

**Venus Alchemy
Leo Morning Star**

3rd Chakra / 5th Gate

Releasing Distorted or Blocked Personal Power

with Cayelin K Castell and Sheridan Semple



Sekhmet Prayer Invoking

Divine Feminine Power at the Solar Plexus Chakra

Beloved Sekhmet, Goddess of Great Strength and Colossal Courage
Fierce Protectress - Righting Wrongs and Restoring Balance
Your Holy Anger, Fury and Rage Transforms the World into Loving Kindness
As you Valiantly Stand in Your Divine Power

Thank you for inspiring me to release everything in the way of living my Personal Power
So I am Bravely Standing in My Own Power - Not to Have Power Over Others
But also, NOT Giving My Power Away at my own Expense

Thank you for your example inspiring me to Face ALL My Fears
Trusting myself to let go and release anything that inhibits my Willingness
To Embrace the Loving Divine Power of who I TRULY AM

O Mighty Sekhmet, Great In the Wise Use of Divine Power and Divine Guidance

Thank you for Guiding Me with your Wisdom
Releasing whatever is in the way of me Embodying the Courage
to Stand for what I know is Just and True
So that I am Experiencing the Full Ecstasy of My Own Powerful Life Force
Truly Loving Myself in ways that are Healthy, Joyous, Magical and Fun
Celebrating and Powerfully Sharing My Unique Gifts with the World
It is done it is So and So IT IS!!! Blessed Be...



Overview

Sky Magic

Leo Meta Goddess in Sagittarius and
Capricorn

Honoring the Queens

Solar Plexus Chakra

Plant Spirit Medicine

Home Play - Deepening Exercises

Ceremonial Magic and Activation

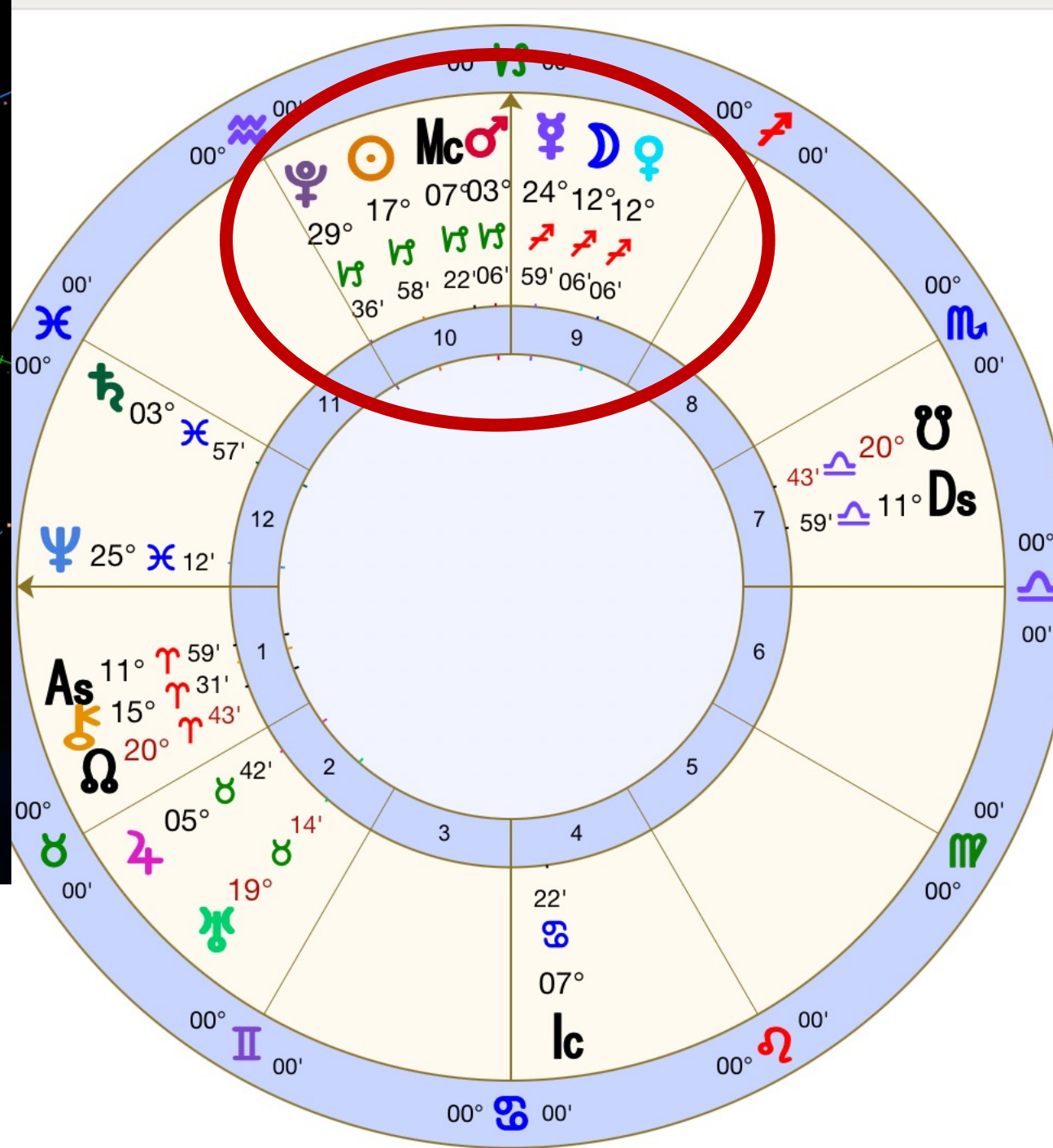
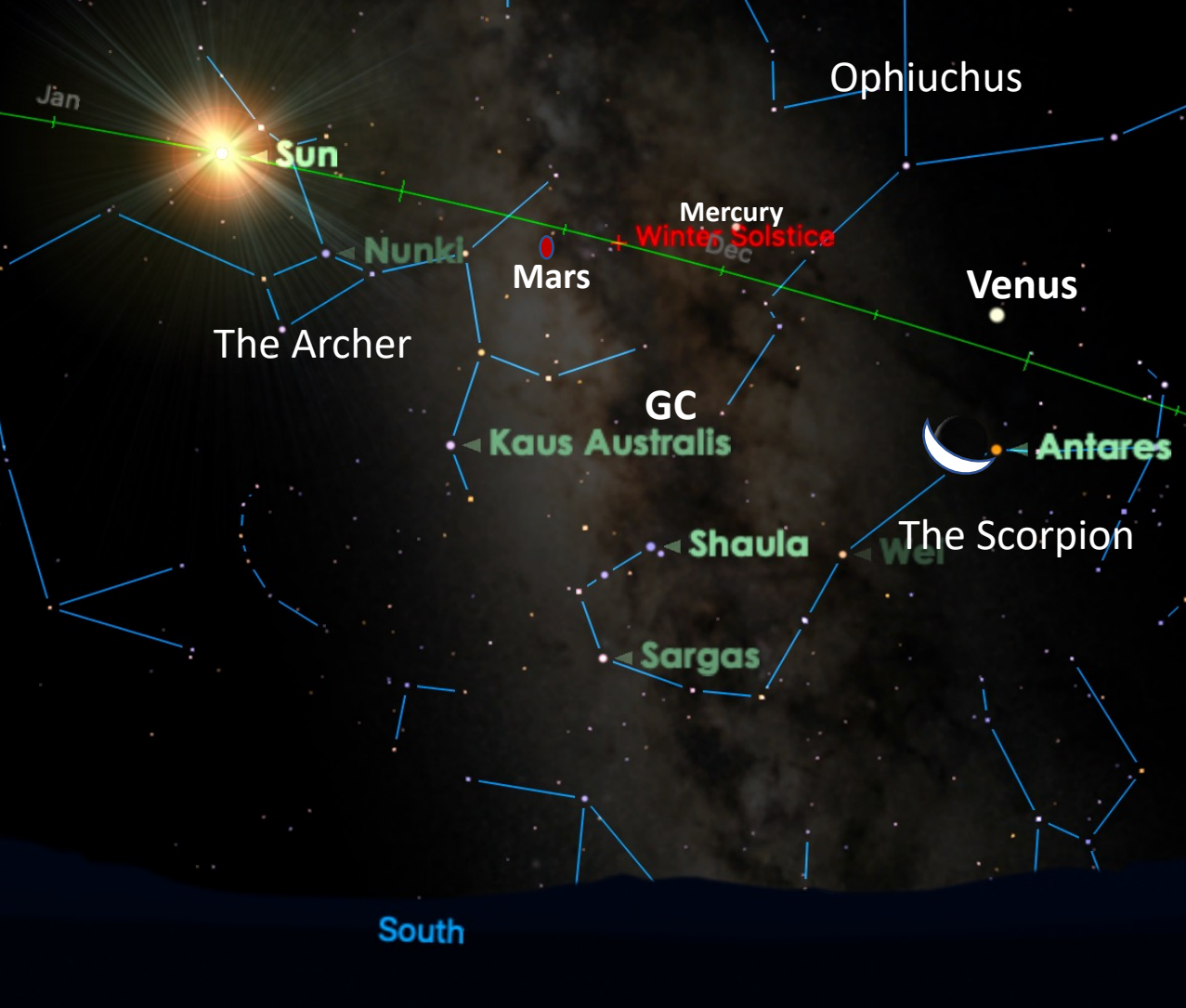
Connection Groups followed by Q & A



