



**Underworld Venus Journey
Dying to be Reborn
with Cayelin K Castell and Sheridan Semple**

At The Heart of Great Mystery

When Venus Disappears from the Morning Sky she is traveling with the Sun or *in the Underworld*.

This is when Venus is with the *Heart of the Sun* “burning away” all that is ready to be released and transformed.

This is where the deepest cleansing and purification is possible.

For example: Vultures are the golden purifiers

They eat death and turn it into life - they are a powerful symbol of Alchemy.

©Venus Alchemy



Inanna's Descent a Death/Rebirth Journey

Venus in the underworld as told in the mythic tales of Inanna is a powerful death and rebirth initiation.

In this phase of the journey Inanna has reached the land of the dead.

Inanna courageously chooses to enter the underworld domain knowing she will die to who she knows herself to be.

This describes our ongoing rhythm of life - death - life.

©Venus Alchemy



When Inanna fails to return from the underworld – Ninshubar asks for help.

Finally the god Enki - who has the power to create - fashions the Kurgarra and Galatur from the dirt under his fingernails (from the Earth).

They are instinctual, empathic creatures (no ego at all) and are asked to mirror the Dark Goddess's pain and other feelings back to her.

They find Ereshkigal moaning and lamenting, grieving and anguished.

These are necessary steps to rebirthing and freeing herself from the powerful deep wounds accumulated in many life experiences of rejection, betrayal, abandonment etc.

Ereshkigal is moaning about her “insides” and her “outsides” realizing that though she willed Inanna to die – Ereshkigal is Inanna as much as Inanna is Ereshkigal.

©Venus Alchemy



The Kurgarra and Galatur moan with Ereshkigal, reflecting her pain back to her, showing concern for her and affirming her in her suffering.

Enki is wise to know that authentic crankiness and complaining is just one of the voices, one of the avenues of expression that are necessary, and valid for the dark goddess to find healing and wholeness.

This is opposite of the cultural judgment that says complaining, crying, feeling what we feel is weak and ineffective.

Ereshkigal is simply naming and feeling her pain so she can accept it without judging it.

From this perspective **embracing suffering is a sacred act that leads to transformation.**



Ereshkigal is so touched by having her pain witnessed with compassion, she offers gifts of fertility and growth to the Kurgarra and Galatur. They refuse.

Finally, she asks what gift would they like?

They ask for Inanna – in essence asking Ereshkigal to release her personal anguish, fury, and wrath that is embodied in her feelings toward her Inanna.

Ereshkigal releases Inanna and thus her pain.

She realizes Inanna is a part of her - just as she is a part of Inanna.



Sprinkling the water and food of life on Inanna's corpse, the Kurgarra and Galatur helps Inanna return to life as Inanna.

She is now fully initiated into the death and rebirth mysteries.

She has transformed into her true self.



The Underworld

The Underworld is often misunderstood.

There is a belief Dark is bad, Light is good.

This phase of the cycle is about remembering wholeness.

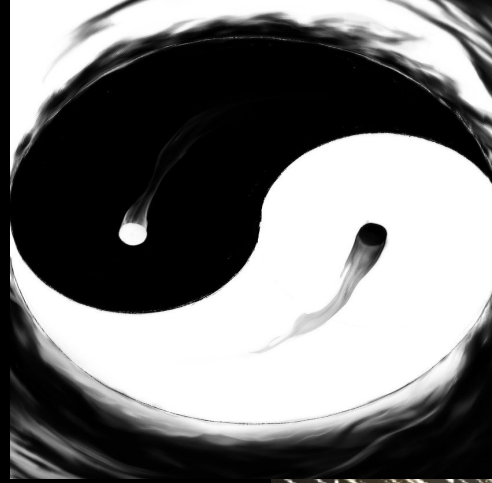
Celebrating both the Light and Dark, Yin and Yang.
Each turning into the other - creating the One.

From the old patriarchal perspective, the dark is bad
so **Feminine Yin** is “bad” and the light is good
so **Masculine Yang** is “good”

However, the Underworld is where healing, restoration,
rejuvenation, transformation, being reborn, being
recreated, occurs.

It is about mending, repairing, releasing and renewal.

Dying and being Reborn is necessary for us to experience
growth, evolution, and empowerment.



