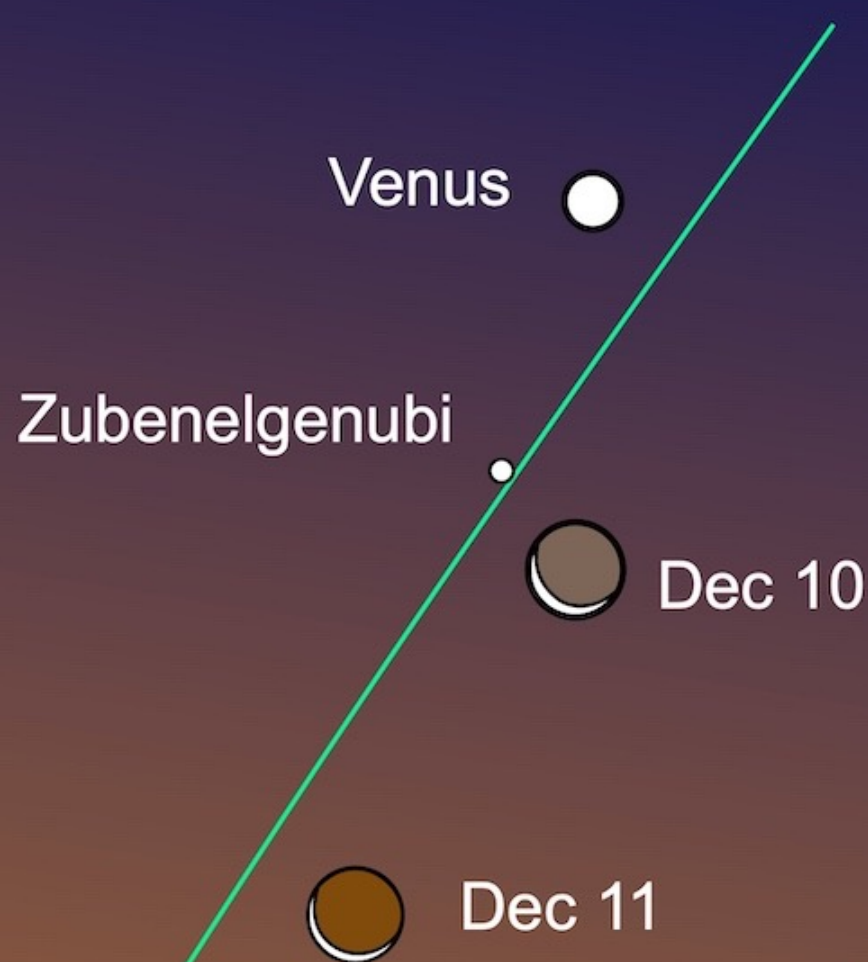
Secrets of transformation through death and rebirth carried deep within our DNA. Some feel this star is a Doorway into Shambhala considered to be a place of peace/tranquility/happiness and it is a mythical land that will return when we again enter Sat Yuga.

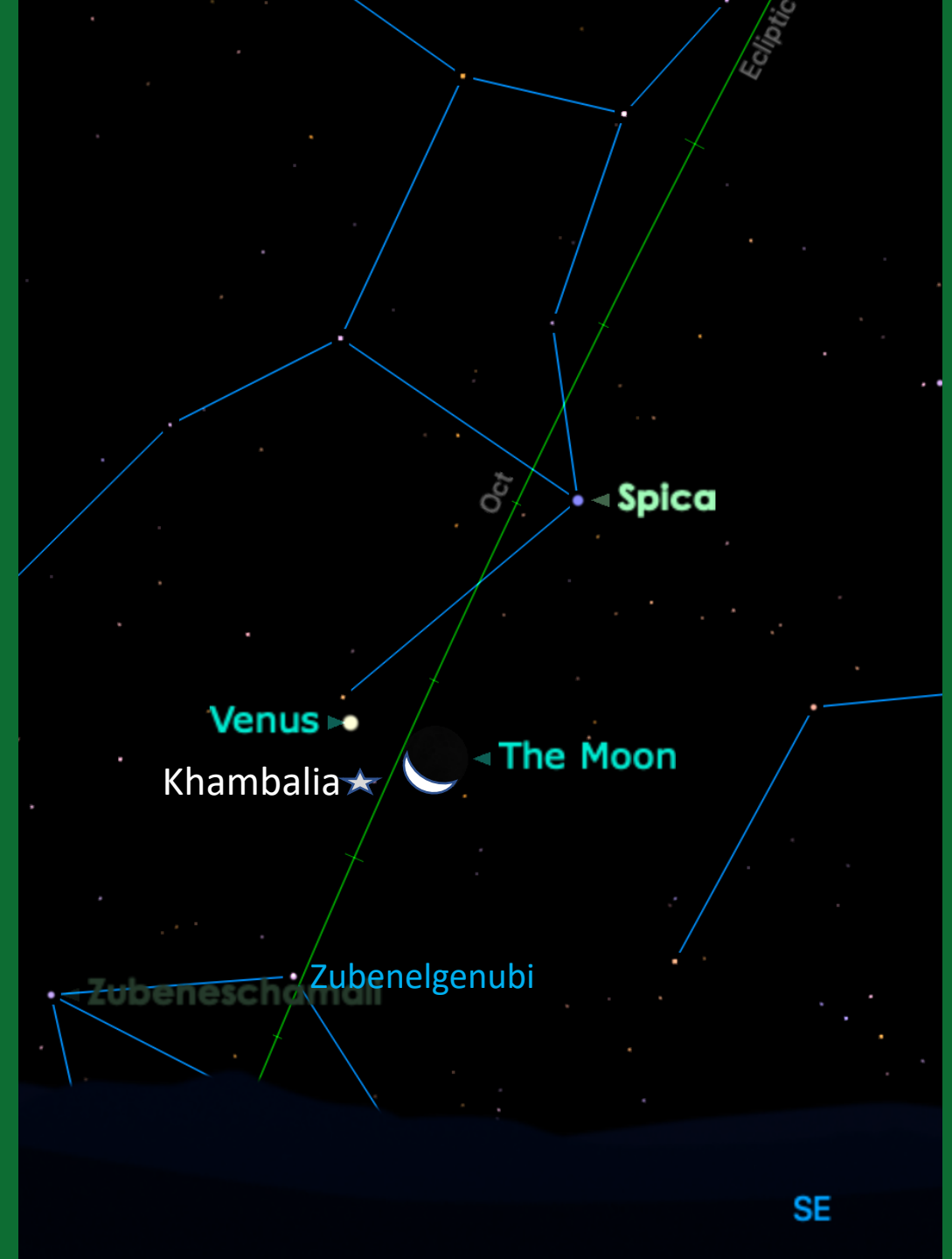
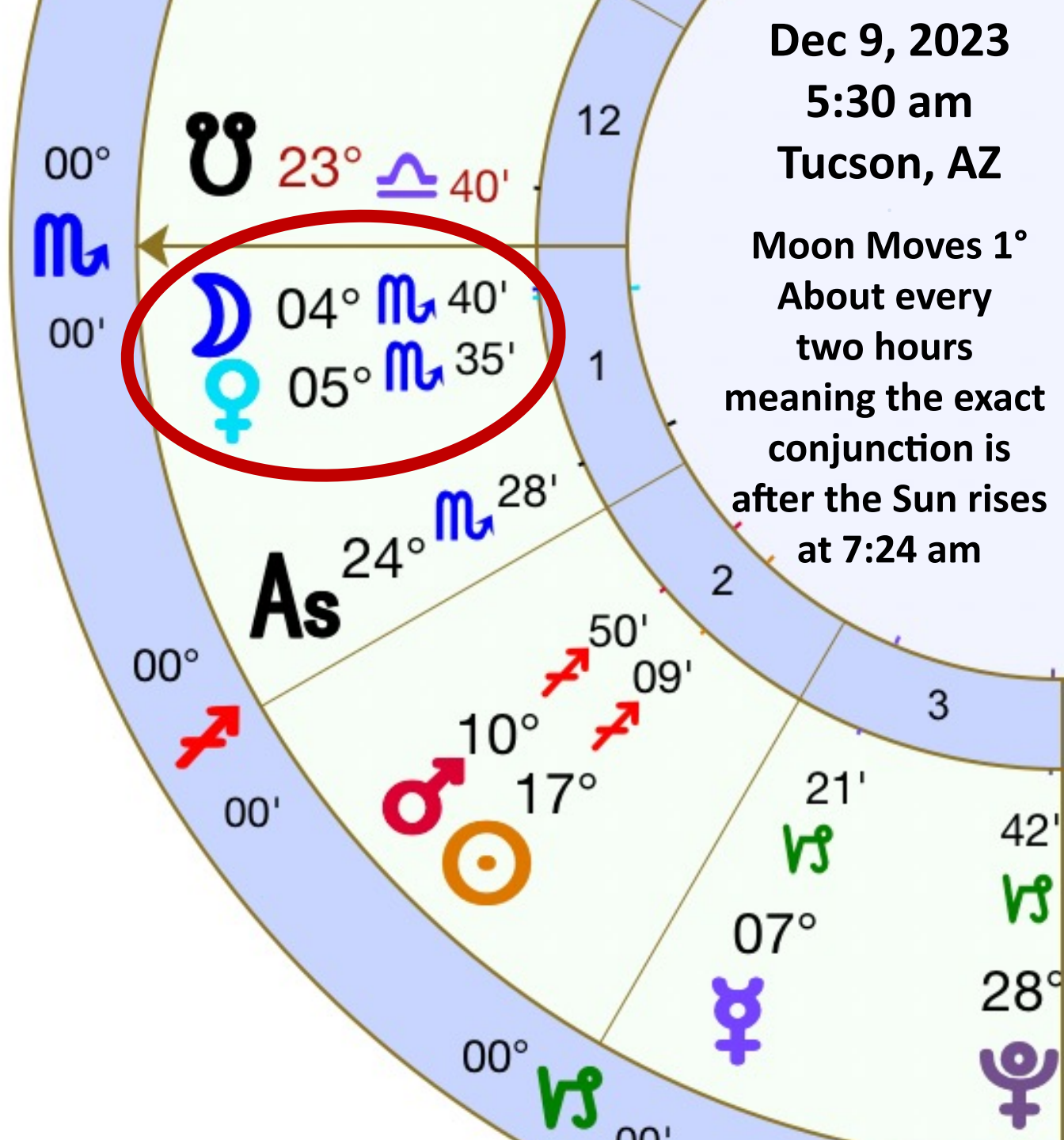