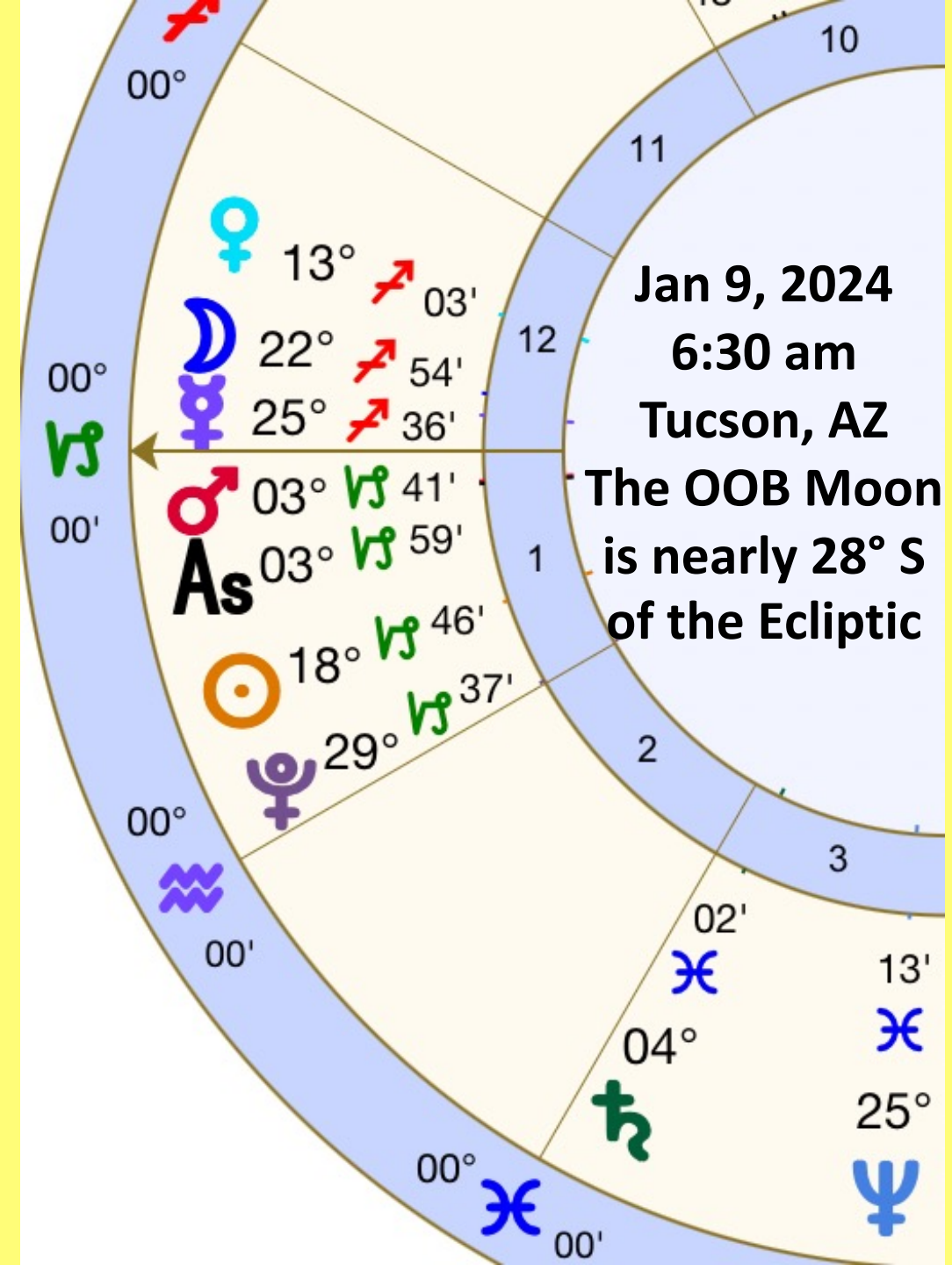


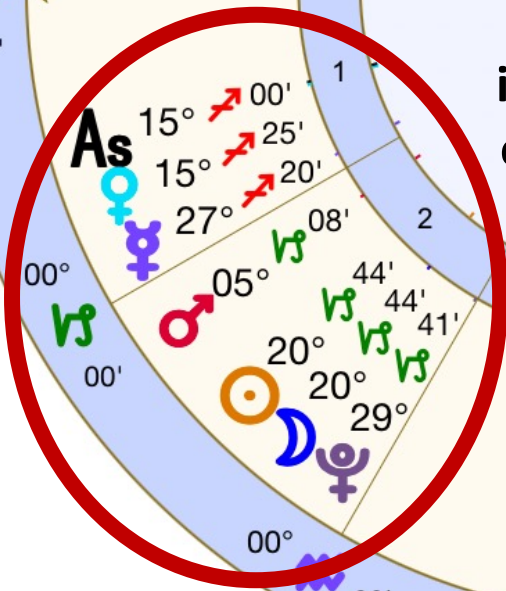
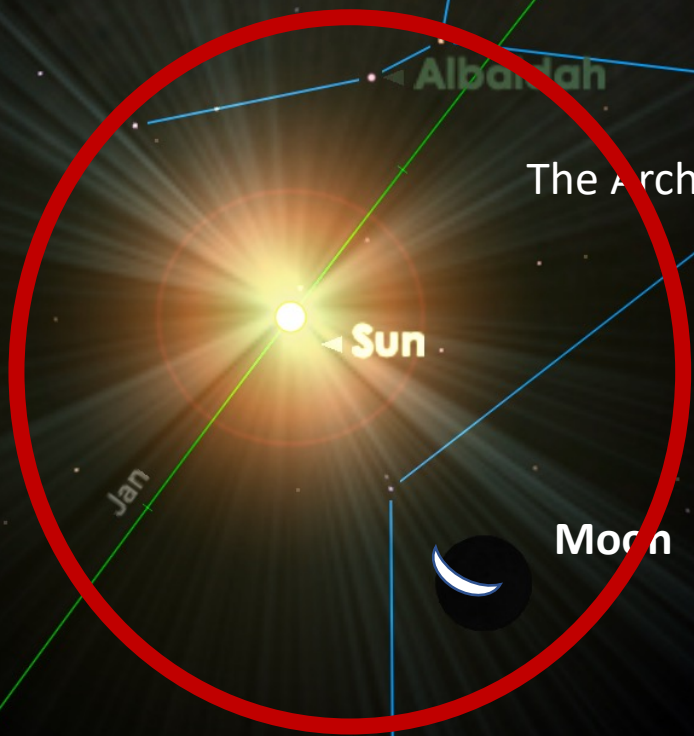
Jan 8, 2024
6 am
Tucson, AZ





Jan 8, 2024 exact Venus Moon Conjunction
Very Near Antares At 11:44 am MST from Tucson, AZ
Moon 26° S and Mars 24° S are
Out of Bounds adding unpredictability





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

January New Moon 1st Moon Cycle Clan Mother Talks With Relations

Mother of Nature Talks with her Kin
Stone Person,
Wild Flower,
and Wolf are her friend.

Weaving the rhythms of the seasons,
She Rides the Winds of Change,
Opening her heart with gladness,
A shelter from hunger and pain.

Guardian of the Needs of the Earth,
Making relatives Great and Small,
Mother I see you in the dewdrop,
I hear you in the Eagle's Call.



<https://www.barbarawrightart.com/worksroom/1538847/blue-jay-medicine-shield-for-talks-with-relations#/>

January New Moon

1st Moon Cycle Clan Mother Talks With Relations

Keeper of *Learning the Truth*

Mother of nature, keeper of rhythm, weather, the seasons and the Earth's Needs.

Mother of the planetary family, maker of relatives. She teaches us to open ourselves to the world within worlds in all of Great Mystery.

Guardian of the languages of the trees, stones and creatures.

She teaches us how to understand the unspoken languages of nature, kinship with all life forms and how to enter the sacred spaces of others with respect.

