

Venus Alchemy Evening Star

Sacral or 2nd Chakra

Life Force/Sexual Center of the Goddess
with Cayelin K Castell and Sheridan Semple



Re-entering The Sacral Chakra Gate



At the 2nd Gate 2nd Chakra Evening Star Venus

Inanna retrieves her ankle bracelets symbolically reclaiming healthy ways of valuing herself, her gifts and the gift of life itself.



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.

This chakra center is linked with embodied pleasure, enjoyment and creativity.

It is also known as the Sex and Money Chakra.



The Sacral Chakra and the Water Element

The Water Element is associated with the Sacral Chakra suggesting this Chakra is about the emotional realms or what is felt in the body. Ideally, this where we are in a natural flow, feeling flexible and free to express all our feelings including sensuality.

Water is cleansing, healing, revitalizing. Water is Life. Without water we would not have life as we know it.

Water carries memory, light, frequency, intention, divine intelligence.

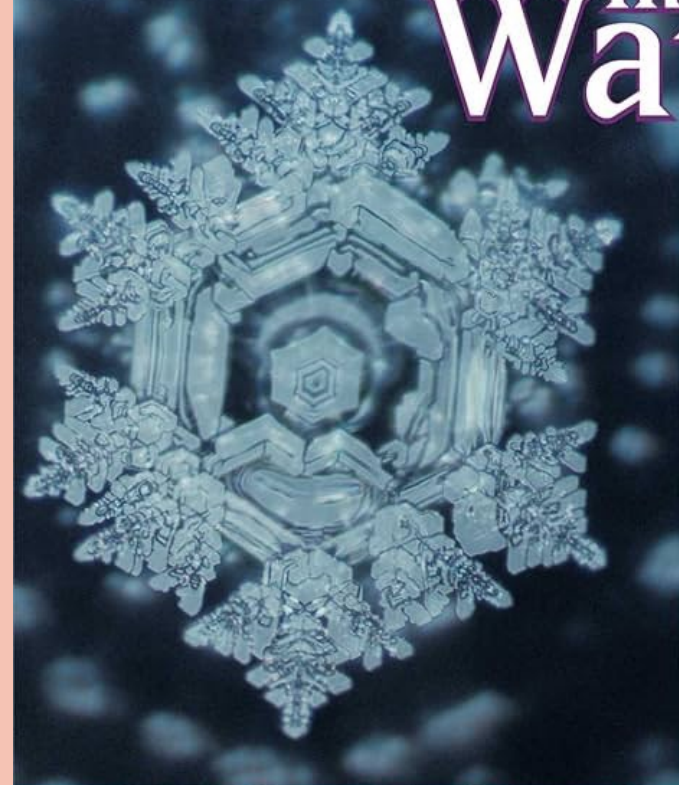
Water is programmable. Place water in a glass jar and charge it with sunlight, moonlight, starlight, herbs, loving intentions.

Using high-speed photography, Dr. Emoto revealed how crystalline images formed in frozen water change when specific, concentrated thoughts are directed toward them.

He found that water exposed to loving words shows brilliant, complex patterns, but water exposed to negative words - form incomplete, asymmetrical patterns.

New York Times Bestseller

The Hidden Messages in Water



Masaru Emoto

In the practice of shamanism, it is understood that thoughts are substantial things. It is also understood that words are seeds and have creative power. In its original Aramaic, the term abracadabra is “*abra q ad habra*,” this is literally translated as, “I will create as I speak.”

Our body is mostly water. As we experience our divine light the water within us is transformed into a state of harmony and health...

Honor, respect and send love to the water within and around you daily.

Learn to transmute and transform the energy behind your emotions and thoughts to love and light.

As you wash yourself, the dishes, your clothes etc. connect with water and give thanks for how water sustains life. It also heals and cleanses you. As you drink give thanks to the life and nourishment that water brings to you.

Whenever you drink water or visit a body of water, always see it in its divine light. Remember it is all in your perception.

If you perceive the water as polluted it is polluted. Lift the veils between the worlds as shamans have done since the beginning of time.

And choose to see the divine light and perception in the waters of the world.

[Article Excerpts Source With More Insights from Sandra](#)

MEDICINE FOR THE EARTH

HOW TO TRANSFORM
PERSONAL AND ENVIRONMENTAL
TOXINS



Balanced Sacral Chakra

- Is Easy Going, Joyful
- Goes with the flow
- Accepts what IS
- Is Creative, Fun, Humorous
- Easily expresses creativity
- Attracts and manifests according to healthy passionate desire
- Expresses as radiant warmth and sincere friendliness without neediness or coming on too strong
- Is open to passion and intimacy
- Enjoys healthy experiences of sacred sexuality





Maintaining a Balanced 2nd Chakra:

Chant the Sacral Chakra Mantra – Vam

Activate tactile sensual pleasure through
Taste, Smell, Touch, Sound, Beauty

Wear Orange — the sacral chakra color of
Creative Expression, Joy, Enthusiasm,
Warmth, and FUN.



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



Herbs and Essential Oils: Burdock, Damiana,
Gardenia, Sandalwood, Bergamot, Orange,
Neroli, Tangerine, Turmeric, Clary Sage,
Geranium, Roman Chamomile, Patchouli,
Rosemary,

Davana - *Artemisia pallens* “Goddess in a
bottle” a call to our Feminine sides



VAM



SACRAL
CHAKRA
SWADHISTHANA
(CREATIVITY)
Hips



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

MANTRA

VAM

(PRONOUNCED)

VANG



This mudra Enhances Emotional Wellbeing and the ability to experience pleasure.

And supports sensuality and intimacy, while enhancing your ability to live a joyously vibrant life.

Additional Healthy Sacral Chakra Practices:

Tune In and notice how your body feels. Ask your body what practices would feel the most nourishing and pleasurable?