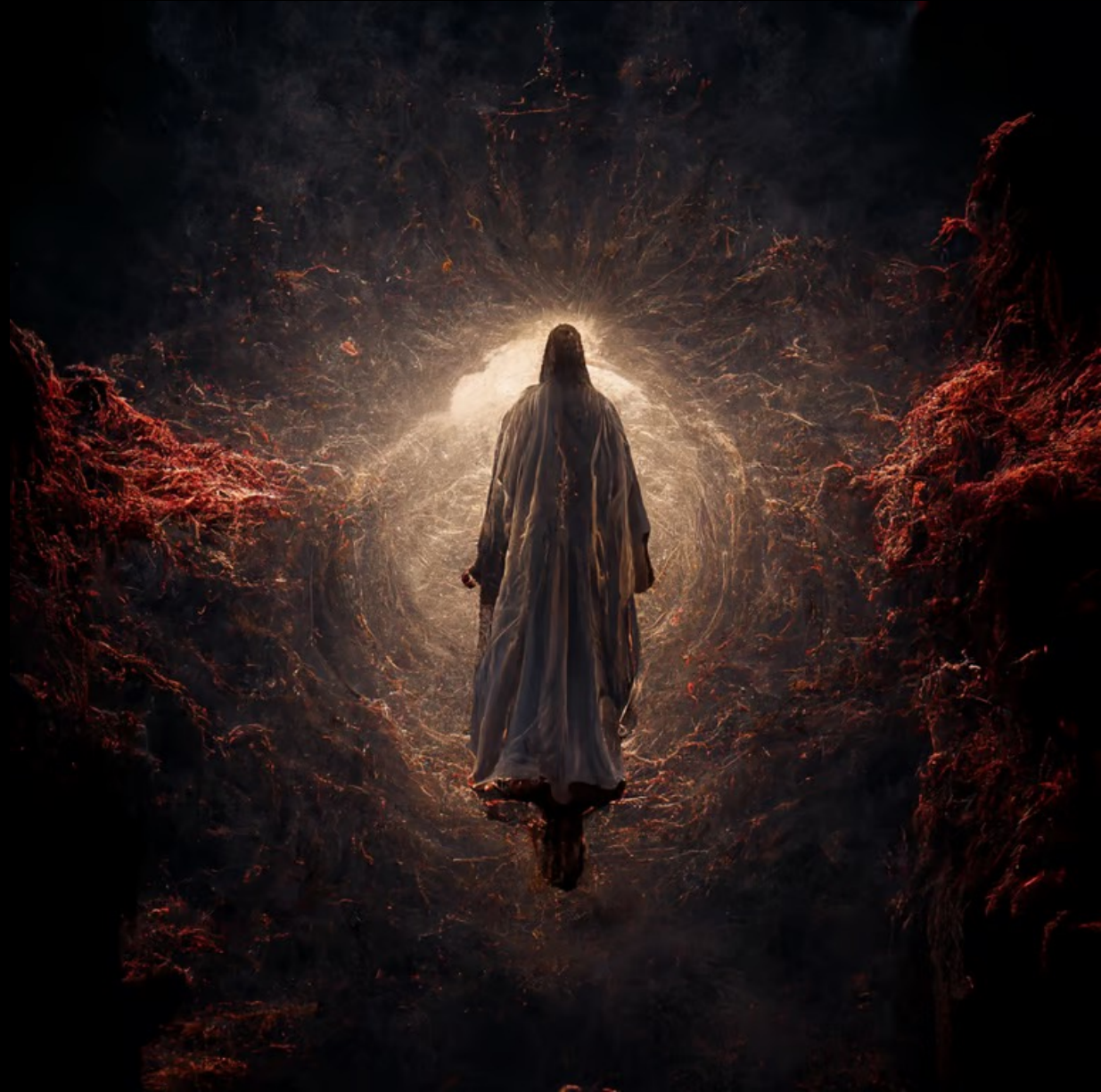
The Courage to Die to What No Longer Serves

It takes courage to willingly go into the Underworld, consciously choosing to face our shadow.

The gift. This is where we discover our inner strength and superpowers.

When we again orient ourselves towards the Feminine, the dark, we find wholeness because we stop running from important parts of ourselves, especially the discomfort.

We find peace in the entirety of our beings and deep Self-Love is born within.



Meeting The Dark Goddesses

Dark goddesses include:

Ereshkigal, Persephone, Kali, Lilith, Durga, Hecate, Cerridwen, Pele, Morgana, Medusa, Arianhrod, Inanna, Tiamat, Sekhmet, Nekhbet and many more...

The imagery connected to the Dark Goddesses is terrifying. Designed to shake us to our core.

Fierce, disturbing, awe-inspiring.

The Dark Goddesses know the importance of shining the light of awareness on the shadow so the alchemy of transformational magic and empowerment can occur.

©Venus Alchemy



Medusa by Michelangelo (1573-1610)

The Life/Death/Life is a cycle of animation, development, decline, and death, always followed by reanimation.

This cycle affects all physical life and all facets of psychological life. Everything: the Sun, novas, the Moon, as well as the affairs of humans and those of the tiniest creatures, like cells and atoms – has this fluttering, then faltering, then fluttering again...

The instinctual nature has the miraculous ability to live through all positive boon, all negative consequence, and still maintain relationship, to self, to another.

~Clarissa Pinkola Estes

TWO YEARS ON
THE NEW YORK TIMES BESTSELLER LIST
THE MILLION-COPY BESTSELLER

Women Who Run With the Wolves

Myths and Stories
of the Wild Woman
Archetype



Clarissa Pinkola Estés, Ph.D.

"A deeply spiritual book...She honors what is tough, smart, and untamed in women. She venerates the female soul."
—*The Washington Post Book World*



The Dark Goddess Lady Death/Skeleton Woman

The Dark Goddess is our inner authority that knows how to dance in the realms of “Life/Death/Life” or the cycles of endings and beginnings.

She knows - for a new ecstatic life to begin - the old life must die.

Embracing the mysteries of death, including our shadow, is key to our liberation.

We are taught to fear death and change, to see it as a failure or a punishment - rather than the gift it truly is.



The Dark Goddess (Lady Death) teaches authentic aliveness that comes from knowing the experience of death is a necessary step to greater life.

The Dreamer and Her Path of Power

Chapter 5

In the ancient world Dreaming was sacred, providing an opportunity to touch the spirit world and obtain advice, direction, healing....

Part of any shamanic awakening must include an opening of the dream channels and the up-rushing of amazing and illuminating material from the unconscious.

Deepening Awareness of your dreams assists the healing process, bringing you into direct contact with the inner planes.

Something usually stimulates such an awakening – a cleansing of some kind, a period of retreat, a healing process.

Whatever is blocking the dream process, or the process of remembering, must be removed so the dreaming can guide us.