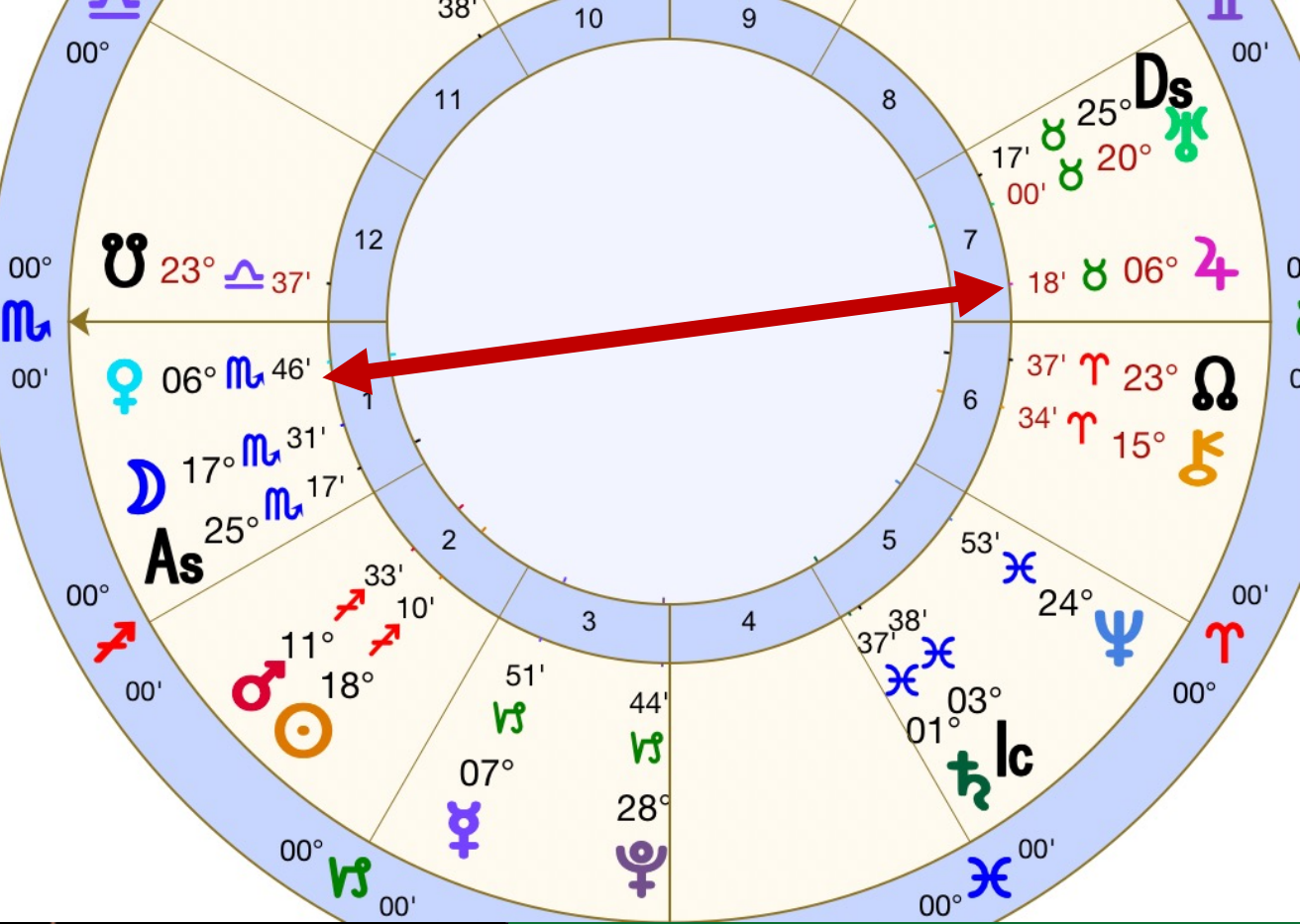
December 2023 Mornings Looking Southeast