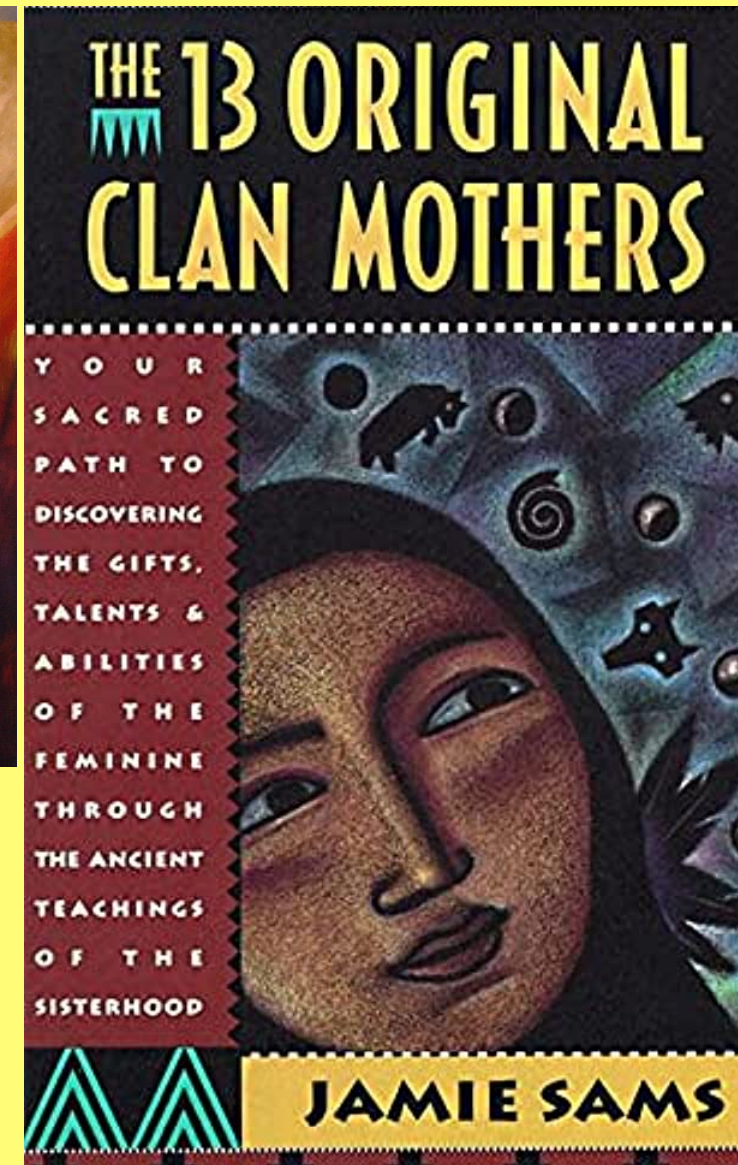
And Kinship with the Creative Force within the Self, withing our Spiritual Essence, within our bodies.



<https://www.barbarawrightart.com/workszoom/1541332/talks-with-relations-13-original-clan-mothers-january#/>

She teaches us how to honor cycles, rhythms and changes of the seasons including weather. She teaches us how to meld with the life force and rhythms in all dimensions, learning the truths of each.

LESSON: How to LEARN THE TRUTH





Leo Morning Star Solar Plexus Chakra Gate 2023



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Venus Moon at Solar
Plexus Gate are near
Antares Heart of the
Dragon/Scorpion

All Times are Pacific
Time Unless
otherwise noted.

Jan 04 Mars enters Capricorn

Jan 08 Moon Venus (11° Sag) at Solar Plexus Gate near Antares Mercury Squares Neptune

Jan 10 Moon is Conjunct Mars 4° Capricorn

Jan 11 OOB Capricorn New Moon almost 21° Cap within 8° of Pluto & Venus trine Chiron

Jan 13 Mercury re-enters Capricorn

Jan 19 Venus square Neptune

Jan 20 Sun conjunct Pluto and then Sun Enters Aquarius followed by Pluto

Jan 23 Venus enters Capricorn

Jan 25 Mars squares Chiron and 5° Leo Full Moon

Jan 26/27 Uranus stations direct 23° Taurus 04' all planets are direct until April 1 (64 days)

Jan 27 Mercury conjuncts Mars 18° Capricorn

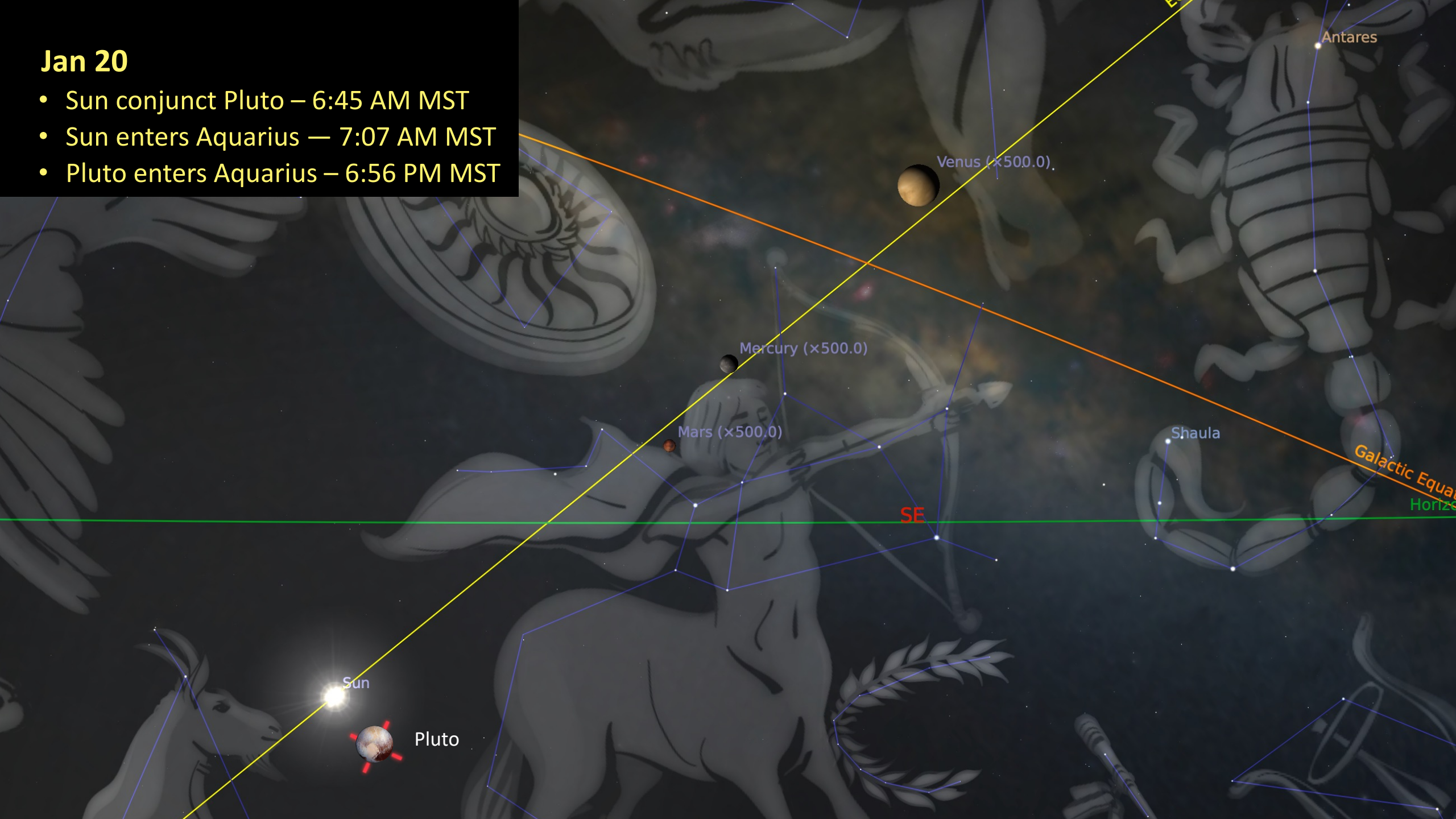
Feb 04 exact Imbolc Cross-Quarter when Sun is 15° Aquarius and Mercury enters Aquarius