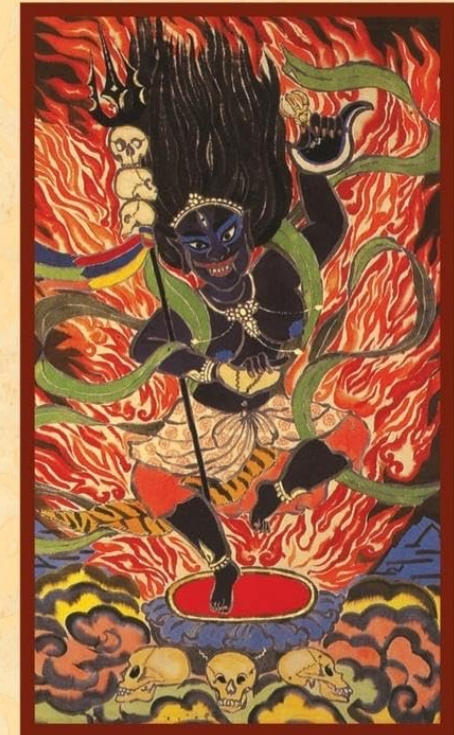
"A FASCINATING, EMPOWERING BOOK."—RIANE EISLER
AUTHOR OF THE CHALICE AND THE BLADE

SHAKTI WOMAN

FEELING OUR FIRE,
HEALING OUR WORLD



THE NEW FEMALE SHAMANISM



VICKI NOBLE

AUTHOR OF **MOTHERPEACE**

Practice Conscious Dreaming

Create a clear request for guidance before going to sleep.
It may help to write down your request.
A clear and strong intention helps you remember your dream.

An Intention Example: *“Thank you Dark Goddess for providing me with a dream experience designed to help me release attachment to others' opinions.”*

Ideally, have a dream journal or your Venus Journal within reach.
You may only remember a fragment or a phrase or feeling.
Even that can be powerful.

Give the dream a title. Consider how you felt when you woke up.
See how it relates to the rest of your life.

Take action to deepen the dream, either draw, paint, write a poem or story,
or re-enter the dream to get more information. Create a Mantra to capture the
positive energy or message of the dream.



Example of a dream with title and insights
<https://cayelincastell.com/i-am-the-serpent-bearer/>

Practices to Support the Underworld Journey

Breathwork (including Tantric, Shamanic, Pranic)

Physical movement such as ecstatic, African or other dance, hiking, running, sacred sexual intercourse, biking, horseback riding

Wearing Black

©Venus Alchemy

Working with Underworld Gems and Crystals

Obsidian, Onyx, Black Tourmaline, Hematite
Smoky Quartz

These black crystal stones are known for providing protection, grounding, detoxing and transforming negative energy.

Helps deepen and energize your connection to the Earth.



Herbs to cleanse and support the liver (anger and toxic emotions), kidney (fear) lungs (grief and sorrow).

Herbs for liver: milk thistle, turmeric.

Kidneys: uva ursi, marshmallow root, dandelion.

Lungs: osha, eucalyptus, yerba mansa

Essential Oils for the Underworld Journey:

Black Cumin (aka Black Seed Oil) Vetiver, Spikenard, all root essences such as Angelica root, Valerian, Ginger, Turmeric, as well as Black Pine, Black Spruce with their deep root systems



Underworld Venus is with the Sun

Sunlight Increases Nitric Oxide

Dermatologist Richard Weller talks about the importance of sunlight in a Ted Talk as way to get Nitric Oxide.

New research by his team shows that nitric oxide, a chemical transmitter stored in huge reserves in the skin, are released by UV light, to great benefit for blood pressure and the cardiovascular system.

https://www.ted.com/talks/richard_weller_could_the_sun_be_good_for_your_heart



- **Nitric Oxide**
- Helps memory and behavior
- Assists the immune system
- Defends against tumors
- Regulates blood pressure
- Reduces inflammation
- Improves sleep quality
- Increases endurance and strength
- Assists in gastric motility

There have been over 60,000 studies done on nitric oxide in the last 20+ years

In 1998, The Nobel Prize for Medicine was given to three scientists that discovered the signaling role of nitric oxide.

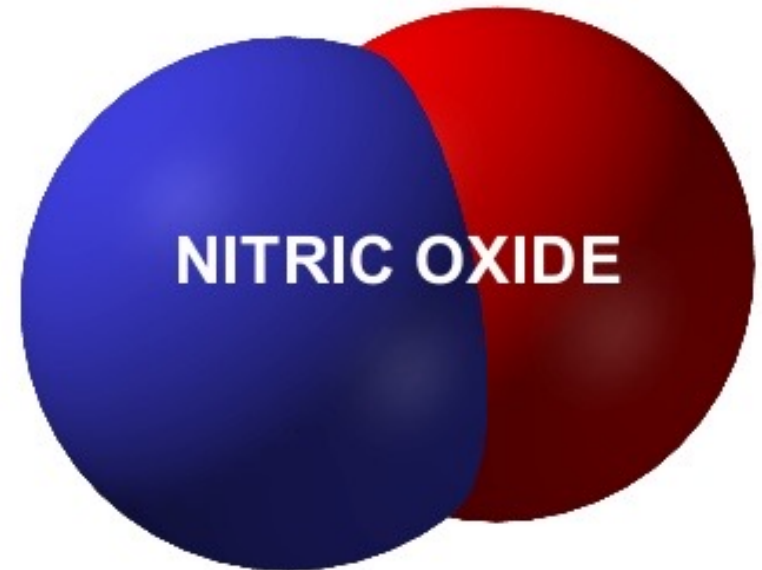
Along with sunlight Nitric Oxide is found in Plant Foods, Leafy Greens, and Beets etc...