Consider:

Trying something New

- A New Creative Project
- Take an Art Class
- Creating a Vision Board
- Going on an adventure
- Find or start a Ceremonial Circle
- Find or start a Drumming Circle

Moving your Body Daily

- Go for a walk, run, bike ride
- Stretch your muscles
- Dance to your Favorite Song
- Hip Opening Yoga/Stretching
- Kundalini Yoga, Belly Dance
- Spending Time in Nature

Engaging in Pleasurable Activities

- Massage, Sauna, Bodywork
- Nourishing Baths
- Heathy Organic Food
- Spending Time in Nature
- Listening to Music
- Connect with New/Old Friends

Meditating

- Stare into a Fire or Candle
- Practice Pranayama
- Gaze at the Color Orange
- Engage Tantric Practices
- Listen to High Frequency Ocean Waves
- Listen to the Sacral Chakra Guided Meditation

Pigeon Pose

there are many variations of pigeon pose



Cow Pose

arch your back and breathe deeply

Triangle Pose

strengthens the thighs and hips



Reclined Spinal Twist

targets the hips and releases stagnant energy

Meditation on the Sacral Chakra

Meditation Instruction from Lucia René
author of *Unplugging the Patriarchy*

<https://luciarene.com/library/meditation-instruction/>





**I Joyfully and Completely
Love and Accept Myself
I Value Who I am Just as I am
I Celebrate My Existence and the Gift of My Life**



Who are the Demons you are Inviting to Tea?

2nd Chakra Demons

Victim Demon

Loneliness Demon

Inadequate Demon

Dissociative Demon

Stressed Out Demon

Overly Critical Demon

Needy and Clingy Demon

Over or Under Eating Demon

Low or No Self Worth Demon

Frigid or Disconnected Demon

Misuse of Sexual Energy Demon

Inability or resistance to Creativity

Unable to Manifest and Attract Demon



Name yours _____

Pleasure

Is Medicine

Is Empowering

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.

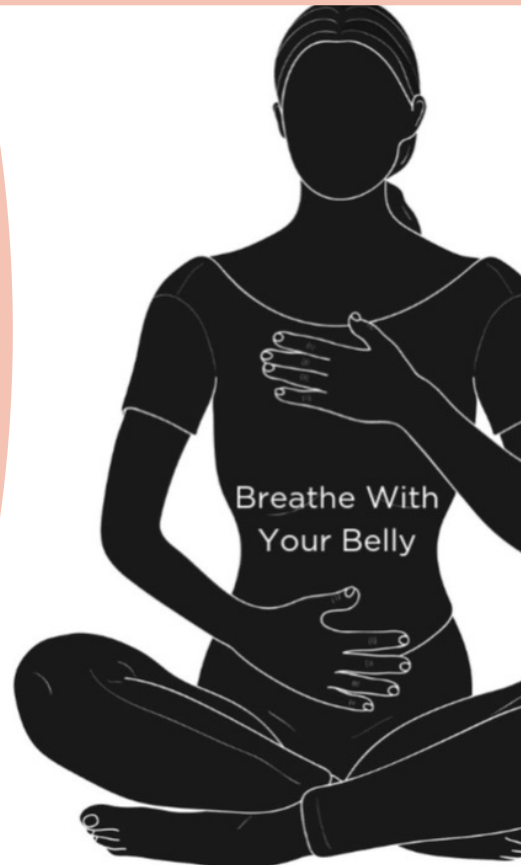
HAAAA Breathing Stimulates the Vagus Nerve And Increases Oxytocin

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%

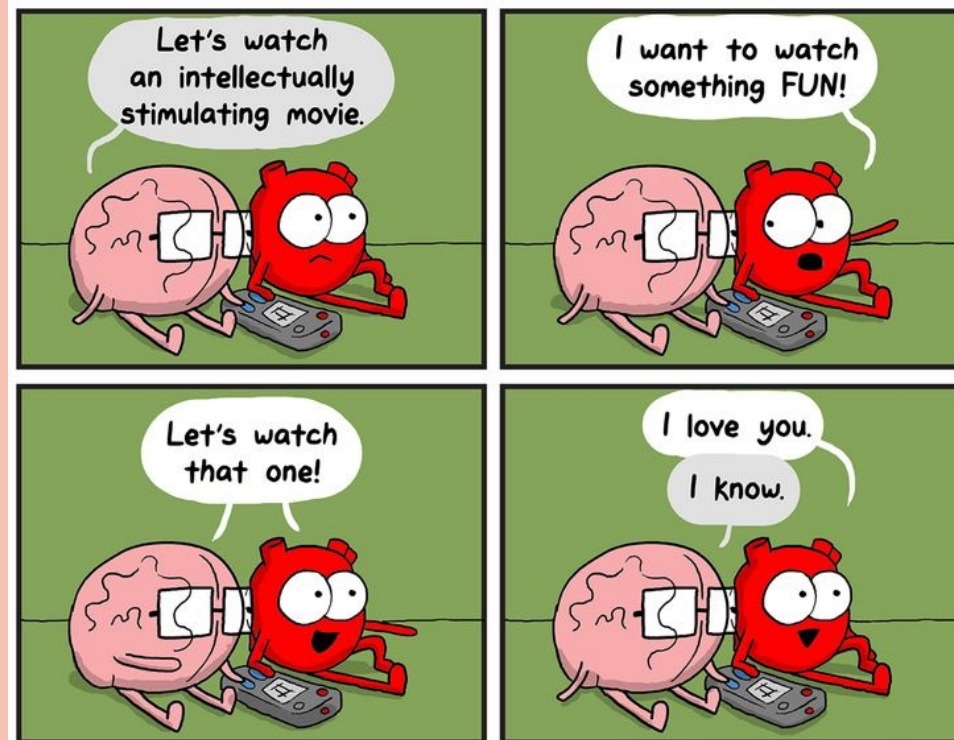
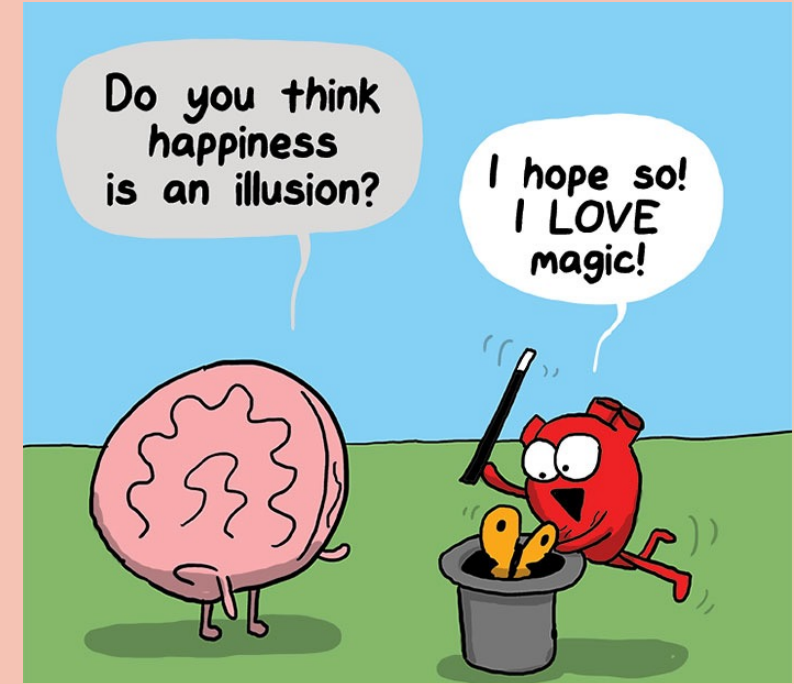
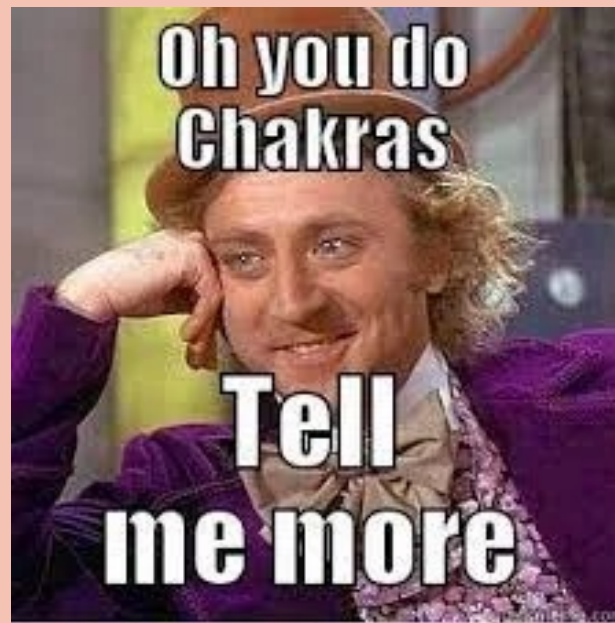
communicate from the brain to the body