Feb 05 Venus 16° Capricorn Square Chiron 16° Aries

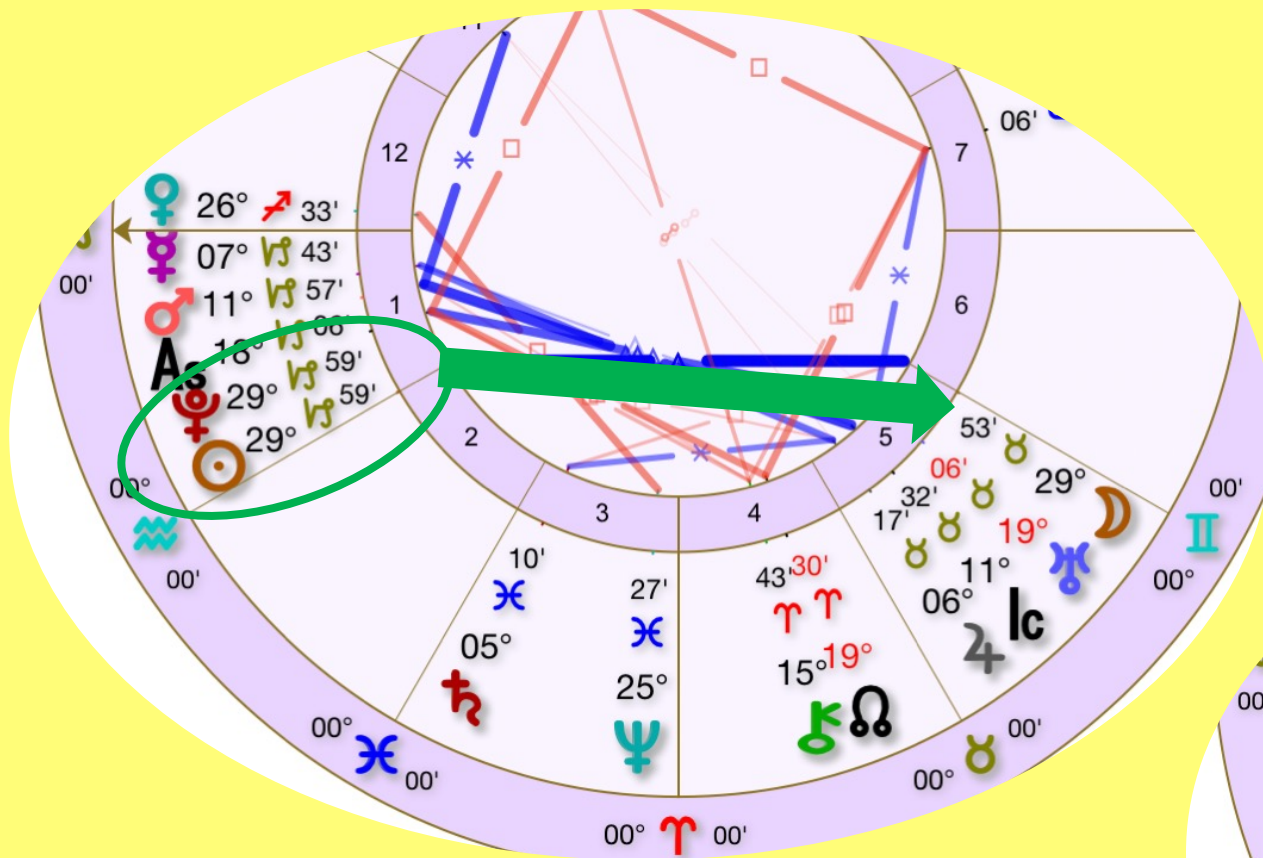
Feb 07 Venus Moon conjunction at the Sacral Chakra Gate

