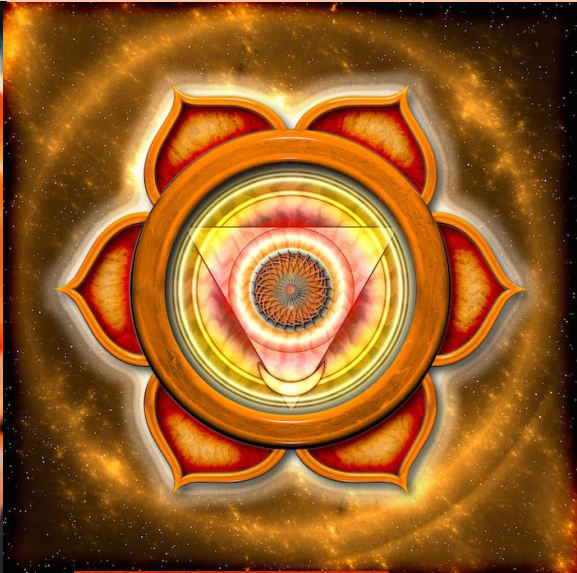
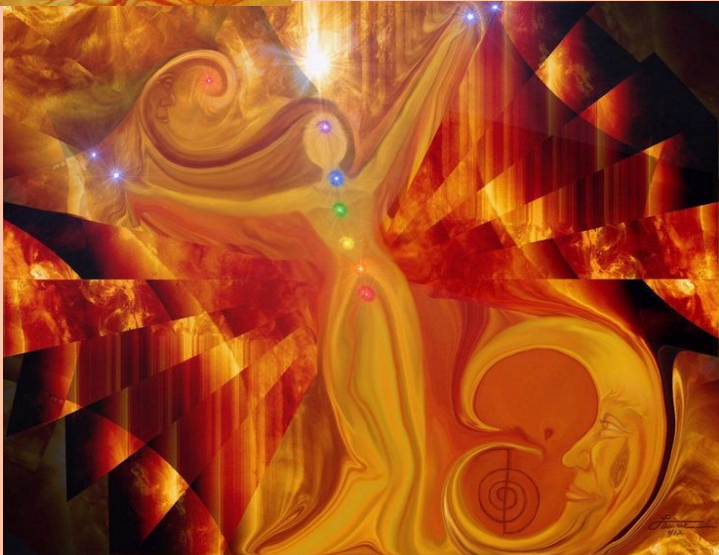




**Venus Alchemy Morning Star
Sacral Chakra Release Phase
Releasing Blocks to
Healthy Sexuality, Finances,
Self Worth, Value and Creativity
with Cayelin K Castell and Sheridan Semple**



**Even When I Still Doubt Myself
Even When I Don't Always Value Myself
I Choose too Totally and Completely
Love and Accept Myself as I am NOW!**



Descending into the Underworld through the Sacral Chakra Gate/Tunnel



At the 6th Gate/2nd Chakra

Inanna gives up her ankle bracelets symbolically releasing or letting go of all the ways she has not truly valued herself, feel her feelings and express her creativity.



The Second or Sacral Chakra Swadhisthana (Sanskrit for *dwelling place of the self*) is located in the lower abdomen about two finger widths below the navel and is the center linked with pleasure, enjoyment and creativity.

a.k.a. the Sex, Money and Creativity Chakra



Over-active Sacral Chakra:

Emotionally Imbalanced

Manipulative

Addicted to sex, food, shopping, etc.

Addiction to “stuff”



Under-active Sacral Chakra:

Overly sensitive

Harsh towards self and others

Feeling guilty for no reason

Sexual impotency or frigidity

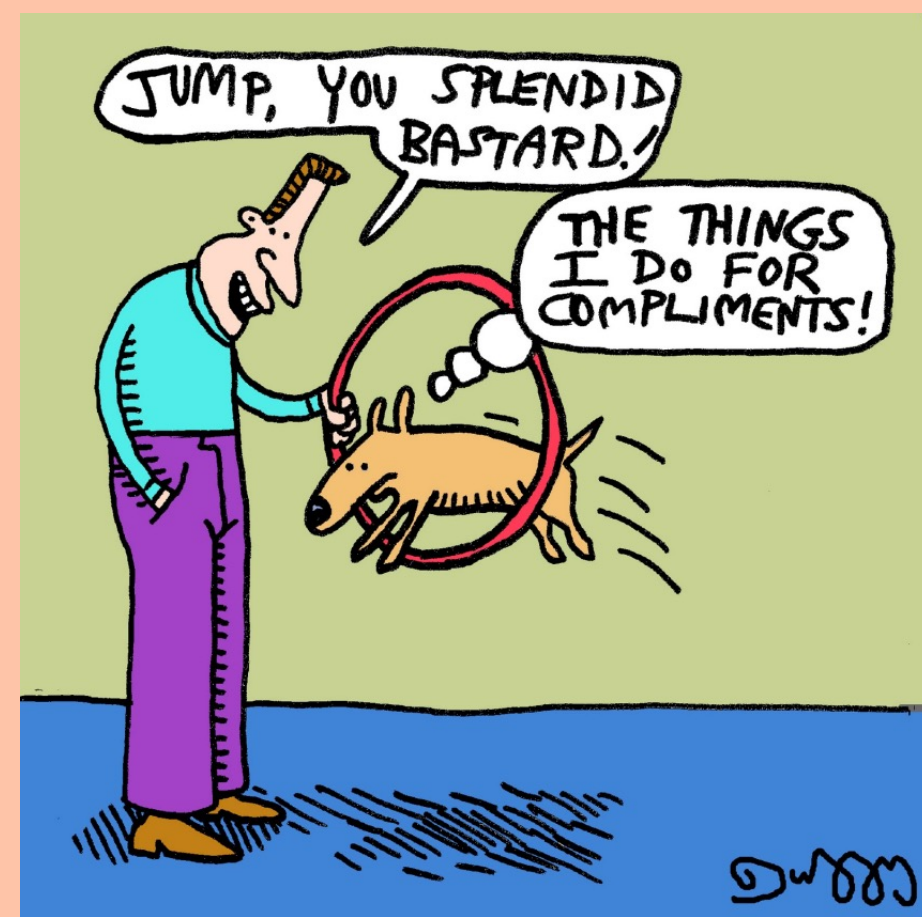
Blocking material success

Blocked creativity



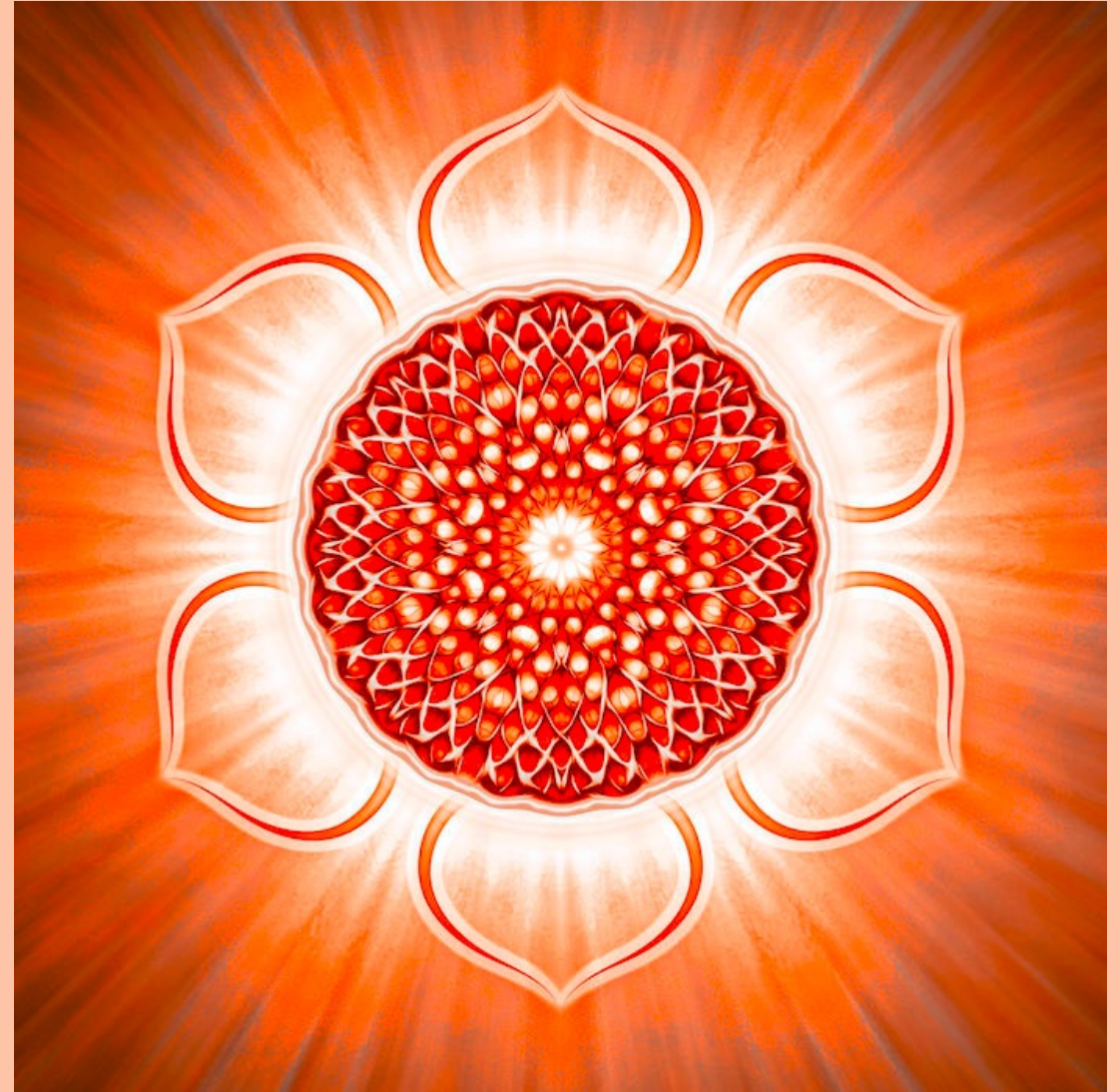
Imbalanced Sacral Chakra

- Feeling Inadequate
- Low Self Worth
- Self Criticism, Self Doubt, Victimization
- Loneliness
- Needy and Clingy
- Compulsive eating disorders
- Overly controlling of self and others
- Challenges Manifesting and Attracting
- Frigidity, Disconnected and Cold towards others
- Menstrual disorders, issues with the sex organs
- Lower Back Pain, Urinary/Kidney Issues, Appendicitis
- Disassociation or Obsession with the Physical Body
- Difficulty creating



Balanced Sacral Chakra

- Expresses as radiant warmth and sincere friendliness without seeming needy or coming on too strong
- Open to passion, intimacy and healthy sexuality
- Ability to attract and manifest
- Going with the flow
- Accepting what IS
- Passionate Personal Expression
- Easy Going, Joyful
- Creative, Fun, Playful
- Sexually Fulfilled



Ways to Balance this Chakra:

- Chant the 2nd Chakra Mantra – Lam
- Activate tactile sensual pleasure through Taste, Smell, Touch, Sound, Beauty
- Wear Orange the color of Joy, Creative Expression, Enthusiasm, Warmth, and FUN.