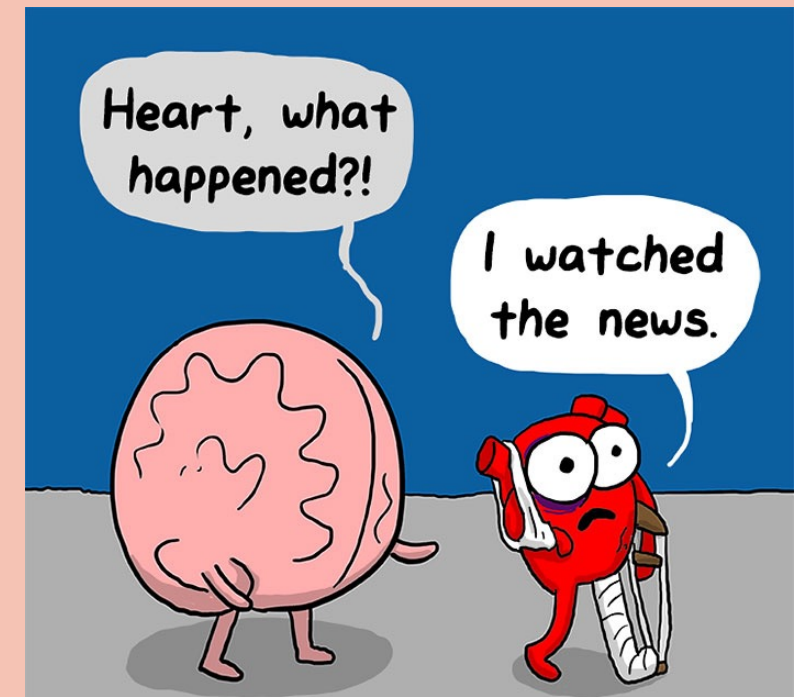
Additional Pleasurable Activities

Engaging in things you enjoy

- Sunning Practice and or Sun Gazing
- Sitting Outside
- Gardening
- Other Outdoor Activities
- Check out a Museum, Zoo, Aquarium
- Playing with Children, Pets
- Listening to Upbeat Music
- Read a Good Book
- Watch a Funny Movie
- Deep Connection with a friend
- Socialize with Friends
- Dancing, Singing
- Adapting a Song with Your Lyrics
- Drawing, Painting, Crafting
- Volunteering
- Spend time at a Sacred Site
- Write a Love Letter to Yourself
- Collect Laughable Funny Cartoons



theAwkwardYeti.com



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

**My TRUE
Value and
Worth IS
Based on my
existence
including:**

How much joy
I experience
every day.

How much love
I feel and
express.

AND how much
light I naturally
shine.