Exercise also releases Nitric Oxide into the body

WHAT IS NITRIC OXIDE?

Nitric oxide (NO) is a **gaseous molecule** that relaxes the smooth muscle cells of blood vessels, causing them to widen and allow more blood to flow to muscles. And that also means the delivery of more nutrients like amino acids and glucose, which enhance **energy production** during workouts and blunt fatigue.

The Messenger Molecule



N-O, produced in the endothelium, sends a signal to the smooth muscle of the blood vessels, telling them to relax and expand (vasodilator)

Sun Gazing Practice

Gazing at the Sun only in the morning or evening hours, about one hour or less after sunrise and before Sunset.

Look at the rising or setting Sun once a day.

On the first day, look at the Sun in a relaxed manner for about 10 seconds.

On the second day look at it for 20 seconds, adding about 10 seconds every succeeding day. It is okay to blink.

The main benefits from Sun gazing come from doing the practice daily until you reach about 15 minutes.

Don't start out doing 15 minutes right away.
The safest way is to build up to it.

Sungazing has numerous benefits, including but not limited to the activation and charging of the hypothalamus as sunlight enters the eye, supporting all bodily functions, immune system and reducing mental tension and worries.



Work with the Sun

Sun Salutations

Sun Gazing

Light Therapy

Bring in the Light in Meditations

Heal Yourself with Sunlight by Andreas Moritz

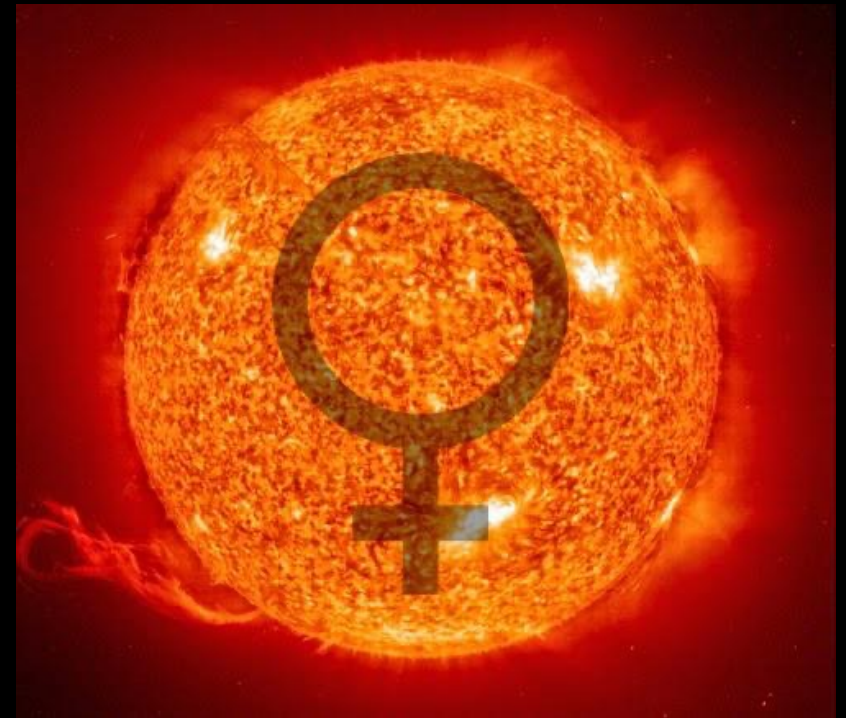
Underworld Altar. Create or update an existing altar to include images that inspire and remind you of your allies such as ancestors, power animals, images of the Dark Goddess.

Create vials containing the “food and water of life. Include a “cauldron” where you can symbolically place feelings, patterns, etc. for release throughout the initiation

Practice Dream Incubation Especially on Key Dates

Underworld Venus/Dream Journal: Restore or Deepen your practice of the Venus Journal integrating images and dreams

Greet Venus and the Sun at Sunrise and or Sunset with Sun Gazing or Sun Salutations or other practices



Underworld Feeling Practice

Keep It Simple

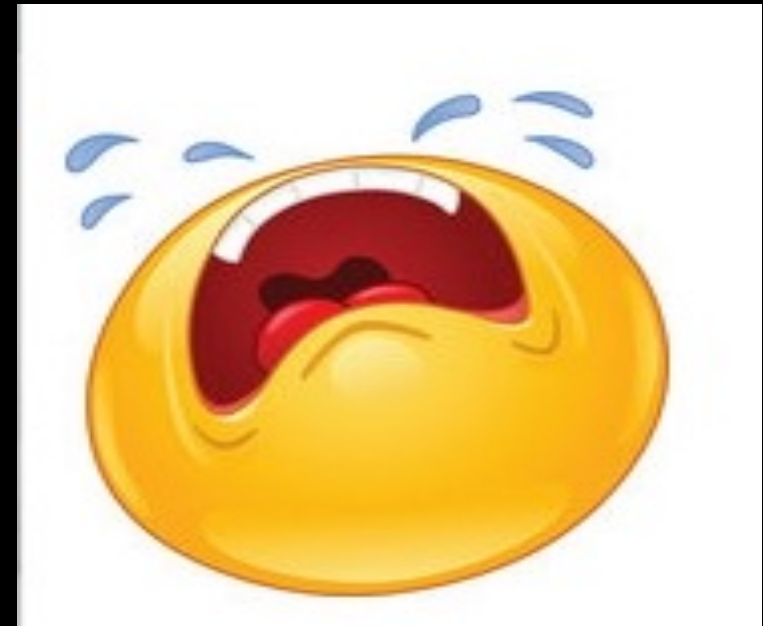
Feel Feelings as you wake up.