Jan 20

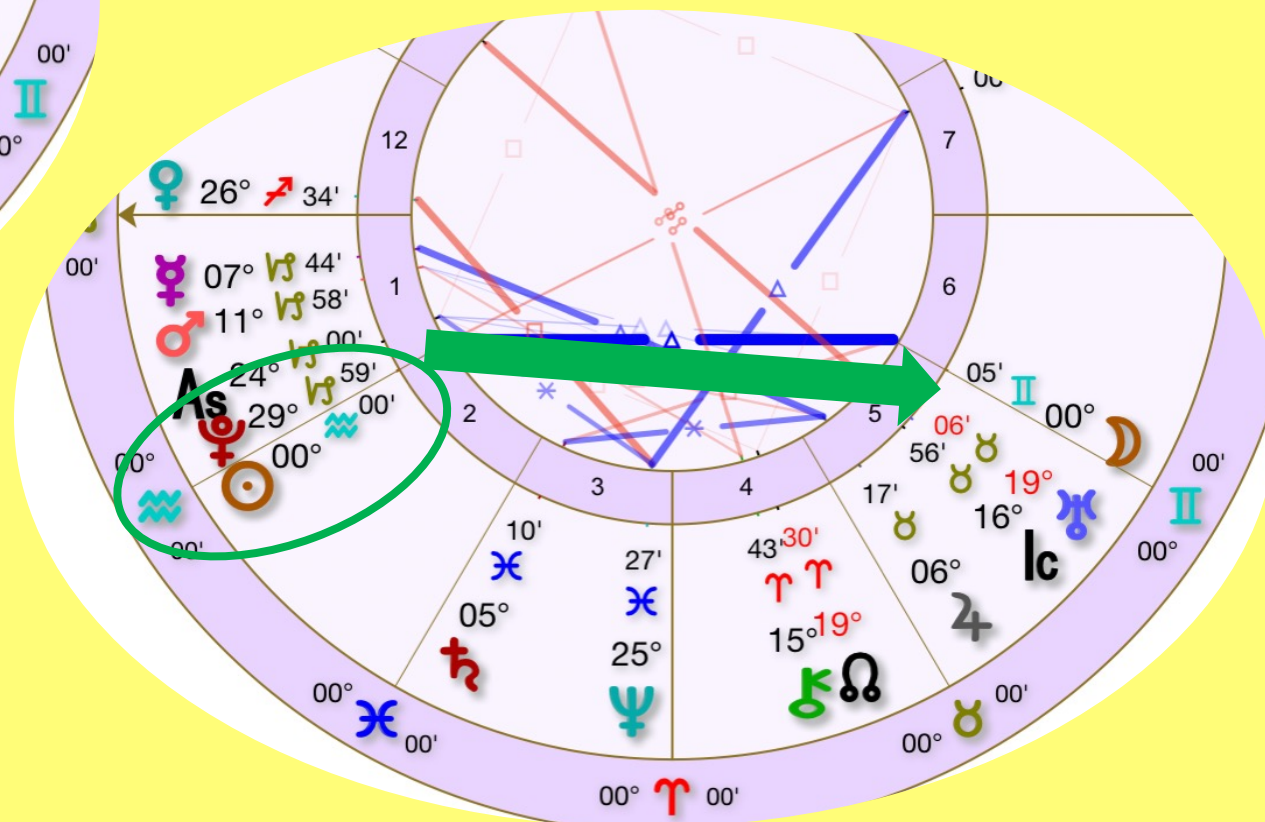
- Sun conjunct Pluto – 6:45 AM MST
- Sun enters Aquarius — 7:07 AM MST
- Pluto enters Aquarius – 6:56 PM MST



Sun conjunct Pluto – trine Moon Taurus



Sun enters Aquarius – trine Moon Gemini



Sekhmet is ALL about Power

Sekhmet's name, comes from Sekhem
An ancient Egyptian word meaning
“*sacred power*” or sacred energy.

Sekhmet (a Solar Goddess) is sister to Maat.

She restores cosmic law for Maat who is also the
Daughter of Ra (Re) and linked to the Moon God
Thoth.

Maat is the personification of truth, justice,
balance and the cosmic order through the
process of Divine Alchemy, a way of transmuting
and transforming negative, distorted energy and
returning it to its original Divine expression.





Sekhmet and Divine Power

In ancient Egyptian times **the first step on the path of initiation to reclaim one's divine sovereignty and power** was to go before a priestess of Sekhmet - in essence standing before Sekhmet herself – to determine if the Initiate was truly willing to let go of negative egoic patterns and step into their power from a place of integrity and humility.

It was important for the initiate to know that this journey was NOT about gaining personal power to rule over others but rather to stand in the strength and power of their divine essence as an inspiration to all those who were seeking healthy personal empowerment to wisely express their divine essence and fulfill their noble cause or purpose.

Anything in the way of healthy personal power would be encountered in this initiation



Moving from Heart into Solar Plexus

- We transition through the Heart where the Above meets the Below
- We move ever downward from the Upper Chakras into the Lower Ones
- We carry all of the previous cleansing and clearing with us
- Allowing Spirit to pour through us more readily

Remember what Cayelin teaches us...

“We inform the mysteries as much as they inform us”.



Releasing at the Solar Plexus Chakra Leo Meta-Goddess in Sagittarius thru Jan 23

The Leo Meta-Goddess encourages us to release any blocks to our inherent power with reverent self-love — held within the Sagittarius Goddess who pierces any illusions we may grasp at that prevent the complete empowerment of our sovereignty.

Fiery Lioness Goddess please open us to greater explorations into our vast inner force. Let us see the truth of potential we hold within. Help us on the path as we cleanse and clear any disempowerment we have absorbed. Guide us on the adventure of stepping fearlessly into our power.

Aid us in removing any fears — ancestral or present day — that prevent our owning and expressing our full capacity, detoxing any negative teaching or shaming that caused us to dim ourselves, playing small due to lies we believed or trusted.

Support us to understand the pure philosophy of love that empowers us to own our competence, intelligence, and strength.



Releasing at the Solar Plexus Chakra

Leo Meta-Goddess in Capricorn

Jan 23 – Feb 16

The Leo Goddess helps us to find more love for ourselves and to own our inherent divinity with the Capricorn Goddess' sage wisdom of our natural powerfulness.

Grandmother Lioness Goddess show us the insight we hold in our power centers. Help us to call forth the sage who lives within each of us who knows how powerful we truly are.

Show us the way to clear any distortions to our inner knowing, preventing our owning our limitless potency. Help us to pave the way for our descendants to own theirs through healing our ancestral trauma by building the foundation of greater empowerment now.