**I Joyfully Claim My
Divinely Inspired
Value and Worth!**



Gratitude Ceremony

Gratitude Raises our vibration and increases our self worth

Ideally practice Gratitude Daily

Write a Gratitude List – take your time in creating it

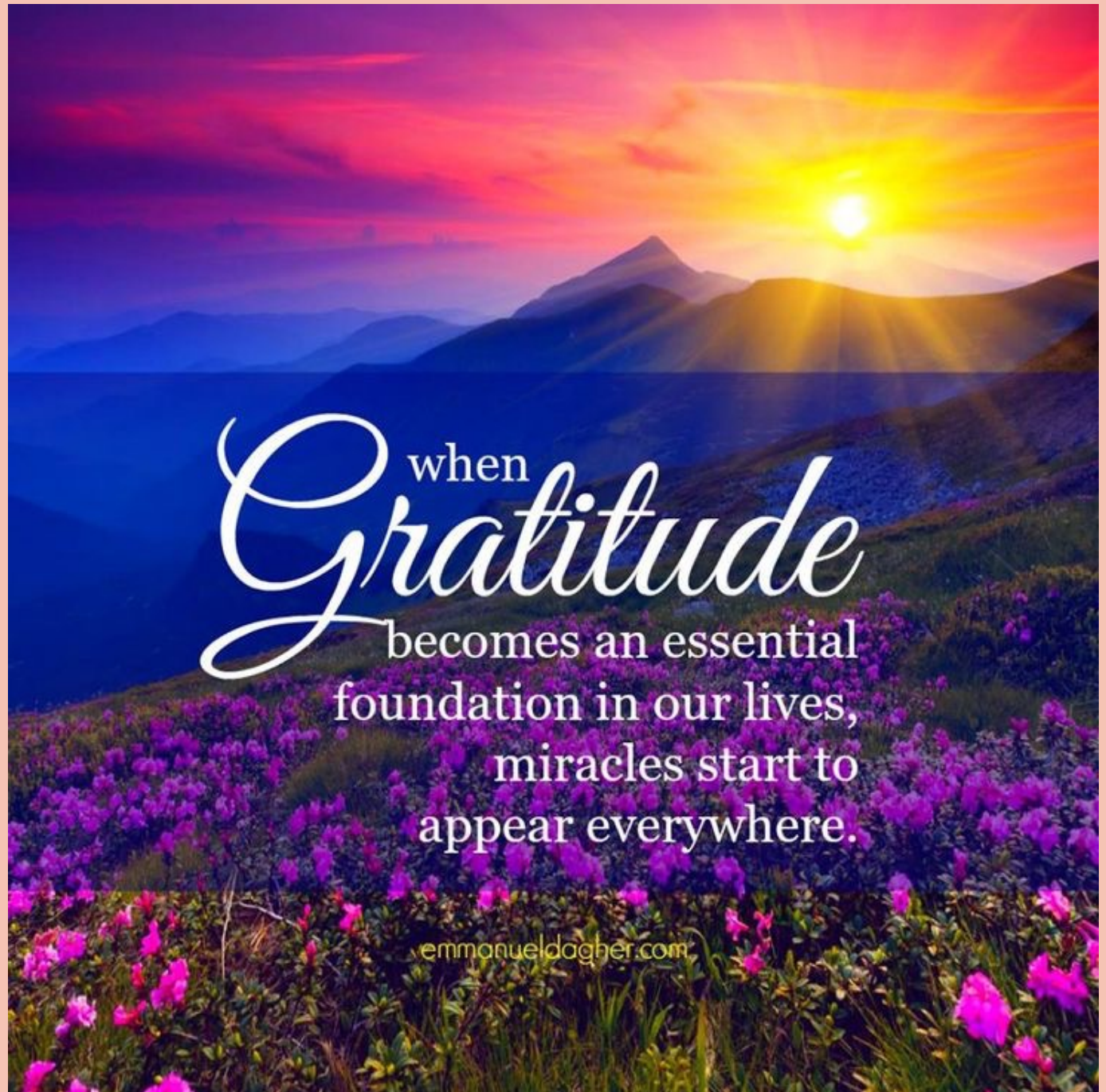
Read it every day for a month or longer to strengthen your personal field of gratitude

Give Genuine Advanced Gratitude as if you already have what you are expressing Gratitude for - within the Field of Plenty

Be sure you create your statements of gratitude in positive ways.

State what you want - not what you don't want.
I am grateful for radiant health is better than I am grateful for being disease free.

Include beloved others if they are willing to do this with you.



I, (state your name), am deeply and profoundly grateful for:

- All the abundance I experience including love, joy, fun, financial ease with more joyous fulfilling experiences everyday.
- For my healthy, happy body that supports me in all I AM and all I am here to do
- For my endless ability to continually restore, regenerate, and renew each and every day
- Perfect Clarity, Focus and Communal Cohesiveness with our Venus Alchemy Community fulfilling our collective vision with love and grace
- Angelic protection
- Money flowing freely and continuously into my life, my bank accounts, my investments.
- I am grateful to joyously share my abundant wealth in ways that are inspiring for me and beneficial for the world.
- My ever-renewing financial flow, prosperously growing with ease and joy

I am a divine expression in the vast sea of wisdom that lives within and around me.

I am grateful for the experience of complete ease and peace as I attract pure, high vibrational love into every aspect of my life.



Sacral Chakra Body Love

Body Blessing: Ideally every morning before getting out of bed, spend a few minutes showering your body with blessings of love and gratitude.

See this love light filling your body either from your feet to the top of your head or from the top of your head down to your feet.

Thank your body for how each part of you is expressing radiant health in all your systems and body parts including your:

Skeletal System, Joint and Ligament System, Muscular System
Assimilation And Elimination System,
Digestive System, Immune System,
Circulatory System, Respiratory System, Endocrine System,
Lymphatic System, Organ System,
Hormonal System, Glandular System,
Reproductive System,
Sympathetic and Parasympathetic System,
Eyes, Ears, Nose, Throat,
Every Quantum Particle, Every Atom, Every Molecule, Every Cell

I
LOVE
My Body



Sacral Chakra Practices

Amplify Abundance Practice

Look at your life through the lens of the Four Elements:

Fire (Spiritual/Creative)

Water (Feelings/Relational)