Are you Anxious, Panicked, Scared, Mad, Angry, Overwhelmed?
If you are feeling happy or joyful go with that.

Is someone or something irritating you?
(i.e. politics, work, family)

If you are not sure what feelings to be with ask your body
what feelings are wanting to be felt or are ready
to arise from deep within?

Maybe you notice you are remembering a
recent painful incident or one from long ago?



What UGLY Feelings do you Shut Down?

If I feel/show **ANGER** or **RAGE**

I will be abandoned/not loved/harmed

If I feel/show **FEAR** I will lose face

If I feel/show **SADNESS** I will lose control

If I **EVER** feel/show **NEGATIVITY** I'll never reach my dreams

If I feel/show **IRRITATION** no one will like me

If I feel/show **HURT** I will look weak

What Feelings Have Been Off Limits For You?

What Would It Take to Feel these Feelings as a way to assist your healing process?

My Victorian Super Ego and My Ugly Feelings

[by Queendom.com](http://Queendom.com)



Why Shake?

- Free up energy or life force
- Clear Fear and Trauma
- Build Lasting Strength
- Access Freer Mind
- Reclaim our Wild, Ecstatic Nature
- Develop Body and Energy Literacy
- Learn to Let Go
- Learn to Receive
- Learn to Follow
- Connect with all of Life!

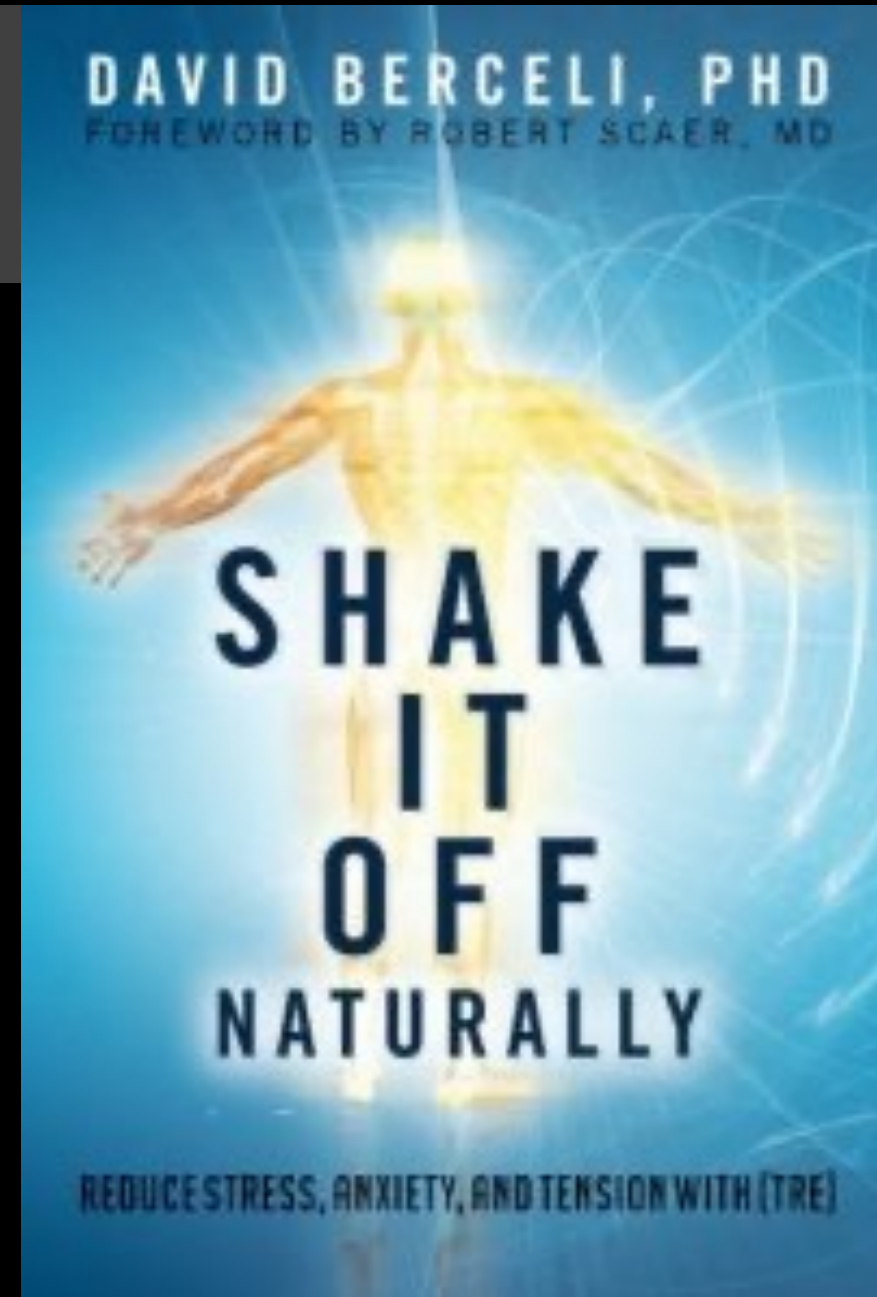
©Venus Alchemy

“Structures of the mind release, the reservoir of habits dissolves. In an instant, lifetimes of patterns Vanish.” ~ Vijnana Bhairava Tantra **The Practice of Shaking**