December 2023 Mornings Looking Southeast







**Dec 10, 2023
5:30 am
Tucson, AZ**

**Venus is with Khambalia
the star of Secret Knowledge**

THE 13 ORIGINAL CLAN MOTHERS

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



JAMIE SAMS

December New Moon

12th Moon Cycle Clan Mother
Gives Praise

Thank you, Mother, for teaching me
To lift my heart in praise
Filling my spirit with Gladness
For the Blessings of the Beauty Way

You have taught me how to sing,
How to Rejoice, Dance and Drum,
And How to show my Gratitude
For the Abundance that will come.

**You have taught me the magic of
A change in the mind and heart,
An Attitude made of the wisdom
That celebration of life imparts.**

**I sing the truth of thankfulness,
When I greet Grandfather Sun,
Then send my love to Mother Earth
For the Life Force that makes us One.**



THE 13 ORIGINAL CLAN MOTHERS

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



JAMIE SAMS

December New Moon

12th Moon Cycle Clan Mother Gives Praise

Teaches us how to be grateful for everything we experience in life.

The power of Returning thanks for all Creator has given us; shows us how to make space in our lives for future abundance.

Showing Creator we are thankful for all that life gives, completes the circle of blessings we have received.

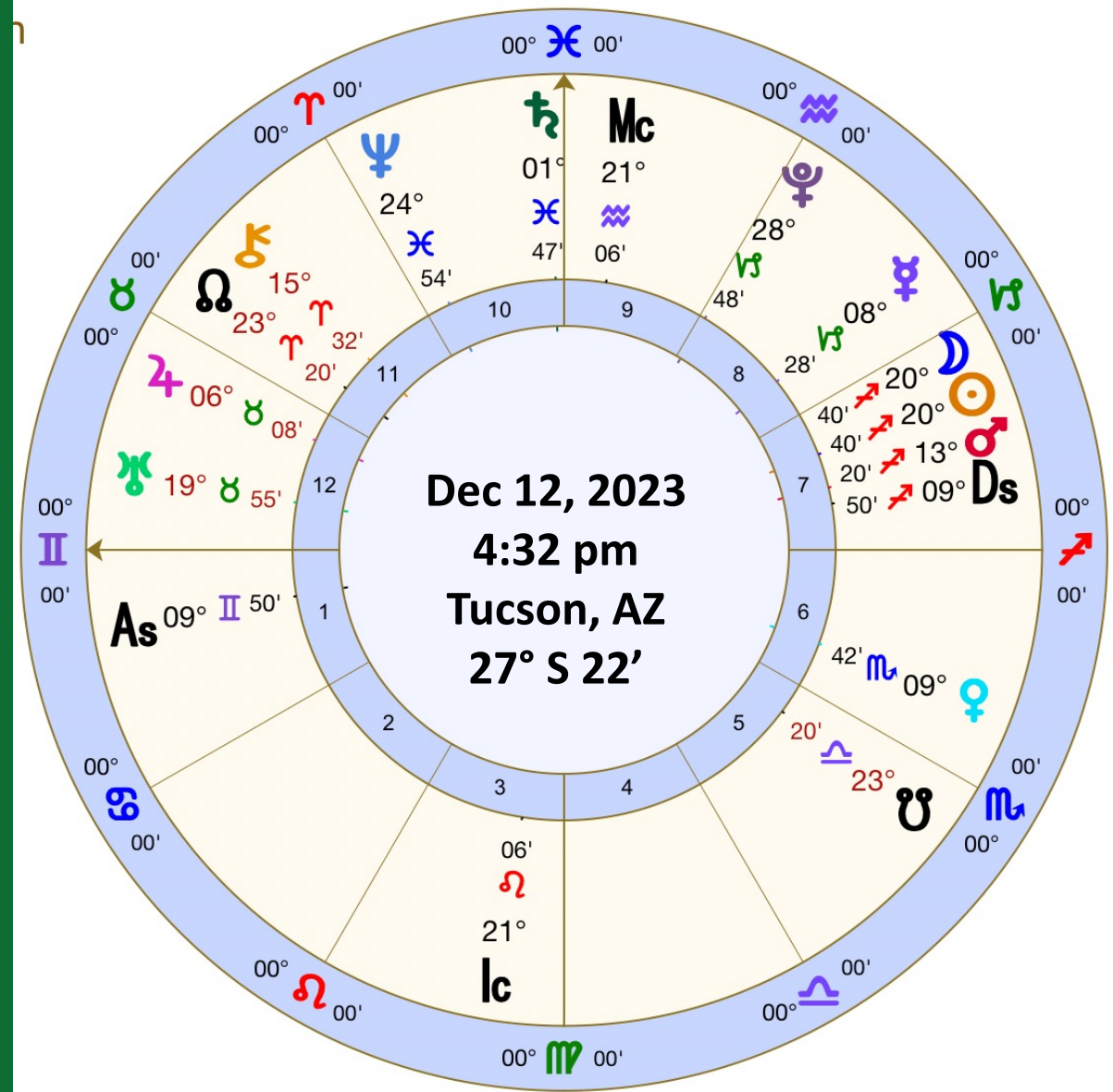
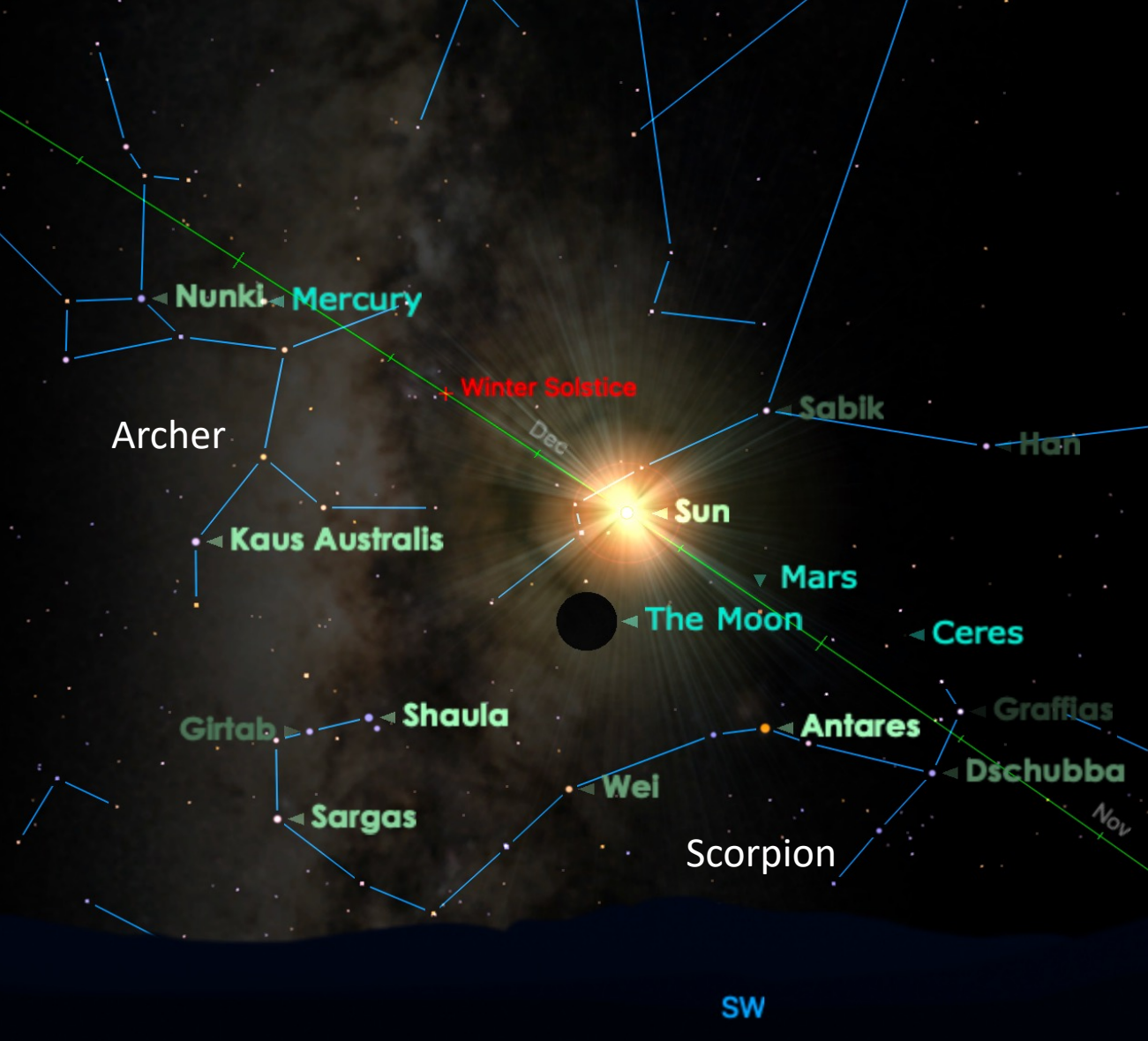
Gives Praise shows humankind that *magic is no more than a change in consciousness*. A loving, grateful attitude, changes our heart and create miracles in our lives.