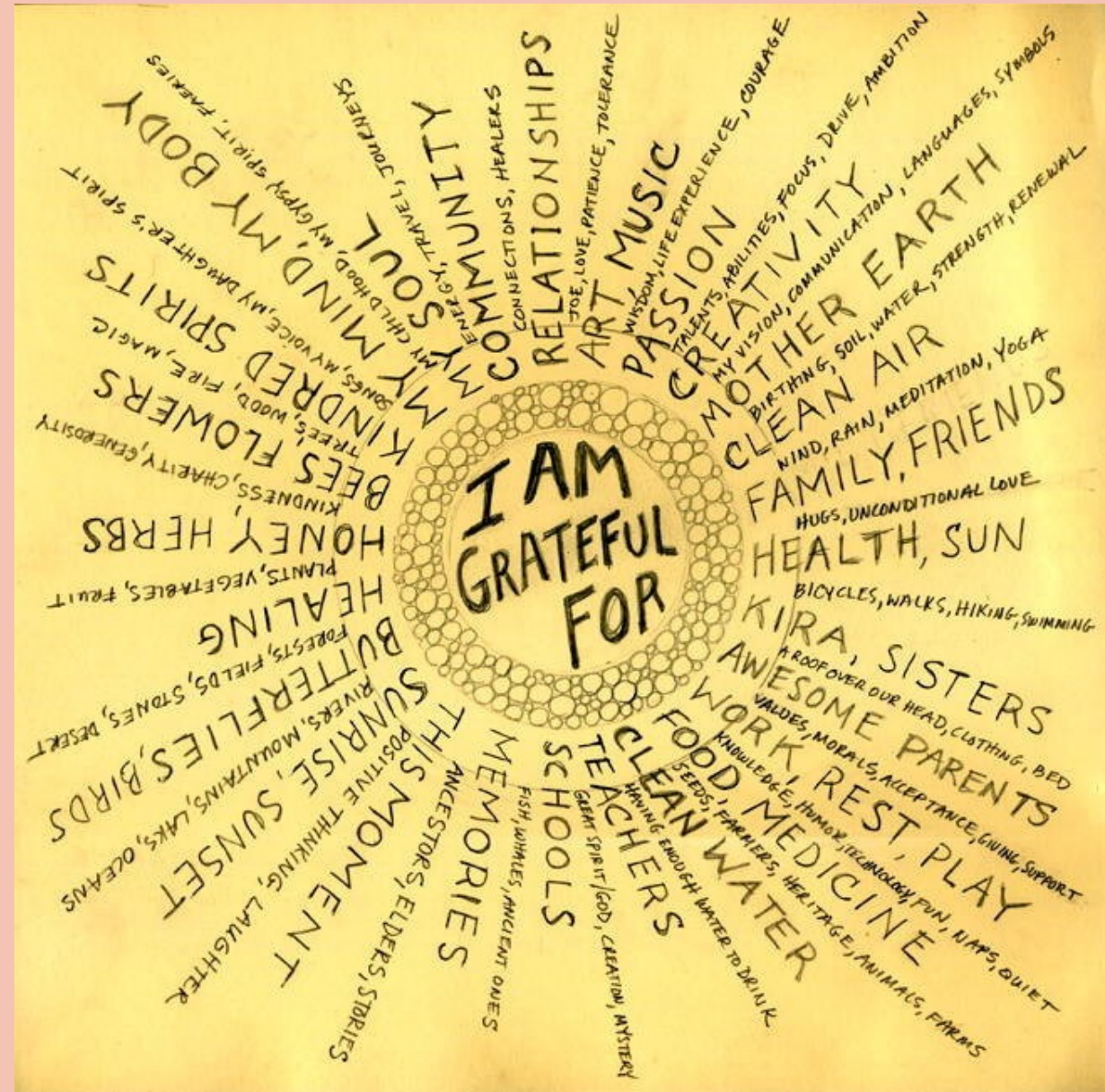
Earth (Body/Material)

Air (Mental/Informational)

In your Venus Journal explore where you feel abundant in these areas.

Take time to feel in your body the sensation of abundance and the joy and expansiveness it brings. Dance it, Sing It, Offer a Prayer of Gratitude!

Do Gratitude Ceremony and/or do a Combination of the above practice with a Gratitude Ceremony



The Womb of all Possibilities

The “feminine womb of creation” is designed to naturally release, clear, and cleanse anything in the way of our being powerful creators accessing infinite intelligence and infinite possibilities.

Symbolically both men and women have access to the womb of creation as we were all birthed from this womb.

What would it take to reclaim and know myself as a powerful creator?

What needs to be cleared and cleansed from my creative womb so I genuinely recognize what is mine to create?

In what ways am I here to co-create the New Earth through my capacity to love?



Enhancing the Sacral Chakra with Nitric Oxide

Nitric Oxide is the “spark of life” made inside your body.

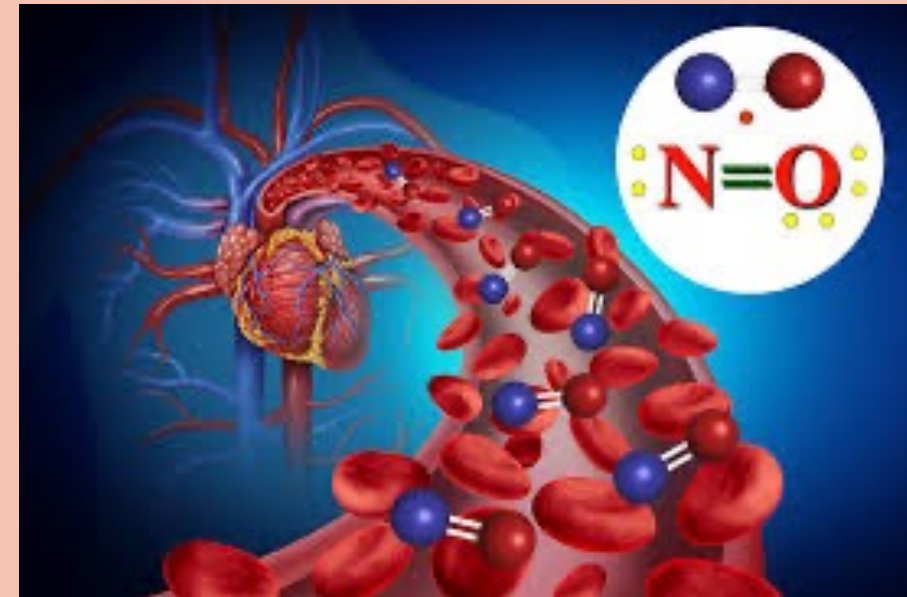
It is the *mother of all feel good molecules* for feeling:

Healthier, Happier, More Alive, More Fulfilled, Relaxed and Energized.
It Strengthens the immune system and prevents chronic disease.