<http://tinyurl.com/jda2h1r>

The Ecstasy of Shaking article by Tesa

Ratu Bagus Balinese Instructor: Shaking to Ecstasy Video: <http://tinyurl.com/z7fx62t>



A Morning Underworld Feeling Practice

If you have time rock or shake your body while still lying in bed, moan, cry, scream, sigh with intent to feel what you feel for as long as needed or as long as you have time to do so

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

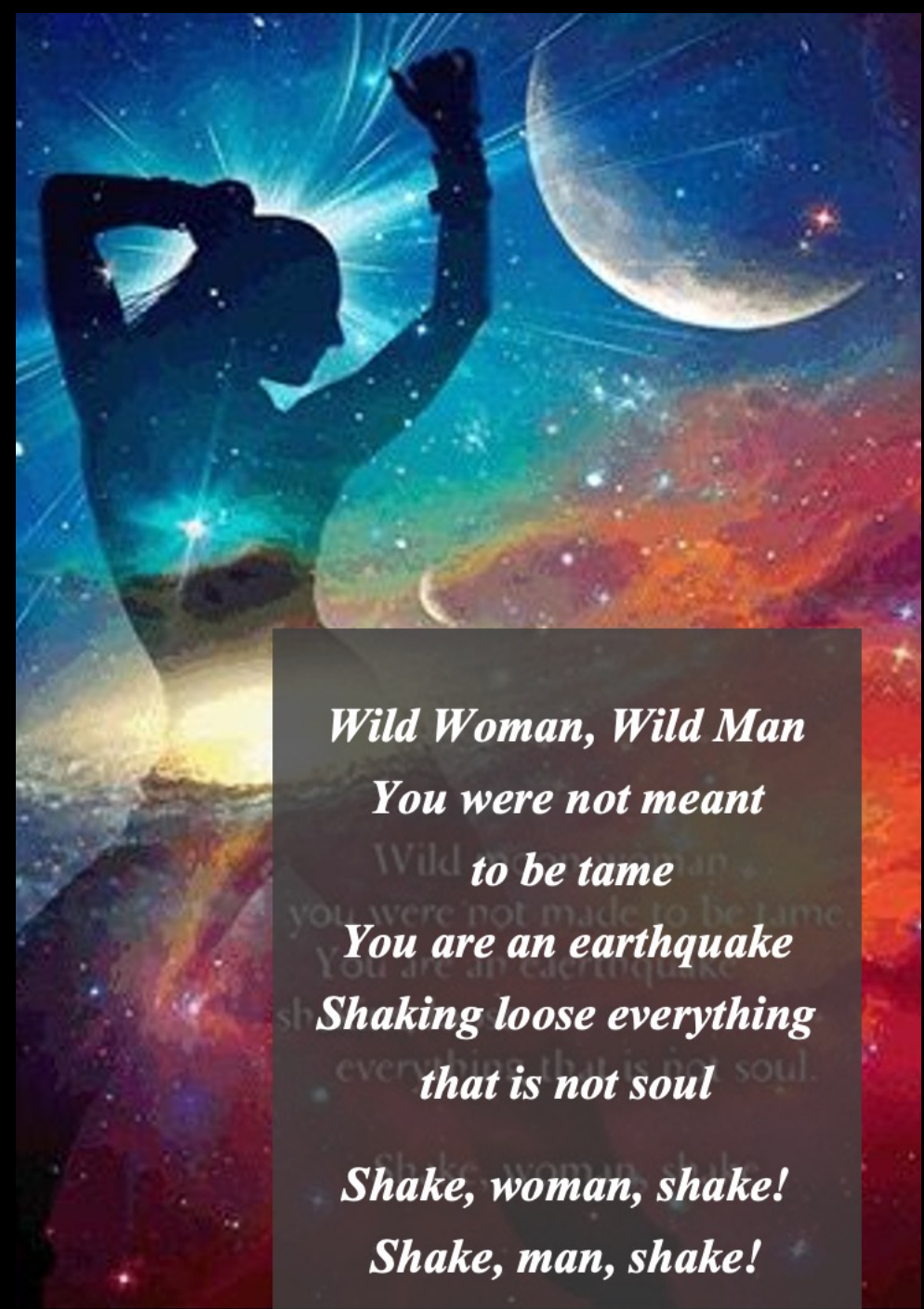
There are many layers to grief and pain so revisit or check-in each morning allowing whatever feelings are there to emerge.

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

What your body wants may change from day to day.

[Article on the Healing Power of Shaking](#)