Gems/Minerals: Amber, Orange Calcite, Orange Kyanite, Orange Carnelian, Citrine, Golden Topaz, Rutilated Quartz



Other Practices: Sensual care of your body, Healthy organic food, exercise etc. Pranyama, Tantric Practices, Hip Opening Yoga or Stretches, Kundalini Yoga, Belly Dance, Spend Time in Nature, Tune in and notice how your body feels. Ask what your body how to nourish it.





Aromatherapy to balance the Sacral Chakra

- **All blossom essential oils that come from flowers, the creative bloom of the plants.**
- **Tangerine, mandarin, orange, neroli (orange blossoms)**
- **Saffron and turmeric**





Your hands form a shelf resting your right hand in the left and the tips of the thumbs touch.

MANTRA

VAM

(PRONOUNCED)

VANG



Pleasure is Medicine, Pleasure is Empowering

A close-up photograph of four bees on a honeycomb. The bees are positioned in a cluster, with one in the center foreground and three others around it. The honeycomb cells are filled with a golden-brown substance, likely honey or nectar. The bees have distinct black and yellow stripes on their abdomens and are covered in fine hairs. The lighting is bright, highlighting the texture of the bees and the honey.

Pleasure is Sacred

The Pleasure Hormones

Activating the Medicine of Pleasure

DOPAMINE

(The Reward Chemical)

Listen to music

Try something new

Do something creative

Tick something off your list

SEROTONIN

(For Good Moods)

Exercise

Bask in the sun

Practice meditation

Eat a healthy meal

OXYTOCIN

(The Love Hormone)

Hug someone you love

Spend time with friends

Show affection

Do something nice for someone

ENDORPHINS

(The Pain Reliever)

Take a hot bath

Create music or art

Yoga

Laughter

How to Increase Oxytocin Levels

1

Socialize

Surrounding yourself with loved ones (including pets) and experiencing physical touch is one of the most effective ways to raise oxytocin.

2

Get Some Sun

Vitamin D aids in the production and release of oxytocin, and comes from spending time in the sun.

3

Exercise

Many studies suggest exercising for at least ten minutes per day increases oxytocin levels.

4

Listen to Music

Taking time to listen to your favorite music often raises oxytocin levels.

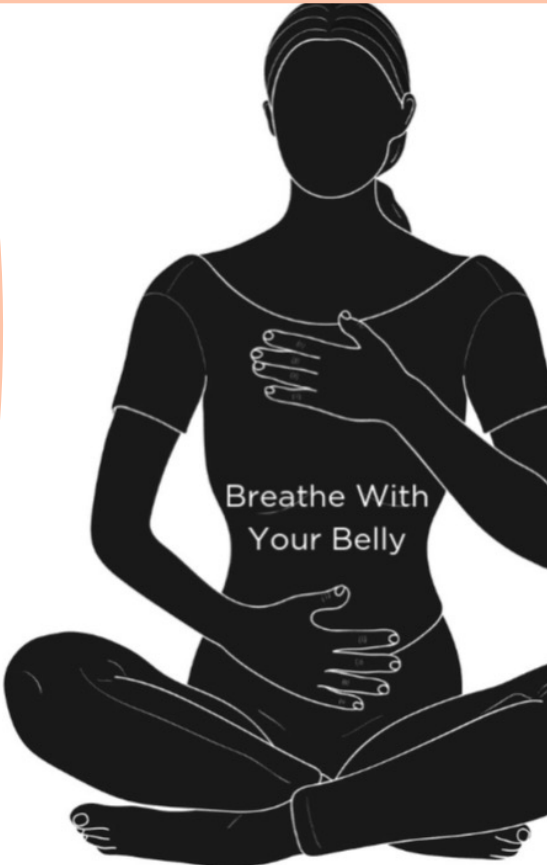
HAAAA Breathing Stimulates the Vagus Nerve And Increases Oxytocin

Hand on Belly - Breathe In and Feel Your Belly Rise. Release your breath with a pleasurable audible HAAAAAAA...for as long as you can sustain it. Repeat at least 3 times.

When exhaling with an audible "HA" allow a smile to help increase the feelings of pleasure.

Tone with a toning app or with any sound or tone that ignites the good feelings you get from oxytocin and endorphins.