As the Wheel of Life turns, *tangible results always follow thoughts*. Negative thoughts and fears magnetize difficult life lessons.



Gives Praise teaches us that being grateful for the Truth found in our lives gives us the right attitudes and produces miraculous healing and new paths to follow.

She is the Giver of Encouragement.



**Dec 12 Out of Bounds Sagittarius New Moon
On the Feast Day of Our Lady of Guadalupe
Aligned with the Crown Chakra of the Serpent Bearer**

December 2023 Mornings Looking Southeast



Dec 17

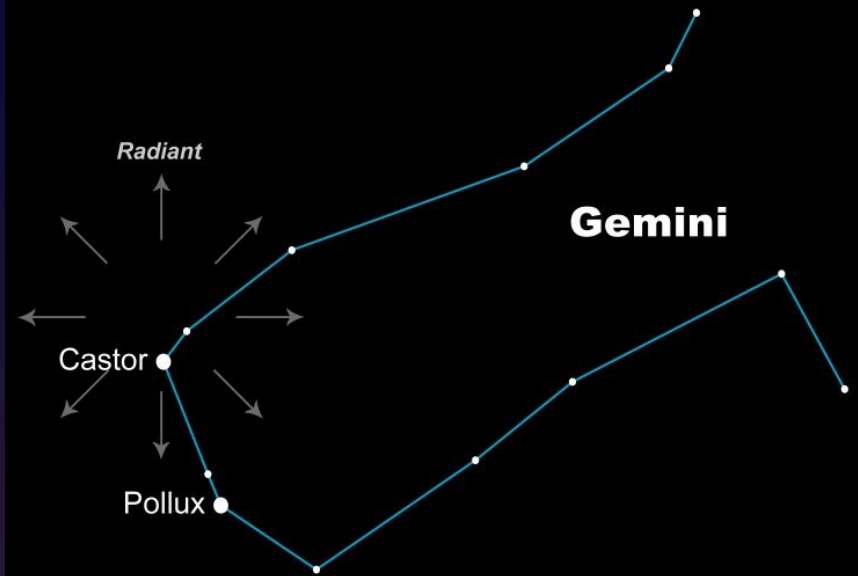
Venus

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Sky.org

SE

Geminid Meteor Shower Radiant



Geminids Meteor Shower
Peak is December 13/ 14
Duration is November 19
to December 24.
Under a clear dark sky with
no Moon, you might see
up to 120 Geminids per
hour

They're also visible, at
lower rates, from the
Southern Hemisphere.