Oh wise one, please help us to remove any blocks that hold us back from standing in our dominion over ourselves, knowing our power shines a uniquely bright light so needed in this world today.

Our power is your power. Your power is our power. We stand in unity, together to support the earth and the generations to come.

Art by Autumn Sky

Mitochondria the Power House of the Human Body

These are specialized structures within our cells that are responsible for generating the energy we need to live.

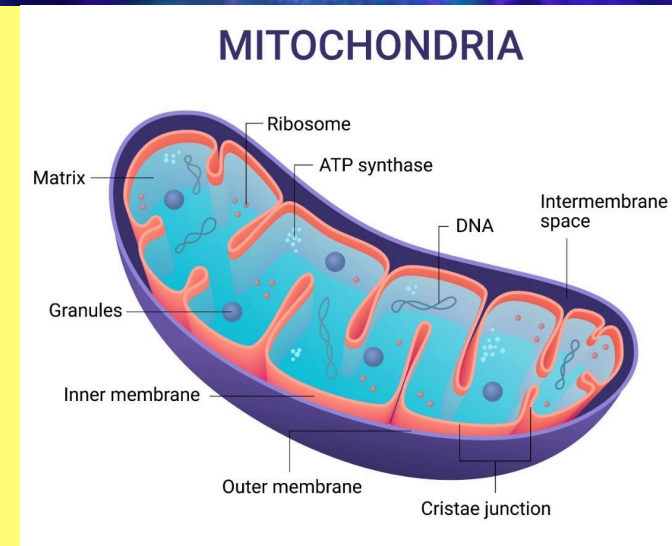
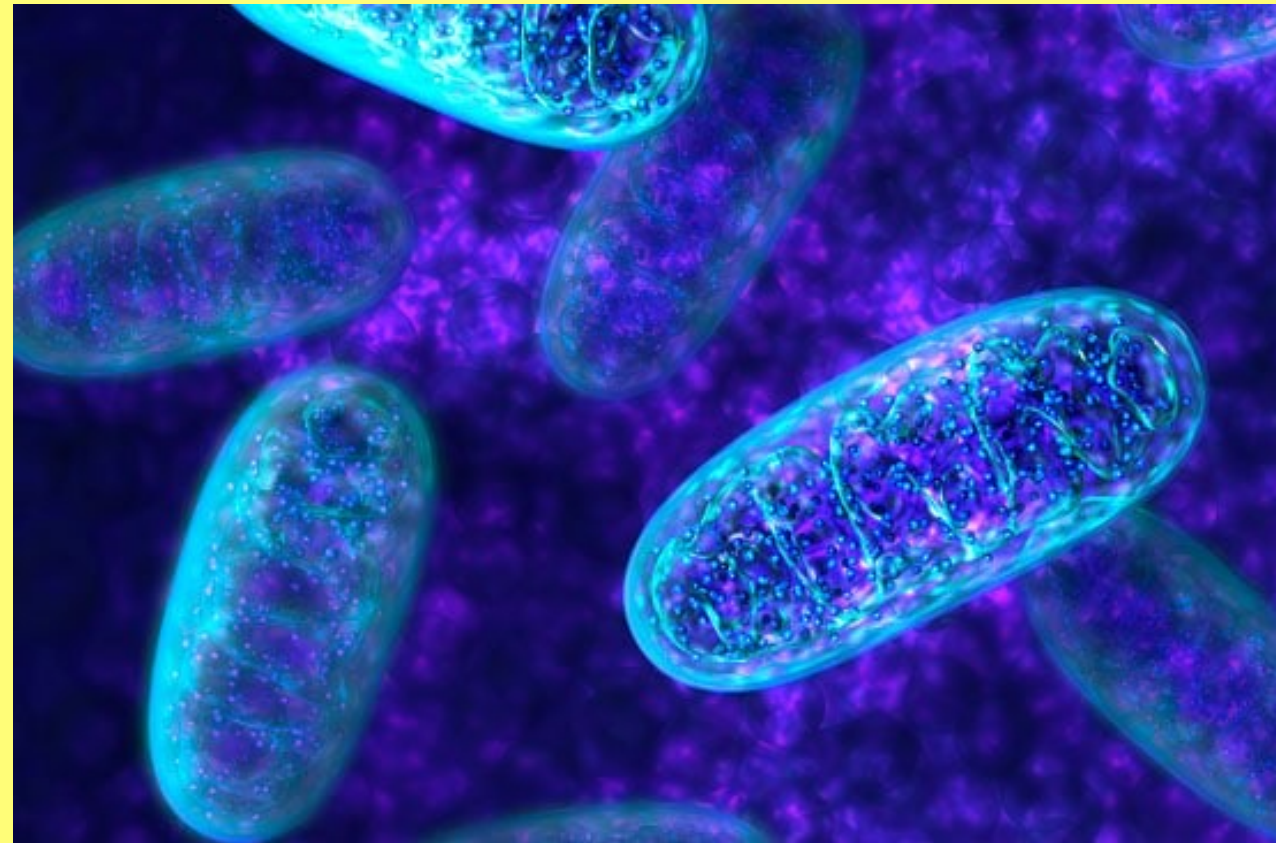
The most important function is to extract the energy that is stored in the chemical bonds of nutrients (in the form of electrically charged particles called electrons) and transform it into a form of energy that cells can use to power their activity.

Because mitochondria generate around 90 percent of all ATP (energy) produced in the body, they are known as **“the powerhouse of the cell.”**

When mitochondria work optimally, cells are fueled efficiently, and biological pathways run smoothly.

When mitochondria are dysfunctional, they start to accumulate damage, and cellular processes gradually get disrupted.

This is one of the hallmarks of aging and other diseases.