If it feels pleasurable place your hand over your heart



Vagus Nerve: Information Superhighway

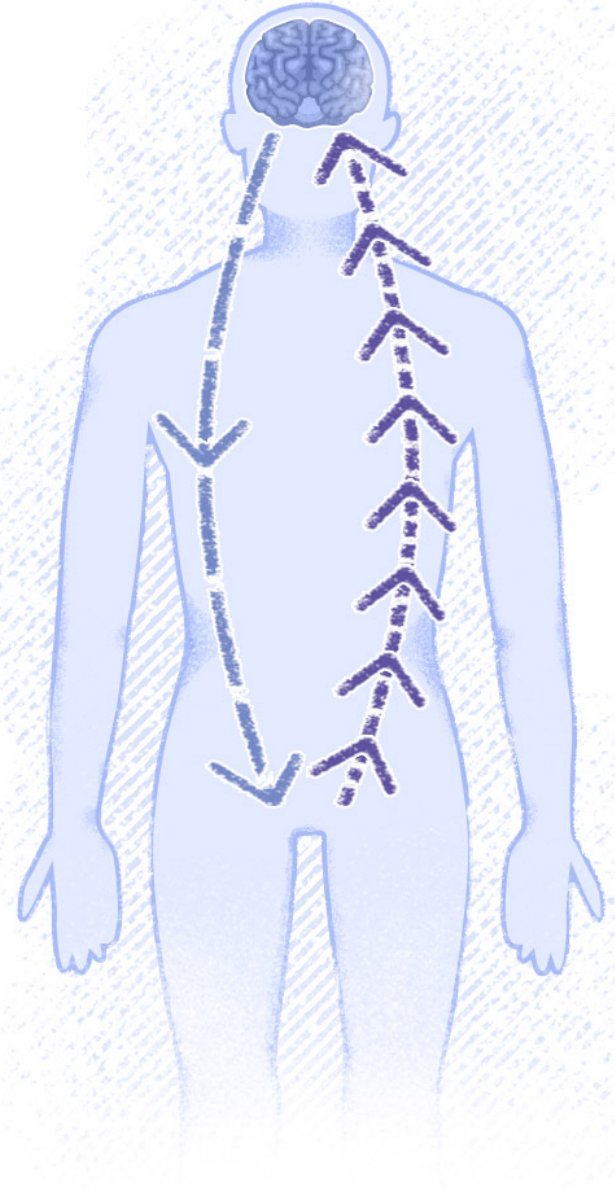
DID YOU KNOW?

80%

of the vagus nerve fibers communicate from the body to the brain

20%

communicate from the brain to the body





Blue is the Color for the Madonna who became mother through an Immaculate Conception – meaning no sex. She IS spiritual.

**The Madonna
Whore Split**

**Or the Split
between Sex
and Spirit**



Red is the Color of the Magdalene or Whore who has sex so she is NOT spiritual. However, it is interesting to note that Cardinals wear Red.

Creativity and Life Force

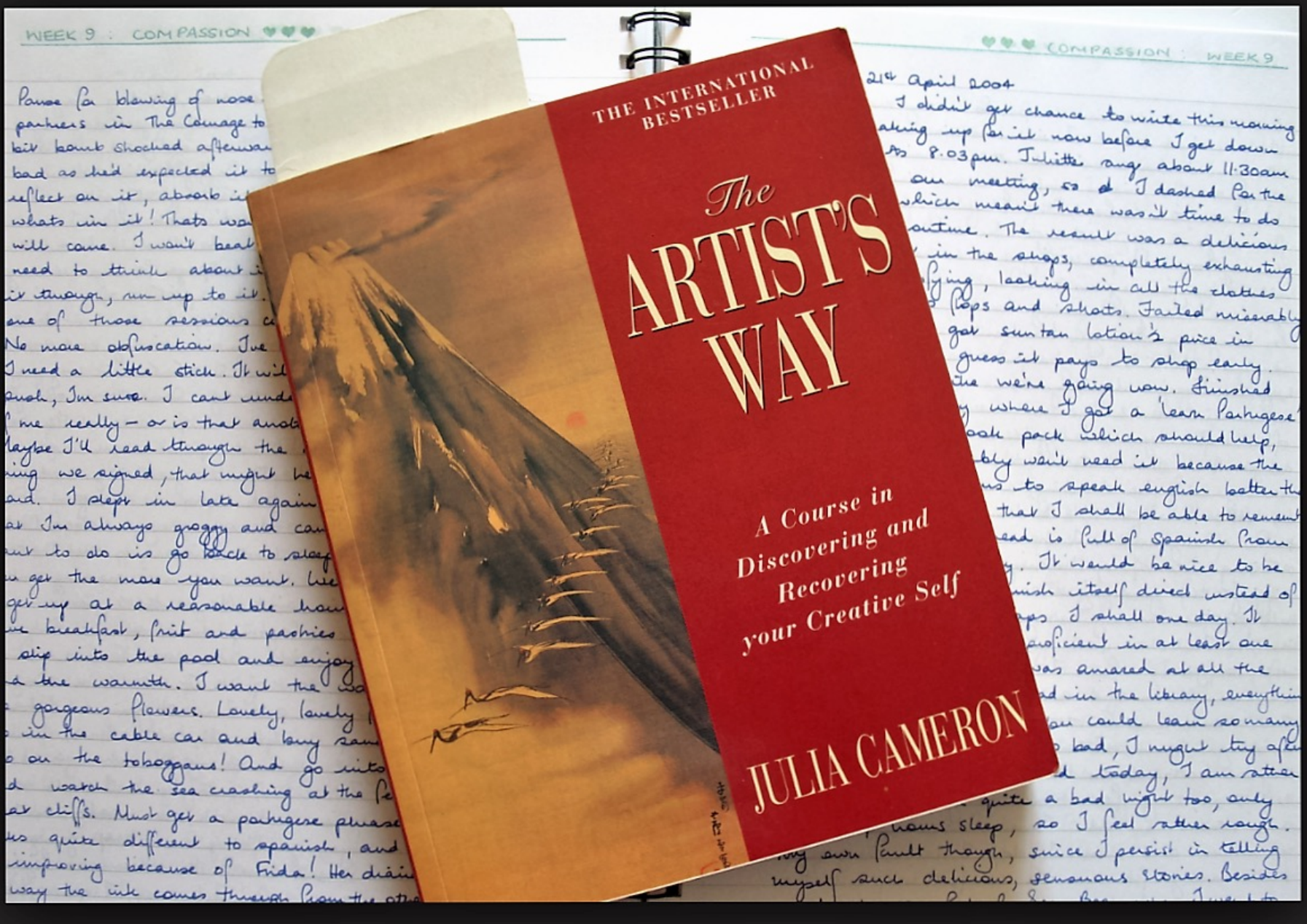
*Every perfect action is accompanied by pleasure.
If pleasure is involved, then you can tell
that you ought to do it. ~Andre Gide*