©Venus Alchemy



Wild Woman, Wild Man

You were not meant

to be tame

You are an earthquake

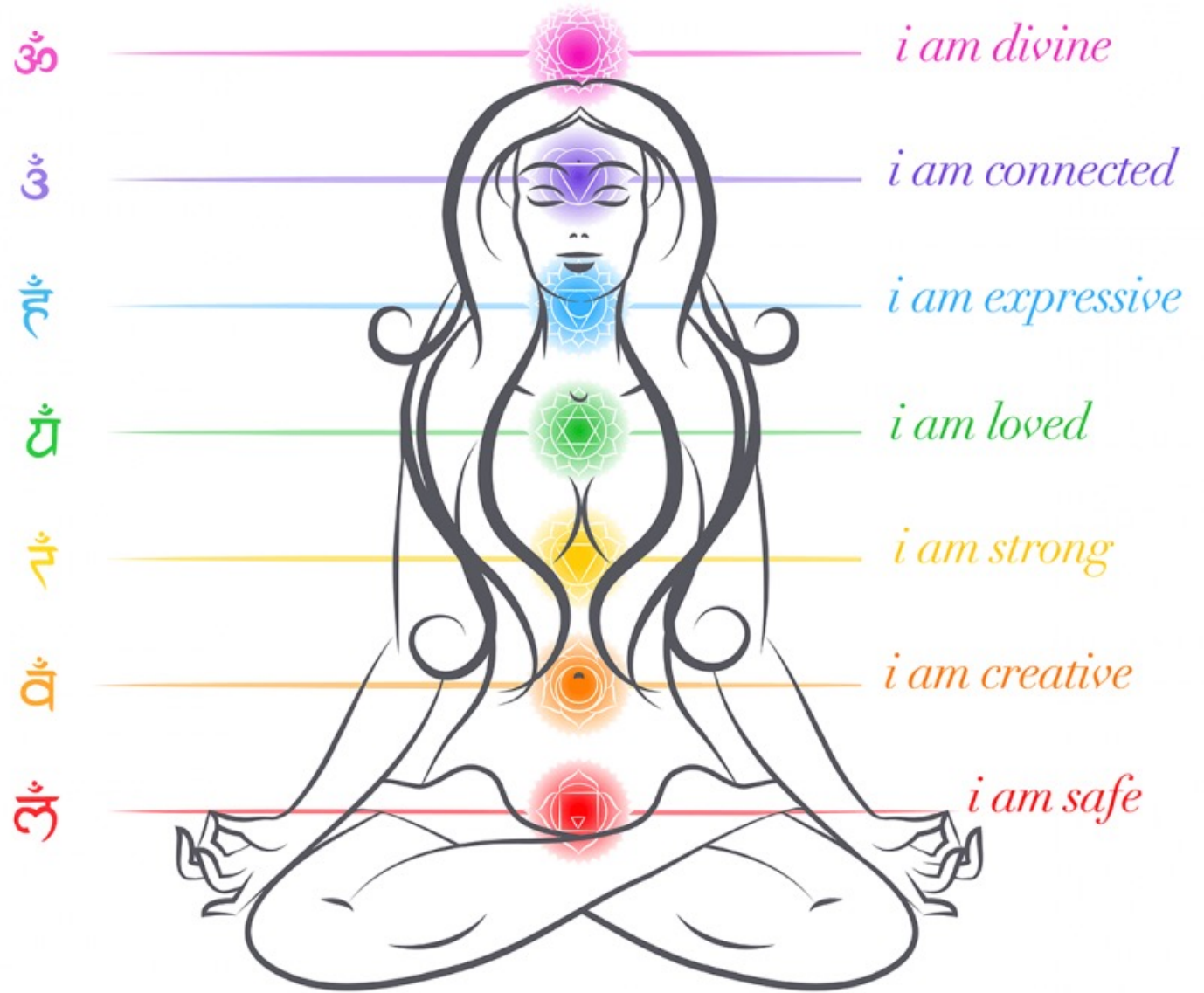
Shaking loose everything

that is not soul

Shake, woman, shake!

Shake, man, shake!

***Being spiritual
doesn't mean you
are always positive.
It means that you
have awareness to
tell people to get the
fuck out of your face
while you balance
these energies***



Article Titled:

Fuck you Spiritual People for using Gratitude to Bypass your Anger

©Venus Alchemy

Game to Play Described in the Article:

Say, “Fuck... then whatever you’re mad at.”

“Fuck Best Buy and their store hours, making me come back today after wasting an hour there trying to buy a fucking iPhone...”

“Fuck this tank top manufacturer...”

“Fuck working so hard all the time, can’t I just win at life now and call it quits?”

“Fuck doing anything that doesn’t feel good.”

Sometimes we laughed after finishing a sentence. Sometimes I felt a release in my body after saying something that I had been bottling up. And sometimes the sentence that came out of my mouth was so ridiculous, I thought, “Really?! A piece of me actually thinks that?”

At one point, his girlfriend, Liz expressed anger towards someone special in her life, then she said, but “I’m grateful for...”

I cut her off and said, “Wrong game.”

Then I said, “Fuck you spiritual people for using gratitude as a bypass to your anger.”



This was a 2014 article/blog that is no longer available on the internet

Fuck the people who are raping the planet in their rush for lining their pockets with more and more and more.

Fuck all my teachers (Martha Beck, David Deida, Laura Hames Franklin, etc) for pulling me onto this spiritual path. Because now there is no turning back to my old life, even if it sucked and I was in pain all the time. Arrrrgh. Motherfucker!

Fuck men for not stepping up. I want to shake most of you. Do you know how magnificent your lives could be with the smallest tweaks? It breaks my fucking heart.

Fuck Monsanto. Fuck Koch Industries. Fuck Philip Morris. Fuck any company that puts profits over people and over the environment. You stupid retarded motherfuckers. Don't you see you're just causing more suffering in the world?

Fuck everything about food in this country. Everything is a chemical shitstorm.

Fuck this laptop. I want to be fucking and dancing and climbing on trees and walking by the beach. Not looking at this hunk of glass, metal, and plastic.



Fuck me for playing small still. There are so many areas that I can be playing 100x bigger still. But I'm afraid no one will love me anymore.