It is the bridge between the mind/body and profound spiritual experiences.

Ways to boost Nitric Oxide

- **Healthy Lifestyle** including: sleep, diet, exercise, sunshine
- Gratitude, positive perspective on self and life
- **Foods:** leafy greens, garlic, beets, walnuts, seeds, lemons, raw cacao, watermelon
- **Forgiveness** of self and others
- **All kinds of healthy Pleasure and Intimacy** Including Sexual Pleasure
- **Shaking** activates Nitric Oxide in the body
- **Morning/Bedtime:** try shaking your entire body while lying in bed for at least a minute and then lie still to feel the rush of Nitric Oxide throughout the body.
- Combined with Haaaahhh breath also releases oxytocin





True belonging doesn't require us to change who we are; it requires us to BE who we are.

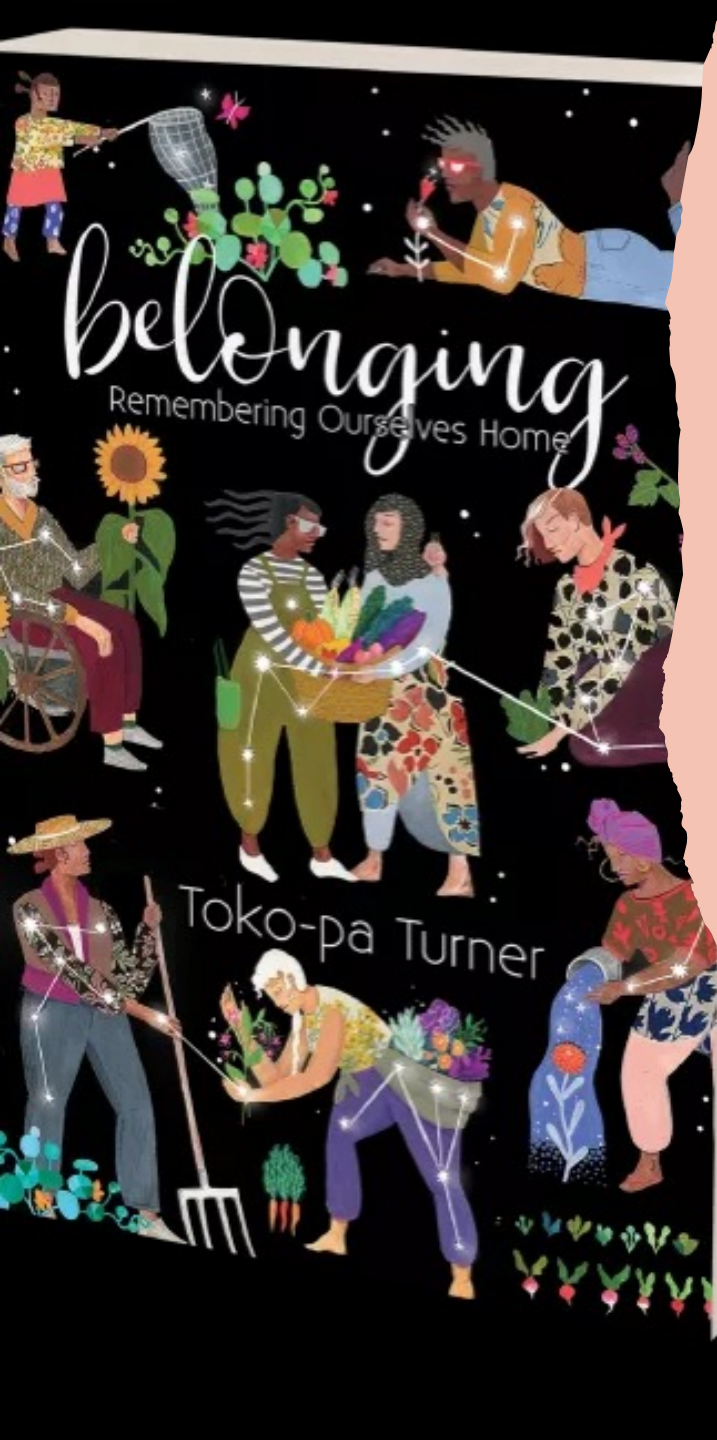
Brené Brown, Atlas of the Heart

The Pleasure of Belonging

- **Being accepted, valued and appreciated for who you are**
- **Living your true, authentic self**
- **Does Not require you to change who you are**
- **Being in an environment you truly want to be in**
- **Feeling satisfaction, gratitude and well being**

The Challenge of Fitting In

- **Being accepted for being like others - meeting their expectations**
- **Your authentic self isn't valued**
- **Requires you change who you are and hide your true self**
- **Being in an environment you *think* you want to be in is being conditionally accepted**
- **Feeling lonely, misunderstood and disconnected from true self**



Instead of always asking “where do I belong?” - a question based on shortage - consider reversing your definition of the word from a noun to a verb, where belonging becomes a practice of generosity such as - “I belong to myself and what I love.”

Rather than a disappointed wanting to belong, this is the practice to “be the longing.”

Maybe it will take a lifetime, or maybe only the young ones who come up around you will feel the benefits, or maybe it will sneak up on you in a sudden moment as you sit feasting with your loved ones that you belong to this beautiful village you’ve made with your life.

***Belonging: Remembering Ourselves Home
by Toko-pa Turner***



Reclaiming Feminine Wholeness Healing the Split Between Sexuality and Spirituality



Yeshua and Magdalene



Mother Mary *مریم خاتون*

Invocation to Mary

Healing the Madonna Whore Split

Beloved Mary High Priestess of Love and Light
Your Love of Sacred Pleasure and Erotic Passion
Inspires the Divine Fire Fueling My Return to Wholeness

I have Healed the Wounds of Separation
That have Split human awareness for many Eons
Between Spiritual Purity and Sexual Power

First and Foremost, thank you for guiding me in knowing
My Body, My Passionate and Erotic Truth
is once again ALL Mine to Experience and Express
With the Sacred Beloved of MY Choosing

As I Reclaim My Divinely Erotic Human Nature
I am living The Truth of my Being in Sacred Balance
With my Sexual and Spiritual Experience
First Within, Then Without



Juno Moneta

(Moneta is the Root Word of Money)

In Rome Juno was the name used to describe your inner feminine guiding spirit, higher self, feminine genius or female principle.