What do you desire to create?

What is your “why” for creating?

Is it purely from the mind or external motivators, or from an inspiring inner feeling or juicy desire?





“The creative process is a process of surrender, not control” *Julia Cameron*

ELIZABETH GILBERT

author of *EAT PRAY LOVE*

BIG MAGIC

CREATIVE LIVING
BEYOND FEAR

“If you’re alive, you’re a creative person”

Elizabeth Gilbert

Most things have been done, but they have not yet been done by *you*.

- Elizabeth Gilbert

Author “Big Magic”



Sex, Pleasure, Creativity and Life Force

The Womb of all Possibilities

The womb is a space of infinite intelligence and creativity and a space for the Creation of all possibilities.

What do we need to clear from the sacral chakra (womb for women) to become even more powerful creators?

The capacity of the “feminine womb of creation” (symbolically all humans have access) is to naturally release, clear, and cleanse each month cycling with the Moon.

What needs to be cleared and cleansed from our creative womb?



Valuing Our OWN Version of Beautiful

*I'm beautiful,
just the way I am.*

It's Our UNIQUENESS That Makes Us Attractive

Times and Perceptions are Changing around what is beautiful and attractive.

A recent study revealed that desirability of potential romantic partners were based on two qualities: "mate value," and "uniqueness."

Individuals who were perceived as "highly attractive" by consensus standards ranked higher in desirability initially, as people spent more time together the uniqueness factor won out.

Article link where these quotes came from is no longer available: <http://www.nerve.com/love-sex/how-unique-you-are-matters-more-than-how-hot-you-are-says-deeply-reassuring-study>



[Models who go outside the boundaries of what has been Acceptable Beauty](#)

Do you act or have you acted as if your Value and Worth is Based On:

How good you are or how much you DO for others?

The number of problems you can solve successfully?

Your credentials (college degrees, awards etc)?

How many friends you have or what you accomplish and achieve?

The opinion of others or any other external standard?

How much money you earn or have in the bank or what you have materially?

How many painful experiences you have had or how many wonderful and exciting experiences you have had?

My TRUE Value and Worth IS Based on my existence! AND how much joy I experience every day, how much love I feel and express, and how much light I naturally shine.



The Goddess Juno Moneta

Moneta is the root word for Money

She was the Roman fertility goddess and protectress of Rome, Marriage, Childbirth and Money

What are the origins of the word money?

If we search in this direction, we meet a goddess. She lives in the world of archetypes, the larger patterns that shape us and await our discovery....

The word “money” derives from the Roman goddess named (Juno) Moneta.

~Crawford, T. (1996). *The Secret Life of Money: How money can be food for the soul.* New York: Allworth Press.



Juno Is:

**Mistress of Destiny and Fortune
Sovereignty, Fertility, Money
And Measures Cycles of Time**

Sacred MONEY



THE POWER OF HEART-CENTERED FINANCE

GENEVIEVE CHAVEZ MITCHELL

What if it's all sacred? What if we come to see money as one more modality to engage in a sacred way with the world?

Each of us has a money story that influences our decisions about earning, spending, saving, and how we interact with the world. What is your internal dialogue about money?

Financial freedom is possible, if we remember that money is not our source, but rather God, Goddess, or the Universe—however you define the Greater Good—is our Source.

You and I are the imaginal cells of the new future we are creating with our money.

As we honor our relationship with money to include our sacred self, we also honor the Divinity in each other. We can transform the financial system with which we interact so that it too can become just, kind, and regenerative. By adding caring, compassion, and kinship to our money flow, we impact the world in beautiful ways.

Sacred Money: The Power of Heart-Centered Finance

by Genevieve Chavez Mitchell

[Find Sacred Money here](#)



Maria Nemeth, PhD, MCC
**Author, Speaker,
& Master Coach** for purpose-
driven people is the
Founder & Director of the
Academy for Coaching
Excellence

The Energy of Money



A Spiritual Guide to
Financial and
Personal Fulfillment

∞
Maria Nemeth, Ph.D.

How You Do Money is How You Do Life!

Maria Nemeth ~ The Energy of Money

See her Ted Talk - ***Would it be ok with you if life got easier?***

<https://youtu.be/dOFH4S-Fs3c>



**The Capitoline Hill with Juno Moneta's Temple
Mint, Money, Monetary all come from the word Moneta**



Two more Quotes from Maria Nemeth

*Every time you are willing to say “Yes” to everything on your path,
you express the hero inside of you.*

*Would you prefer to be known for your complaints or your
contributions? Your issues or your ideas? Your drama or your dreams?
Your reasons or your results?*

Healing the Money Shadow

Practice Seeing Where You Unconsciously Judge YOUR value, your worth, and the value and worth of others.