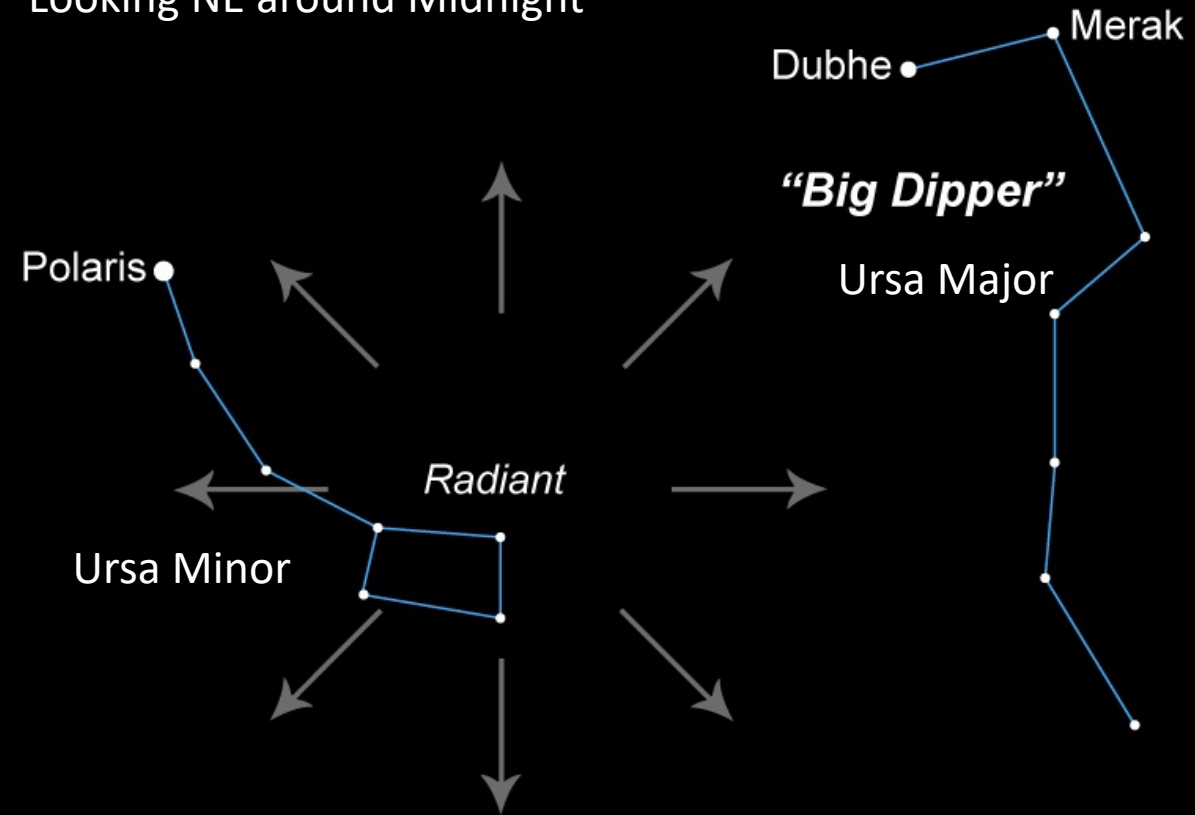


December 14, 2021 Kathie O'Donnell from Spearfish, South Dakota



An Ursid Meteor from Tucson, Arizona
by Eliot Herman in 2016

Looking NE around Midnight



Ursids Meteor Shower is from December 13-24.

Peak is December 23, 2023 best seen in the early morning hours of December 22 and 23 with up to 5 to 10 meteors (fireballs also typical) an hour.

First Quarter Moon is Dec 19 so may dampen the Meteors until Moon set.



Leo Morning Star Heart Chakra Gate 2023

Dec 09 Venus Moon conjunction Heart Chakra Gate 5°Scorpio near Khamablia and Venus 6°Scorpio 20' opposition Jupiter 6°Taurus 20'

Dec 11 Mercury 8°Capricorn 18' sextile Venus 8°Scorpio 18'

Dec 12 3:32 PM: New Moon 20°Sagittarius 40' and Mercury stations Retrograde at 8°Capricorn 29' plus Geminid Meteors Peak

Dec 20 Venus 19°Scorpio 40' opposite Uranus 19°Taurus 40'

Dec 21 Mercury 2°Capricorn 23' sextile Saturn 2°Pisces 23' Sun enters Capricorn/Solstice

Dec 22/23 Retrograde Mercury returns to Sagittarius and Ursid Meteors Peak

Dec 25 Venus 25° Scorpio Trine Neptune 25° Pisces

Dec 26 Out of Bounds Cancer Full Moon 04° Cancer 58', Chiron Stations Direct 15° Aries

Dec 28 /29 Venus 29° Scorpio sextile Pluto 29° Capricorn

Dec 29 Venus enters Sagittarius, Jupiter Stations Direct 05° Taurus 34'

Dec 30 Jupiter stations direct at 05° Taurus 34'

Jan 01 Mercury Stations direct at 22° Sagittarius and Venus 3° Sag Squares Saturn 3° Pisces

Jan 08 Moon Venus 11° Sagittarius conjunct at Solar Plexus Gate near Aldebaran



Venus Moon 5° Scorpio
4th Gate, 4th Chakra
Dec 09, 2023

December Solstice
Dec 21, 2023

©Venus Alchemy



Releasing at the Heart Chakra Leo Meta-Goddess with Venus in Scorpio

Dec 4 — 29

Divine Lioness Goddess, please hold us in your fiery Heart of Light as we heal our own Hearts in order to Love ourselves more fiercely.

Help us to excavate in the depths of our shadows so we may free the energy to lead with Love from our Hearts. Assist us to clear the blocks that prevent the power of Love flowing freely from and to our Heart chakras.

Allow us to feel the radiant Love you hold for us in the watery powers of our beings, serving Soul through our individual healing. We ask for your encouragement in our alchemical transformations that bring greater empowerment within, where we bask in the sunlight of our radiant Love-filled Hearts.

How would it feel if I stopped protecting my heart from feeling fully? What would it feel like if I stopped collapsing within my heart, mistakenly believing that keeps me safe? What would I experience if I worked with more of my trauma and allowed passionate love for myself and others to fill the space?

Art by Jenny Hahn



Releasing at the Heart Chakra Leo Meta-Goddess with Venus in Sagittarius

Dec 29 — Jan 23

Sovereign Queen Goddess, please help us in our radical adventures to find the absolute truth of Love in our hearts. Show us the meaning of Love in our lives, knowing our Hearts are where we perceive the fundamental truths of the universe.

Show us the path to clearing any distortions to knowing the pure Love we truly are. Help us to serve Spirit with our intuitive Soul knowing in our Hearts. Help us to clear the debris still blocking our radiant Love Light shining from our Hearts.

We seek to increase our capacity for self Love, following in your footsteps. Our spiritual quest is to grow Love in the world, first for ourselves and then out to others.

We are grateful for your Love that clears the path for our Love.

How would I experience my life if I stopped seeking love outside of myself? What would it feel like if I no longer blocked any universal Love within my heart? How would it feel if I released any fear of being hurt that holds back the inspiration of Love in my life?

The Leo Meta Goddess Asks:

**What Would It Take for ME
to Surrender All the
limiting Blocks and Barriers
within my heart, so I AM
experiencing genuine
healthy self love, naturally
and joyously shining my
love light into the world?**



“The moment you’re working for love, instead of for ego, you are the creator. You’re not just creative. You are aligned with all creation. You are the creator, and nothing can stop you.”

Martha Beck



SHERIDAN
SEMPLE

When you find someone, who is true to their own soul, who has taken time, to discover their own pain, and created the strength to heal.. ❤️ They are able to commit to you.

They know the power of being true to their ESSENCE.

And that takes wisdom, soul searching, falling down and standing up. When you are committed to yourself, because you have seen both the darkest and the lightest places, you are able to 'see' your reflection in someone else.

When you feel a partner is living from the heart, and loves who they are, you will not have a fear-based relationship.

For instance, your partner can be in a room with twenty beautiful other people, or they can travel the world without you.

You can let him have thousands of friends and you just have 'peace and trust', because you know the commitment is from the heart. It is a divine connection. You both have rest/stillness and calm, NOT a fear-based relation.