Juno was Rome's main Goddess often shown flanked by her sacred Peacock along with Iris, the Rainbow Goddess.

The month of June is named in honor of Juno.

Juno's etymology is thought to come from the Latin word *iuven*, meaning 'youthful', shortened to *iun* as a prefix (as in *iunior*, younger).

Emile Benveniste was a French structural linguist and semiotician. He identifies the original meaning or root of Juno as '*vital force*', connecting it with the Vedic word *ayuh*, 'genius of the vital force'.

https://en.wikipedia.org/wiki/Émile_Benveniste

Vital Force or Life Force energy is also linked with the Money Mysteries as Money was first minted in Juno Moneta's temple at the center of Rome.



Juno Is:

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

Juno Moneta and Money

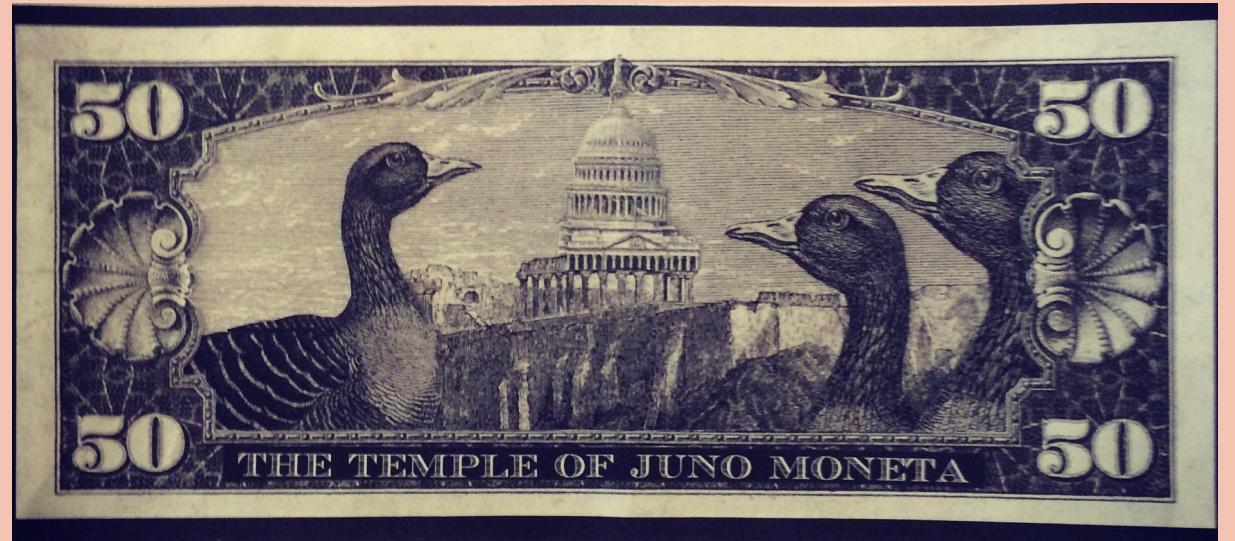
Today, the goddess named Juno Moneta is seemingly desiring and calling for our remembrance.

She is seeded and rooted in the thing we call money and, in turn, calls us individually and collectively as a society into a relationship with money that is fertile, constructive, and productive.

Moneta also gives us fair warning that being in said relationship with money will be challenging given how we humans are prone to imbue our mediums of exchange with symbolic value and power.

We are best advised to consider power as the ability to affect change for good or ill and then employ that ability to affect change for good with our money and the economies we construct locally, nationally, and globally...

[From Article The Goddess Mother of Money](#)



Abundance Consciousness

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

Abundance Consciousness knows **there is PLENTY for ALL**

Abundance Consciousness asks:

How can I develop my gifts so I can share them and bless the world?

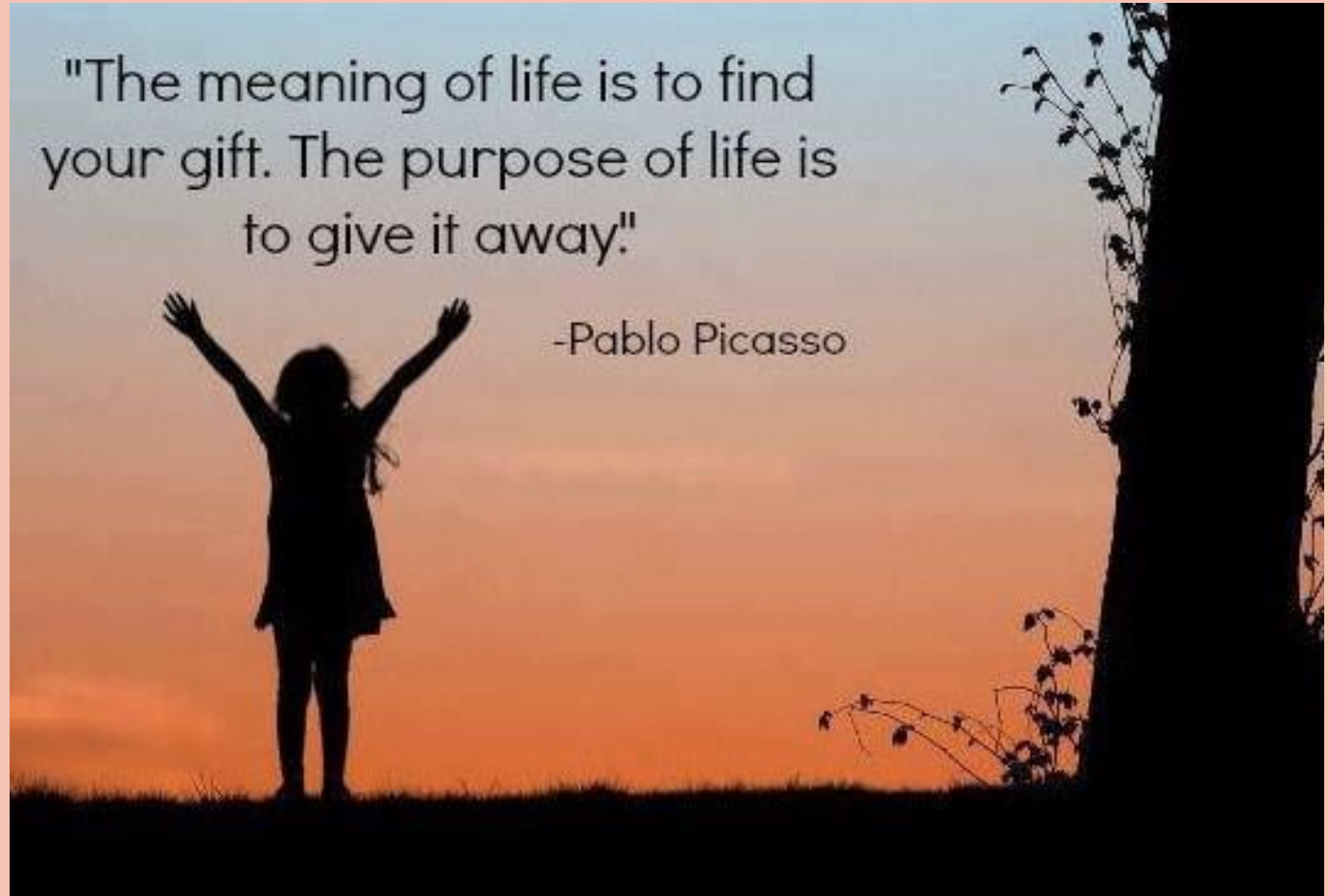
What form of generous giving will bring me the greatest joy and fulfilment?