Is it Tied to the Old World Money Story of not enough, money doesn't grow on trees, hard work pays off, money is evil, or the love of money is evil etc...?

Begin Seeing and Challenging Subtle Inner Beliefs (Stories) of Power-Over.

See everyone who is in service to you (check out person at the store, health care providers, repair people, those providing assistance in any form) as Beings of Power, Purpose, Creative Genius and Abundance.

Begin to perceive Acts of Service as Acts of Power.

Bless the Money You Receive and Give and increase exchanges that directly connect you with others (farmers market, credit unions, barter, pay it forward etc.).

Invest in, purchase from, and Donate To Businesses and Endeavors that Heal Communities, Earth, Economy.



I saw that.
-Karma

*Money healed can begin to
heal all that it touches.*

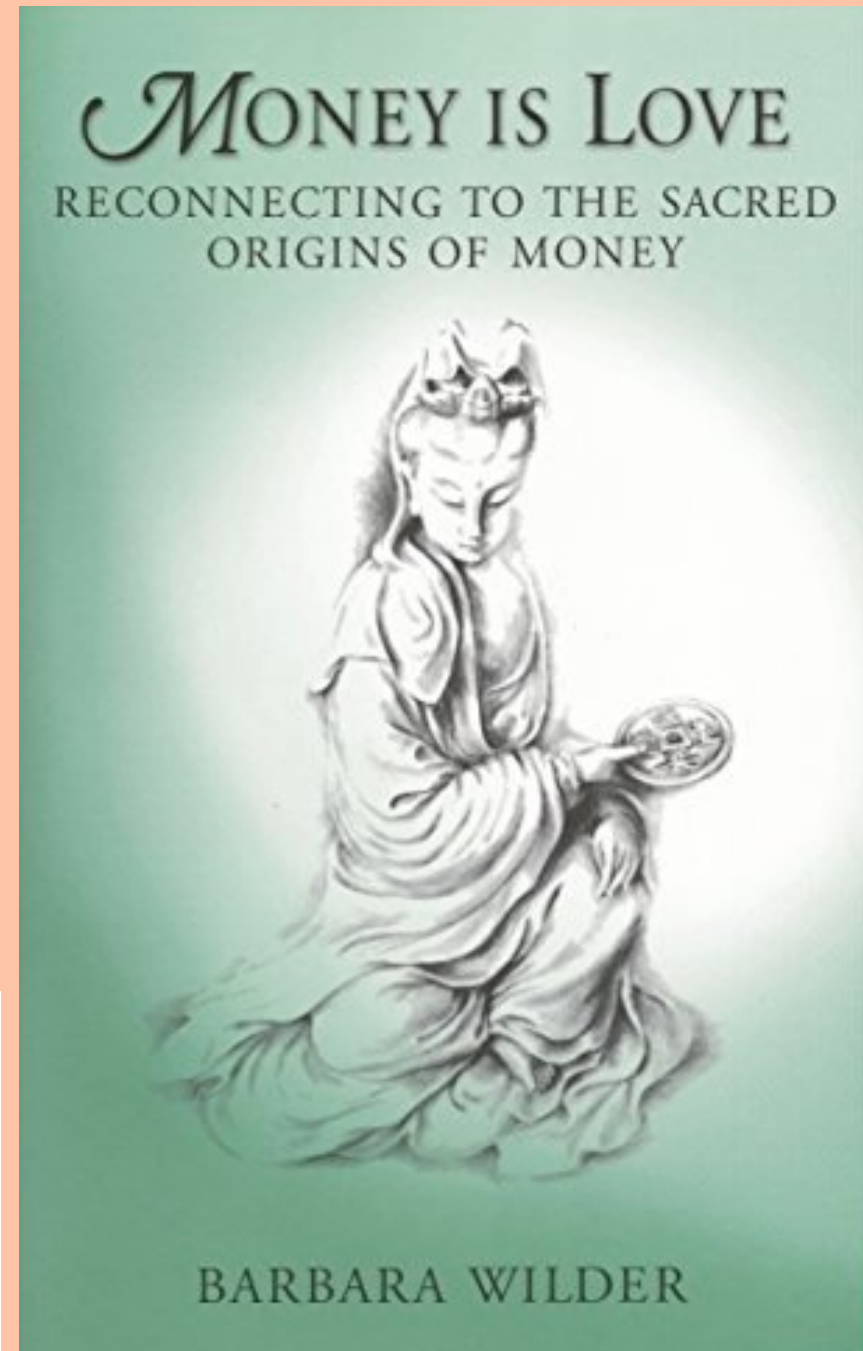
From *Money is Love*
By Barbara Wilder

Money as Sacred, Money is Love

Money is the visible sign of a universal force, and this force in its manifestation on Earth works on the vital and physical planes and is indispensable to the fullness of the outer life. In its origin and its true action it belongs to the Divine. ~ Sri Aurobindo

Money is Energy and Energy is Limitless. *By changing our feelings about money from fear, anger, greed and scarcity, to love, joy, abundance and goodwill, we can transform the way money moves through our lives and the lives of others all over the world.*

~Barbara Wilder [Money is Love](#)



Abundance or Scarcity Conscious?