10 Ways to Increase Mitochondria by Dr Josh Axe

1. Calorie Restriction

Fasting, intermittent fasting, eating less calories help increase mitochondrial bioenergetic efficiency and eliminates damaged mitochondria (autophagy) producing new mitochondria (biogenesis)

2. Exercise

Exercise increases mitochondrial enzymes. Exercise is also one of the best ways to improve mitochondrial biogenesis

3. Mitochondrial Nutrients

Mitochondrial nutrients include B vitamins, minerals, polyphenols and other nutrients, such as L-carnitine, alpha-lipoic acid, coenzyme Q10, pyrroloquinoline quinone and creatine. These nutrients are found in natural unprocessed foods: fruits and vegetables, nuts and seeds, seafood, and meat. And certain supplements.

4. Sleep

The human brain requires a lot of energy, and because of its high metabolic rate, the brain accumulates a lot of metabolic waste. During sleep, the brain gets rid of products that can be toxic to mitochondria.

5. Relaxation Techniques

Psychological stress influences physical health, and mitochondria have a key role in this influence. Practices that help manage stress such as: meditation, yoga, tai chi or breathing exercises, counters the effects of stress. In fact, regular practice of relaxation techniques has been shown to upregulate genes that are linked to healthy mitochondrial function.

6. Sunlight

The right amount of Sunlight helps with production of vitamin D necessary for healthy mitochondria.

7. Red/Near-Infrared Light Therapy

Red and near-infrared light penetrates the skin and acts on mitochondria through stimulation of a molecule called cytochrome C oxidase

8. Cold Exposure

Shivering releases heat in the process of burning fuels and using ATP to power muscle contraction. Shivering recruits mitochondria to indirectly generate heat.

9. Heat Exposure

Heat has a beneficial biological response activating a mild stress signal triggering cell responses that increase mitochondria. [Routine sauna](#) and [hot baths](#) [help reduce heart disease](#).

10. Supporting NAD+

NAD+ (from nicotinamide adenine dinucleotide) is a molecule derived from vitamin B3 found in every single cell in the body. It is the main molecule responsible for the delivery of the electrons extracted from food to the electron transport chain for ATP production. Avocado, Green Vegies, Mushrooms etc.



Solstice and New Moon Intentions

Honoring the Queens — Isis

One of the most important goddesses of ancient Egypt. She is the queen goddess of healing and magic.

Her name is the Greek form of an ancient Egyptian word for “queen of the throne” reflected in her headdress, which can be a throne or the solar disk.

Her following spread from Egypt throughout the Roman Empire. Isis was worshipped from England to Afghanistan. She is still revered today.

As mourner, she was a principal deity in rites connected with the dead; as magical healer, she cured the sick and brought the deceased to life; and as mother, she was a protector of all women.

Isis was the daughter of the earth god Geb and the sky goddess Nut — Egypt had an earth god and sky goddess.



Art by Kolongi Brathwaite

Isis became associated with various other goddesses, including Bastet, Nut, and Hathor, thus her nature and her powers became increasingly diverse.

Isis became known, like other fierce goddesses in the Egyptian pantheon, as the “Eye of Ra” and was equated with the Dog Star, Sothis — Sirius, the brightest star in the sky.



Isis — Is-is not do-do



Awakening Your Inner Dragon

As we release distortions around our Solar Plexus Chakra, we are opening the space for Dragon Medicine to enter our energy field.

In this year of the Dragon 2024 we can sense how Dragon Energy is further awakening on Earth. Plus, this Venus Gate is aligned with the Heart of the Dragon.

[Padma Aon Prakash](#) says, Shakti is Dragon energy and the re-emergence of the Divine Feminine corresponds to the awakening of the Dragon into our awareness and world.

Dragon medicine helps us anchor our light bodies to the Earth so that we are fully sourced in life force through our connection to the “Dragon Lines, ”Ley Lines,” meridians and chakras that traverse the body of Gaia.

Restoring our personal bond with Gaia in this way is essential and Dragon Medicine Assists in the process.

Dragon Power

- Dragon has long been associated with Magic and the Guardianship of Ancient Secrets.
- Like Snake, Dragon is connected to the Mother Goddess Religions, Primal, Uncontrolled Nature, Life Force Energy, and Healing
- This is why both snakes and dragons have been portrayed as dangerous and evil in the patriarchal storyline from Adam and Eve, to Medusa, to the Knight in Shining Armor slaying the dragon and saving the Princess
- Dragon is connected to the Elementals, or Nature Spirits with mastery of all Elements.
- Through Dragon we remember our Feminine capacity to tap into Earth Energies and limitless sources of power – connected to our Hearts and used for Healing of Gaia and Human Culture

What distortions within me are in the way of accessing the Dragon Power within and what would it take for me to release and/or transform these distortions so I am joyfully living and expressing my inner Dragon Power?

What would it take for me to know and trust the powerful wisdom of my own inner dragon?



Using the Medicine of the Earth brings you into the vibration of the Archetypes and the frequencies of the Chakras

Cistus (Rock Rose) – Solar Plexus Chakra

- Feeling Strength when you need it
- Solid friend who shows herself in time of need
- Use when feeling lost, disempowered, low self-esteem
- Offers empowerment
- Wound healer – inside and out
- Queen of immune system
- Spiritual and Emotional immunity
- Respiratory system
- All skin issues



Four Questions

1. **What would it take** to truly know and live the power of who I am?
2. **What would it take** for me to clear and release all the ways I have given or continue to give my power away?
3. **What would it take** for me to clear and release all the ways I have asserted power over others?
4. **What would it take** for me to clear and release blocks around my power to influence society?



Home Play

Deepening Practices

- Connect with Venus Altar and Venus Journal
- See if you can see Venus with Moon on the 7th, 8th, 9th
- Morning Star Venus Buddy Check-In
- Ceremony With Venus & Moon in Morning Sky – BE
- Practice Letting go of Addicted Doing (slide 24)
- Set your intention for what you are releasing and work with any of the questions listed here that resonate with you.
- Listen to Guided Journeys and Meditations most especially the Solar Plexus Chakra Release
- Share your experiences and insights on Facebook or send us an email and we will post it for you.





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 Solar Plexus Chakra**
- **What has been your experience with the Heart Chakra Gate?**
- **How are you practicing self-love?**