You can have your own travel, your own path, and yet.... You know the path of your loved one, is right next to yours. You can sit back, relax and breathe.



When you have peace and rest with a partner, it is, because you feel you can trust this person. And you know you can trust yourself.~

"Our fullest Potential is found in the Weaving and Balancing of the Divine Feminine and Divine Masculine Energies within ourselves.

A Soul-to-Soul Love Relationship is an opportunity for two people to Heal the Emotional Wounds of the past.

Everyone goes into a new Relationship with some Emotional Baggage, even those who have done the work on their own and have attracted a soul mate into their life.

But the deeper work is carried out in Partnership, with two heart-connected individuals seeing the issues that trigger each other as a GIFT, rather than an obstacle, or something to run from. There are new depths of intimacy and love to be encountered by those who embrace this level of soul work together.

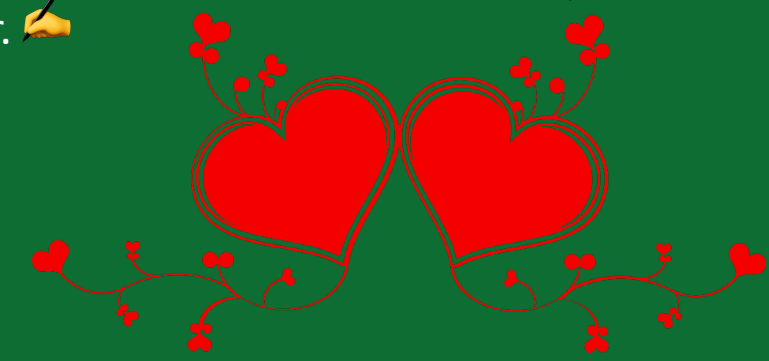
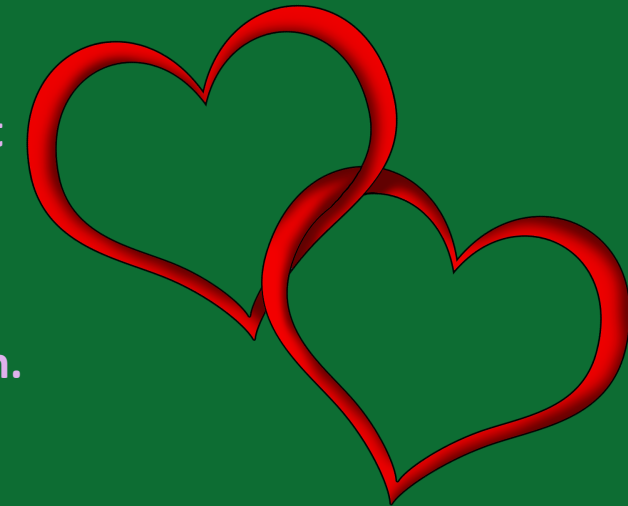
When you RISE in Love with an Awakened Man or Woman the gift that they bring is not only love but also a mirror to face yourself.

And this is the greatest test of true love ... whether you will face the darkness within and run and hide or stay and confront your fears and surrender to higher love.

We are all imperfectly perfect. But it's not until we can accept ourselves, and our beloved, as a work-in-progress, that our expectations vanish and the dance of soul-deep loving begins.

Love waits. Lust wants.
Love can't wait to give what is true and honorable.
Lust can't wait to take.
Love mends. Lust hurts.
Love is secure. Lust is Selfish.
Lust ends. Love lasts.

Creator and Author. ✍️
Mike Harrigan.
I Am.
You Are.
We Are.
Oneness.
Global Consciousness..





[5-minute PBS video about Queen Njinga](#)

Honoring the Queens

Queen Njinga (1581-1663) led present-day Angola's resistance to early European colonialism. She successfully fought off Portuguese slavers and inspired a nation. She is still revered today as a symbol of African pride and resistance.

In the 1600's, she resisted the Portuguese invasion of Ndongo and Matamba for over 30 years and put a significant dent in the West African slave trade during her reign. She was a fearsome warrior and an accomplished politician and negotiator.

For decades, the Portuguese had been kidnapping and enslaving her people for labor in their sugar plantations in Brazil. She allied with the Imbangala warriors, making her the most powerful person in the region. This enabled her to successfully drive out the Portuguese. She provided hope to her communities through growing their strength in numbers.

For nearly 100 years after her death, the kingdom of Matamba was ruled by women.

Spiritual Aromatherapy

“All ancient and indigenous peoples said that they learned the uses of plants as medicine from the plants themselves... it was from the heart of the world, the plants themselves, that this knowledge came. For, they insisted, the plants can speak to human beings if only human beings will listen and respond to them in the proper state of mind (heart).”

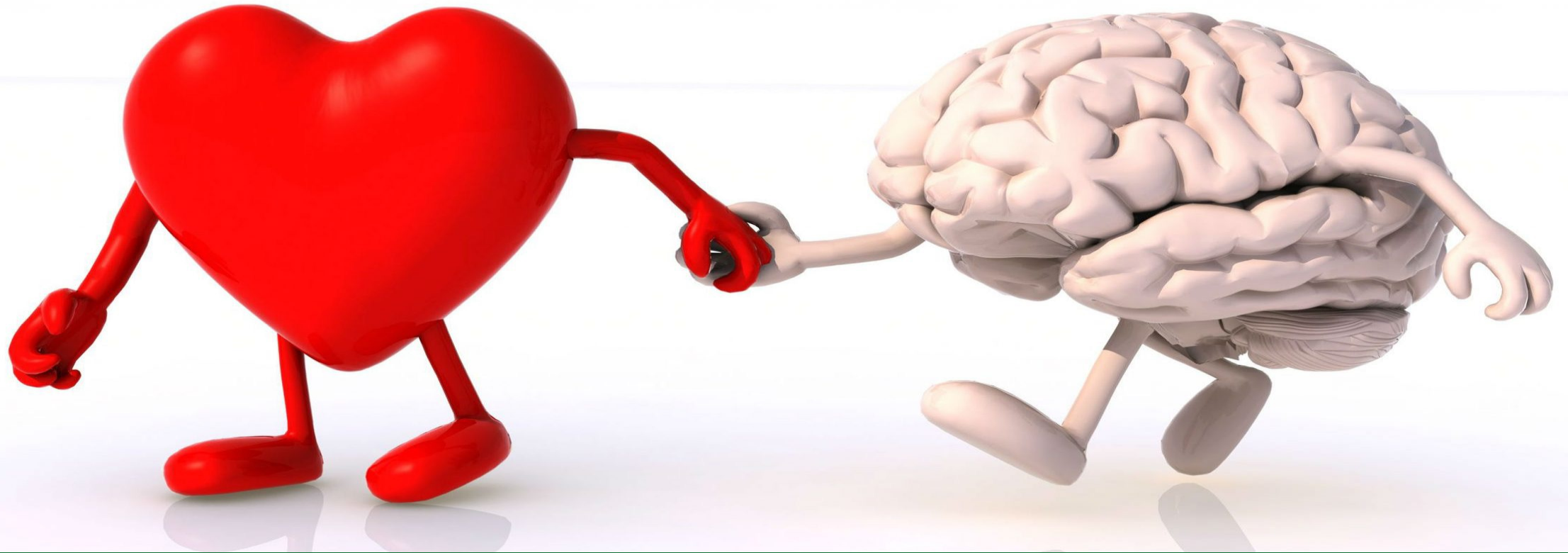
The Secret Teachings of Plants
Stephen Harrod Buhner