Abundance Consciousness:

- Express Gratitude Everyday
- Complimentary
- Forgiving of Self and Others
- Has a Healthy Relationship with Failure as necessary element to experience success
- Willing to learn from failure
- Read Everyday
- Talk About Ideas
- Share Information
- Joyously Celebrates Accomplishment
- Embraces Change
- Delighted when others Succeed
- Crediting Others for their Work, Ideas, Successes
- Have a 'to BE' and 'to DO' list
- Have a Vision for your life



Scarcity Consciousness:

- Act as if they are Entitled
- Act as if they are Better than Others
- Act as if they Know It All
- Act as if they Can Do No Wrong
- Feel they are a Victim
- Critical of Self and Others
- Hold Grudges and Seek Revenge
- Take all the credit if they Succeed
- Blames Others When they Fail
- Secretly hope others will Fail
- Gossip about others
- Fear Change
- Hoard Information and Ideas
- No 'to Do' or 'to BE' list
- No Vision to accomplish
- Deceive Themselves and Others

What Is Abundance Consciousness?

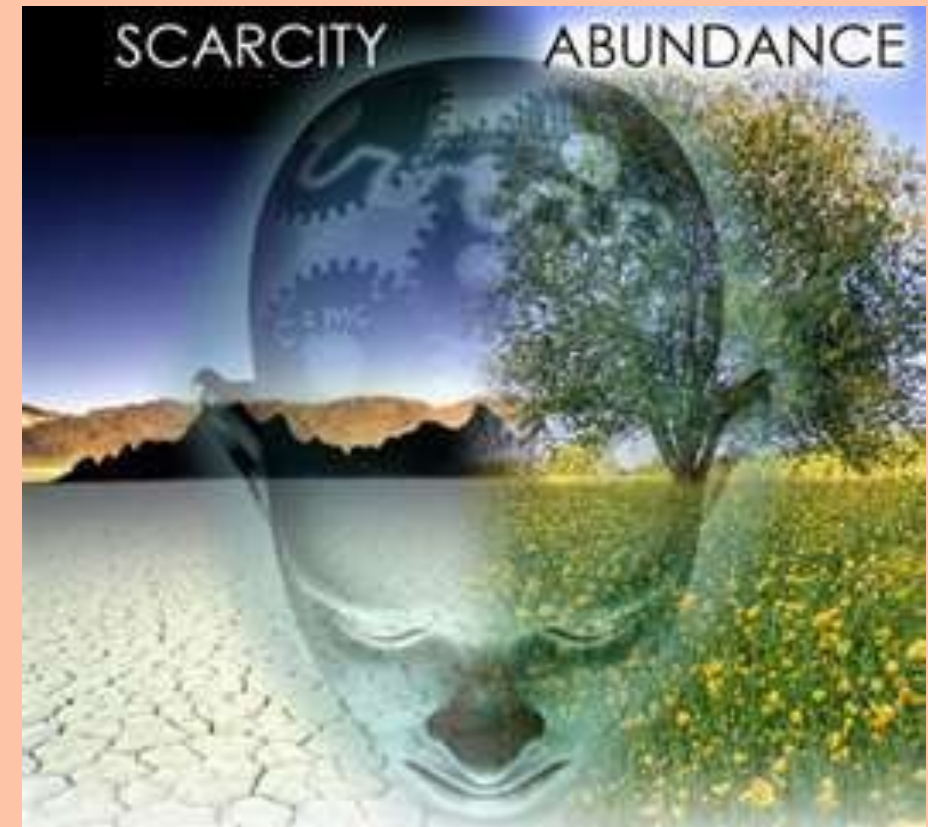
Abundance Consciousness forges a new energy economy based on renewable, unlimited resources to serve ALL Beings and the Earth

Abundance Consciousness says **there is PLENTY for all**

Abundance Consciousness asks: **How can I develop my gifts so I can share them and bless the world?** What form of generous giving will bring me the greatest joy and fulfillment?

Abundance Consciousness asks—how can my life, my actions, my thoughts contribute to the wellbeing of ALL life on this planet?

Abundance Consciousness looks at challenge and limitation and asks—how can this challenge or limitation be approached as a gift in disguise?



"The meaning of life is to find your gift. The purpose of life is to give it away!"

-Pablo Picasso



What is Scarcity Consciousness?

Scarcity is the feeling that there is something wrong with the world. It is an invisible prison forged within the mind and felt within our whole being.

Being in this prison means that we can never really be who we are or live our life to its fullest capability. In the scarcity state no amount of money, houses, holidays, or sexual encounters will give a sense of deep fulfilment or lasting happiness.

Scarcity is a world of hungry ghosts, starving children and criminal greed. Scarcity finds solace between every couple that argue over money and will inhabit every workplace with a 'nose to the grindstone' mentality. Scarcity is found between a rock and a hard place; it is a place of great emptiness, although not in the Zen sense.