Questions for the Underworld Time

- **What are my deepest fears and what will it take for me to face and embrace them?**
- **What blocks remain from my descent that I am now ready to release to the Dark Goddess?**
- **What would it take for me to trust the Underworld Initiation is taking me where I need to go and empowering me in the process?**
- **What would it take for me to truly trust this initiation is taking me where my soul most wants to go?**
- **How has the underworld phase influenced my life and brought me to where I am today?**



It's NOT Too Late! It's Time to Review Classes & Meditations in Underworld

- Revisit the Guided Meditations
- Revisit Class Recordings/PDF's
- Explore Missed Deepening Practices
- Plan regular check-in dates with your Venus Buddy
- Engage in the Facebook group and share insights, experiences, and/or ask for Support!



Deepening Practices Summary

Underworld Altar. Create or update existing altar to include images honoring the Dark Goddesses.

Fill vials with “food and water of life” and place them on your altar.

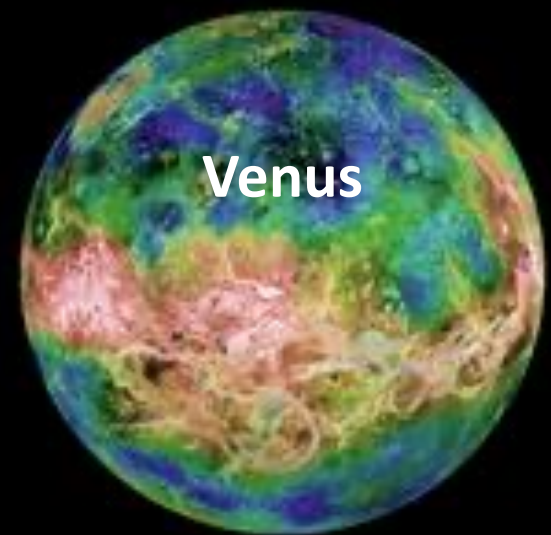
Have a “cauldron” where you symbolically place feelings, patterns, etc. for release throughout the initiation

Track your Dreams

Underworld Venus/Dream Journal

Restore or Deepen your practice of the Venus Journal integrating images and dreams

Greet Venus and the Sun at Sunrise and or Sunset with Sun Gazing or Sun Salutations or other practices



She let go.
Without a thought or a word, she let go.
She let go of fear. She let go of the judgments.
She let go of the confluence of opinions swarming
around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons.
Wholly and completely,
without hesitation or worry,
she just let go.
She didn't ask anyone for advice.
She didn't read a book on how to let go...
She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from
moving forward.



She made no public announcement
and put no ad in the paper.
She didn't check the weather report
or read her daily horoscope.
She just let go.
She didn't analyze whether she should let go.
She didn't call her friends to discuss the matter.
She didn't do a five-step Spiritual Mind Treatment
She didn't call the prayer line.
She didn't utter one word.
She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.



There was no effort.
There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it IS just that.
In the space of letting go, she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the Sun and the Moon shone forevermore.

Here's to giving ourselves the gift of letting go...
There's only one guru ~ YOU.

~Rev. Safire Rose.



Charge of the Dark Goddess

Author Unknown

Hear me child and know me for who I am.
I have been with you since you were born,
and I will stay with you until you return to Me at the final dusk.

I am the passionate and seductive lover
who inspires the poet to dream.
I am the One who calls you at the end of your journey.
After the day is done my children
find their blessed rest in my embrace.

I am the womb from which all things are born,
I am the shadowy, still tomb,
All things must come to Me and bare their
breasts to die and be reborn to the Whole.

I am the Sorceress that will not be ruled, the Weaver of Time,
the Teacher of Mysteries. I snip the threads that bring my
children home to me.



Charge of the Dark Goddess continued

I am the Sorceress that will not be ruled,
the Weaver of Time, the Teacher of Mysteries.
I snip the threads that bring my children home to me.

I slit the throats of the cruel
and drink the blood of the heartless,
I am the fury that rips the flesh from injustice.

Come to me and you will discover true beauty, strength
and courage.

I am the glowing forge that transforms your inner
demons into tools of power.

Open yourself to my embrace and overcome.



Charge of the Dark Goddess continued

I am the glinting sword that protects you from harm, I am the crucible in which all aspects of yourself merge in a rainbow of union.

I am the velvet depths of the night sky,
the swirling mists of midnight, shrouded in mystery,
I am the chrysalis where you face what terrifies you and
from where you will blossom forth, vibrant and renewed.

**Seek me at the crossroads and you shall be transformed,
for once you look upon my face, there is no return.**

I am the fire that kisses the shackles away,
I am the cauldron in which all opposites grow to
know each other in Truth.



Charge of the Dark Goddess Continued

I am the Web that connects all things,
I am the Healer of all wounds,
the Warrior who rights all wrongs in their Time.

I make the weak strong, I make the arrogant humble,
I raise up the oppressed and empower the disenfranchised.

I am Justice tempered with mercy.

Most importantly, child, I am you.

I am part of you, and I am within you.
Seek me within and without, and you will be strong.

Know Me, venture into the dark so you may further awaken
Balance, Illumination, and Wholeness.

Take my love with you everywhere and find the power within to
be who you wish...



Additional Resources

[Dark Goddess Tarot](#) by Ellen Lorenzi-Prince

[Journey to the Dark Goddess: How to Return to Your Soul](#)
by Jane Meredith

[Shakti Woman: Feeling our Fire Healing, Healing our World – The New Female Shamanism](#) by Vicki Noble

[Women Who Run With the Wolves](#) Skeleton Woman Story
by Clarissa Pinkola Estes

[The Liver and Gallbladder Miracle Cleanse](#) by Andreas Moritz

[Heal Yourself with Sunlight](#) by Andreas Moritz

[Shaking: The Original Path to Ecstasy and Healing](#) by Bradford Keeney

[Healing Trauma](#) by Peter Levine