Jasmine – Heart Chakra

- All blossom essences for heart
- Heart opening
- Aids one in cultivating self love
- Heart healing
- Helps with anger issues
- Liver cleanser
- Hormonal balancer
- Birthing
- Infertility of spirit, soul and body





“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*



Ancestral trauma held in our DNA

The new science of epigenetics has shown us that gene expression can and does change in response to environmental changes and experiences, and that these changes are inheritable. Increasingly, studies are showing that trauma adaptations can be genetically transmitted across generations as a part of our survival instructions.

This trauma doesn't just dissolve as external conditions change. The survival instructions in our DNA dictate what we must—and must not—do to protect ourselves. Each instruction, based on another layer of trauma, narrows our subconscious sense of what is possible. It makes our invisible inner prison cell smaller.

Ancestral trauma does not spring from the events in our own lives, and yet we carry it with us and pass it along to the next generations—until we heal it. This trauma does not “belong to us” individually, but it shapes how each one of us shows up in the world today. When we heal it, we end the cycle of trauma transmission, liberating not only ourselves, but the future generations.

Valerie Rein — *Patriarchy Stress Disorder*

Right Use Of Will Healing and Evolving The Emotional Body

By Ceanne DeRohan

Heart Healing through Emotional Cleansing and Release A practice for Venus in Scorpio at the Heart Chakra

- **All Kinds of Emotions are normal and healthy. However, repressed emotions cause illness on all levels: mentally, physically and emotionally.**
- Cleanse and revitalize the emotional body by consciously feeling and expressing repressed emotions including: anger, pain, fear, blame, guilt, shame, resentment, boredom, etcetera
- Use your voice along with physical movement
- Allow your body to safely move in any way it wants; kick, jump, crawl, rock, swing, shake, scream, yell, cry, keen, beat on a pillow.
- **Express everything you feel, until you have really finished.**
- Do not impose your feelings on others that do not want it. Remember it is not spiritual balance to deny yourself in favor of others, and it is not spiritual balance to deny others in favor of yourself...



RIGHT USE OF WILL

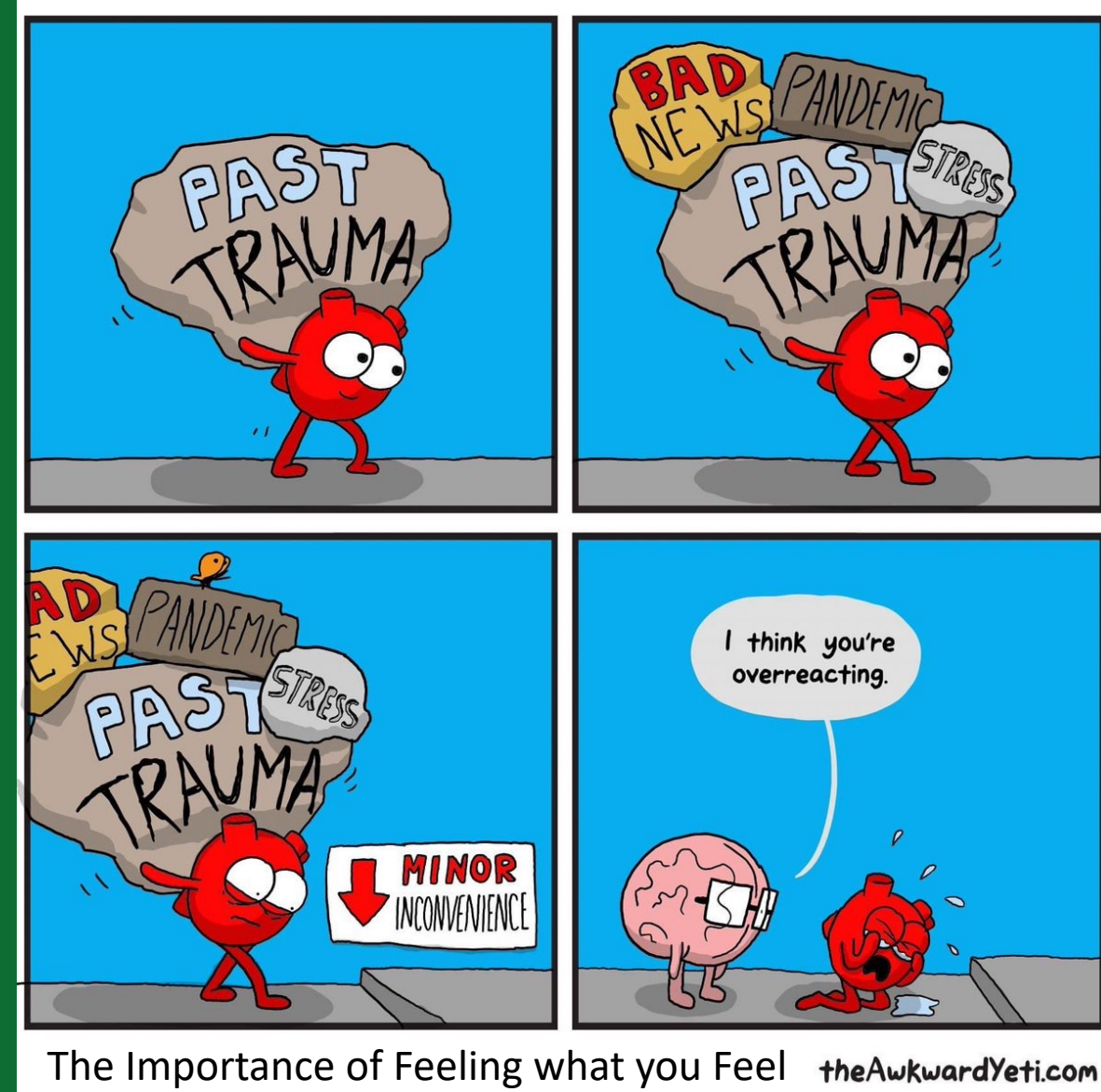
Healing and Evolving
the Emotional Body

Right Use Of Will Healing and Evolving The Emotional Body

By Ceanne DeRohan

It helps to remember

- We attract to us what is in our energetic field - not as punishment (or Bad Karma) but to learn what we are still holding onto within our being.
- Controlling rather than safely expressing your feelings means you are NOT accepting yourself or the situation.
- Acceptance doesn't mean you like it. It means you are not resisting it.
- If you are denying your feelings, you are not loving yourself.
- If you do not totally accept yourself first, you cannot be truly open to anything else.
- If you are still feeling you are NOT accepting what IS then you still have more emotional releasing to do.
- Emotional release is the first step in fully forgiving yourself or others.