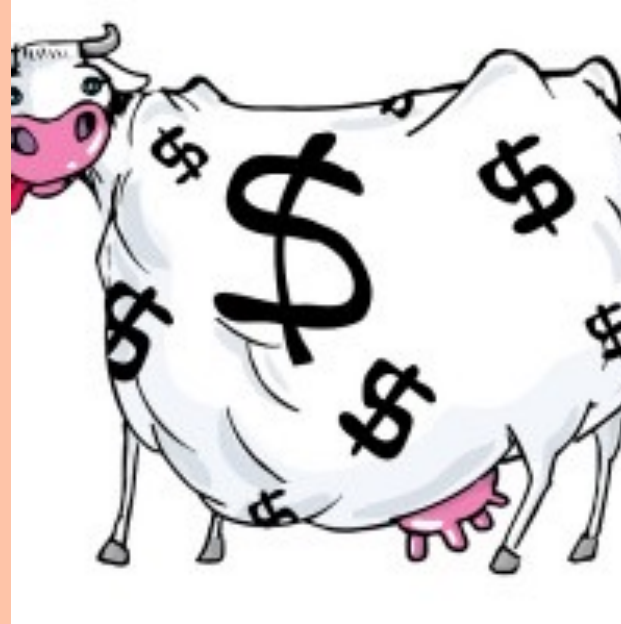
This kind of emptiness is the feeling of never being fulfilled, satisfied or complete. Scarcity is like a bath with the plug always out, no matter how much water is poured in the bath can never be full. The water just simply runs away.

~Steve Nobel, "What is Scarcity Consciousness?"



Sacral Chakra Blocks/Shadow Around Money

- I must have money to buy love or manipulate and control others
- **How do I transform the belief that I must have money to have value?**
- I don't believe I am valuable enough to attract money
- If I make a lot of money I won't know if people really love ME or it's because of the money (cash cow)
- **What would it take to release any limiting beliefs around my value and ability to attract money and any fears about money being why people like me or not?**



IT IS NOT POSSIBLE FOR YOU TO

**BUY
LOVE
HERE**

BUT YOU CAN BARTER FOR THE
BEST MATERIAL SUBSTITUTE

THIS SYMBIOTIC EXCHANGE MAY PROVIDE
THE RECIPIENT WITH A POSSESSION OF YOURS
THAT WILL BE THE ELUSIVE MISSING PIECE
IN THE HAPPINESS PUZZLE OF THEIR LIFE

**All Financial and
Money Resources
Uplift Each of US
when used with
awareness and
loving intention**



**I gratefully invite
and embrace
the power of my own
inner divine authority
to assist me in
cleansing, purifying
and healing all money
and financial wounds
NOW and
Forever More!
I am increasingly
valuing myself and the
gifts I bring to this life.**

Deepening Practices Home Play



Bring Awareness to Scarcity Consciousness

Identify your Scarcity Hot Spots in your Venus Journal. Write about all the places in your life where you feel you do not have ENOUGH—time, energy, money, love, etc.

Ask yourself what it would take to let go of these thoughts and feelings?

Activating Greater Creativity

Brainstorm 1-3 Creative Projects you've Been Saying You'll do and haven't OR consider a fun new creative project. What project most lights you up and inspires you. Find time to begin your project, and maybe even complete it.

Ask if you REALLY want to do the other projects and if not, LET them GO. For those you still desire to engage, prioritize and set a realistic timeline to complete them.





Ways to Change your Relationship With Money

Increase Awareness around how you do Money Including: Patterns and Habits you have around your money beliefs. Then Make New More Supportive Choices.

Give Yourself Permission to Have More Money. Remember desiring to be financially successful doesn't diminish anyone.

Playing small doesn't help you and it will never help anyone else because it limits how much you can be supportive to others.





Track your Income and Outgo

Ideally track money flowing to you and track the money that is flowing from you on a daily. Bless this flow (either direction) and know that this practice helps to focus your attention on your relationship with Money.

If you have debt create a Plan to Pay it Off Quickly!
This is freeing and helps you create confidence and security.

Have a Savings Plan!

Ideally a minimum of 10% of what you earn goes into savings each month - so you have money set aside for emergencies - providing a sense of security.

If you have debt then once you have an emergency fund, focus on paying the debt as quickly as possible.

Remember to celebrate the Money flowing to you and the money flowing from you



Deepening Practice Focusing on Your True Beauty Within

Write a Love Letter to Your Body

Write a praise poem or love letter to your body, describing in detail all the things you love about your body. Include gratitude for how your Body Temple supports your experience of this life.

Consider including a loving apology for all the ways you have punished your body, judged your body as unworthy, or less than.

Stand naked in front of a full-length mirror and read the letter aloud to yourself.

Gaze deeply into your Eyes and express genuine love for who you are as a sacred expression of the divine essence of life.

Questions for the Sacral Chakra

What would it take for me to value myself as the Joyous, Loving, Exquisitely FUN Gift I AM to this life?

What would it take for me to claim a creatively playful, pleasurable and healthy relationship to money and financial abundance?

What would it take for me to fully claim and enjoy all the playful, sensual pleasure and intimacy that is mine to experience?

What would it take for me to totally love and cherish me exactly as I am?



Additional Resources

[Video on Osma Sousa's](#) Impact on Venezuelan Women's Perception of Beauty.

[Story of Stuff](#) a 20 minute video that gets to the heart of the Stuff Addiction. Also on the Sacral Chakra Web Page.

[Womb Wisdom: Awakening the Creative and Forgotten Powers of the Feminine](#) by Padma and Anaiya Aon Prakasha (This link is to give you an idea of what is out there on this subject. We haven't read this book but it comes highly recommended on Amazon.)

[Unplugging the Patriarchy - A Mystical Journey into the Heart of a New Age](#) by Lucia René Describes what has been behind the creation of our money system and what three women did intentionally through ceremony to change it further activating the Solar Feminine.