The Importance of Feeling what you Feel theAwkwardYeti.com

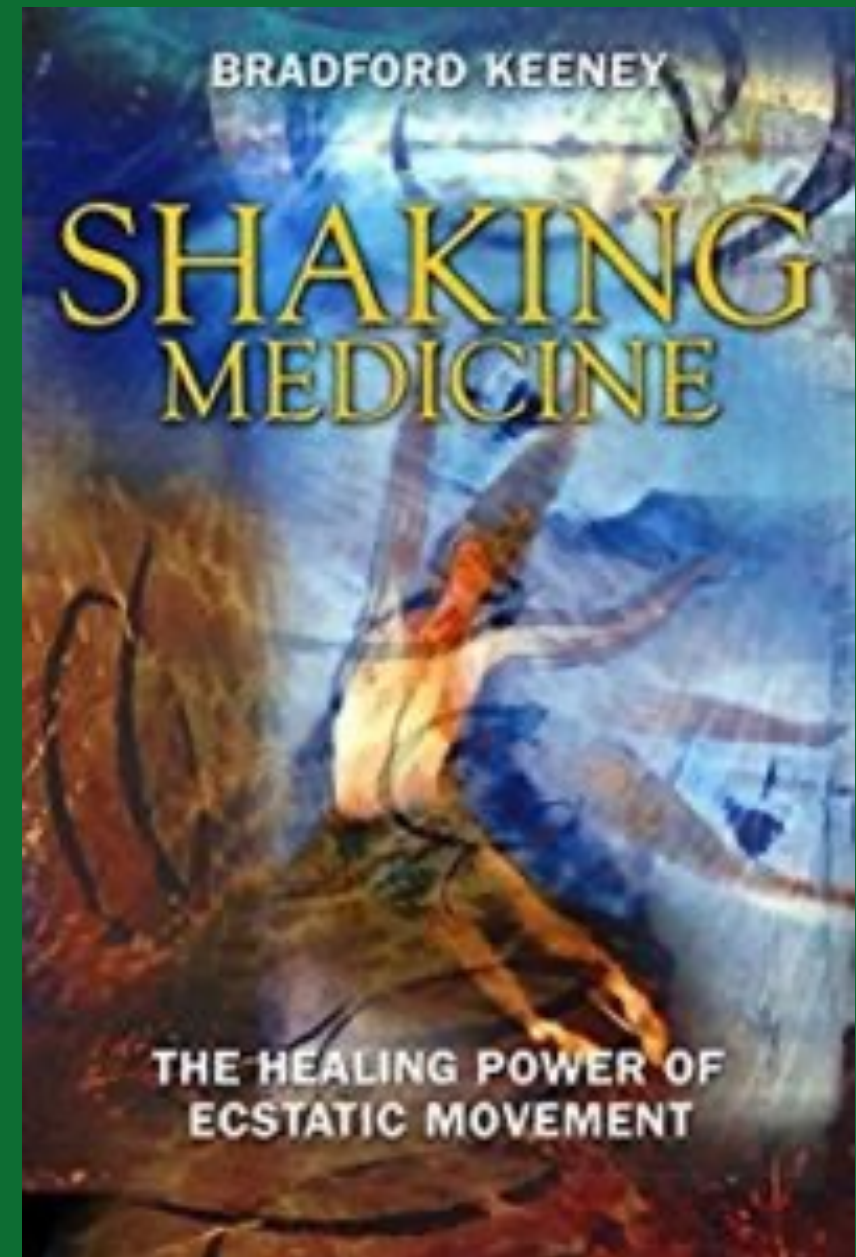
Emotional Release through Shaking

The value and gifts of physical shaking, as well as making choices to shake up our habitual reality by doing things in a different way - are transformative.

Shake things up by shifting your daily routine, trying a new form of exercise, brushing your teeth with your non-dominant hand or finding new ways of speaking using conscious language to create words of affirmation. See PDF on class page.

These practices shake you into new possibilities – and help you to feel who you are beyond any old identities that have defined you.

Another way to shake up your reality is to entertain ideas and possibilities that you might otherwise dismiss.



[More on the POWER of Shaking](#)

Emotional Release through Shaking

Shaking your body for 5 to 15 minutes activates the parasympathetic nervous system and signals the brain to calm, relax and let go.

Shaking also activates the lymphatic system, helping the body release toxins.

Practicing shaking is helpful when you notice feeling: Anxious, Panicked, Scared, Mad, Angry, Grief, Overwhelm or someone or something is irritating you. (i.e. politics, work, family)

It isn't necessary to name your feelings.

It may just be a wave or sense of uncomfortable energy coming from inside you.

Tension & Trauma Release Exercise (TRE)



There are specific practices for Trauma Release you can find online. Here is one resource

<https://traumaprevention.com>

And a video of someone being guided through a TRE session

https://youtu.be/7_ZW_8u9D28?si=E3k5n9-wJcoLu3Qp

Consider doing a shaking practice before getting out bed in the morning or when completing yoga, exercise etc.

Imagine you are shaking out all lower vibrational energies that are holding you back

Plus, while shaking or gently rocking your body, laying on your back, with your heels anchored on the floor you might feel like moaning, crying, screaming, sighing.

Once you notice the feeling has lessened or vanished altogether - send love and light to the person or situation including yourself.

There are many layers to grief and pain so revisit or check in each morning (or during the day) allowing whatever feelings are there to emerge taking a few minutes to shake them out.

When the Feelings have eased ask the Part of you that Knows (via meditation or journaling etc...) what are the best activities and actions to take care of yourself for now.

You may find what your body wants changes from day to day. Honor that. Experiment and find what works best for you!



Home Play

Deepening Practices

- **Venus Altar**
- **Venus Journal**
- See if you can see **Venus with the Moon: Dec 8th, 9th, 10th**
- **Do Ceremony** with Venus and the Moon for the Heart Chakra gate
- Spend time with Venus in the **Morning Sky**
- Check in with your Morning Star **Venus Buddy**
- Set your **intention** for what you are **releasing** at the **Heart Chakra** and work with any of the questions shared that resonate with you
- Listen to Guided Journeys and Meditations, most especially the **Heart Chakra Meditation** by Cayelin
- **Share** your experiences and insights on Facebook (if you're on FB)



Ceremony





Connection Groups

Guidelines

Joining the Session is Optional

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 Conversations

Start with Your Name

Where You are From

Suggested Topics:

- Share your intention for the Heart Chakra
- What has been your experience with the Throat Chakra Gate?
- How are you practicing self-love?