How can my life, my actions, my feelings, and my thoughts contribute to my wellbeing and the wellbeing of ALL life?

Abundance Consciousness accurately assesses the challenges and limitations many of us face 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



Abundance Consciousness Practices

- Express Gratitude Everyday
- Be Complimentary
- Be Forgiving of Self and Others
- Have a Vision for your life
- Have a 'to BE' and 'to DO' list
- Cultivate a Healthy Relationship with Failure as a step to experiencing fulfilling and pleasurable success
- Be willing to learn from failure
- Read Everyday
- Talk About Ideas
- Share Information
- Joyously Celebrate Accomplishments
- Embrace Change
- Express delight when others Succeed
- Credit Others for their Work, Ideas, Successes
- Value and Celebrate the abundance of Love, Joy, Fun (etc.) always available when you choose it.



I am blessed with joy.
I am blessed with peace.
I am blessed with love.
I am so very thankful.

Sex, Money, And Pleasurable Life Force Questions

Considering Desire Fuels Creation ask yourself:

What do you deeply desire to create?

What is your “why” for creating?

Are you responding to what you think you should do - a sense of duty - or from an inner feeling fueled by desire?

In what ways do you enjoy playful pleasure and intimacy?

Are you Savoring Your Life?

What would it take for you to deeply experience vital life force expressed through playful creativity and self expression?

PASSION AND PLEASURE



“Savor your life.”

*When Your Actions are Accompanied by Pleasure
You know you are on the Right Track*

Sacral Chakra and A New View of the Pleasure Paradigm

Jesse Ayani (and others) describe how our natural ability to experience pleasure was purposely negated by an intentionally created virus infecting our DNA in ways that disconnected humanity from its natural pleasure center.

The old story/myth of what happened in the Garden of Eden describes how humanity lost the ability to experience sustainable, ecstatic pleasure.

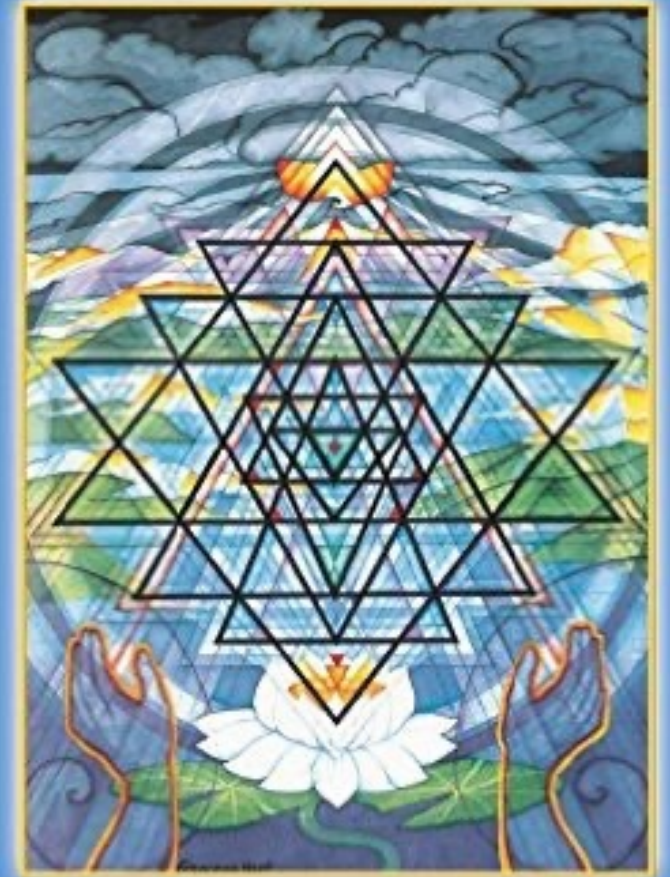
With the loss of the ability to experience genuine sustainable pleasure negative feelings, experiences, and actions result releasing vast amounts of negative life force energy.

From that time forward we have only had the ability to experience fleeting pleasure and that increases our desire for MORE pleasure without really knowing how to experience sustainable healthy pleasure.

This was done purposely so humanity would be easier to control.

At the Sacral Chakra Gate we can again consciously choose to reclaim our ability to experience sustainable sacred pleasure.

The Brotherhood of the Magi



by Jessie E. Ayani

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The Sacral Chakra and the Pleasure Paradigm

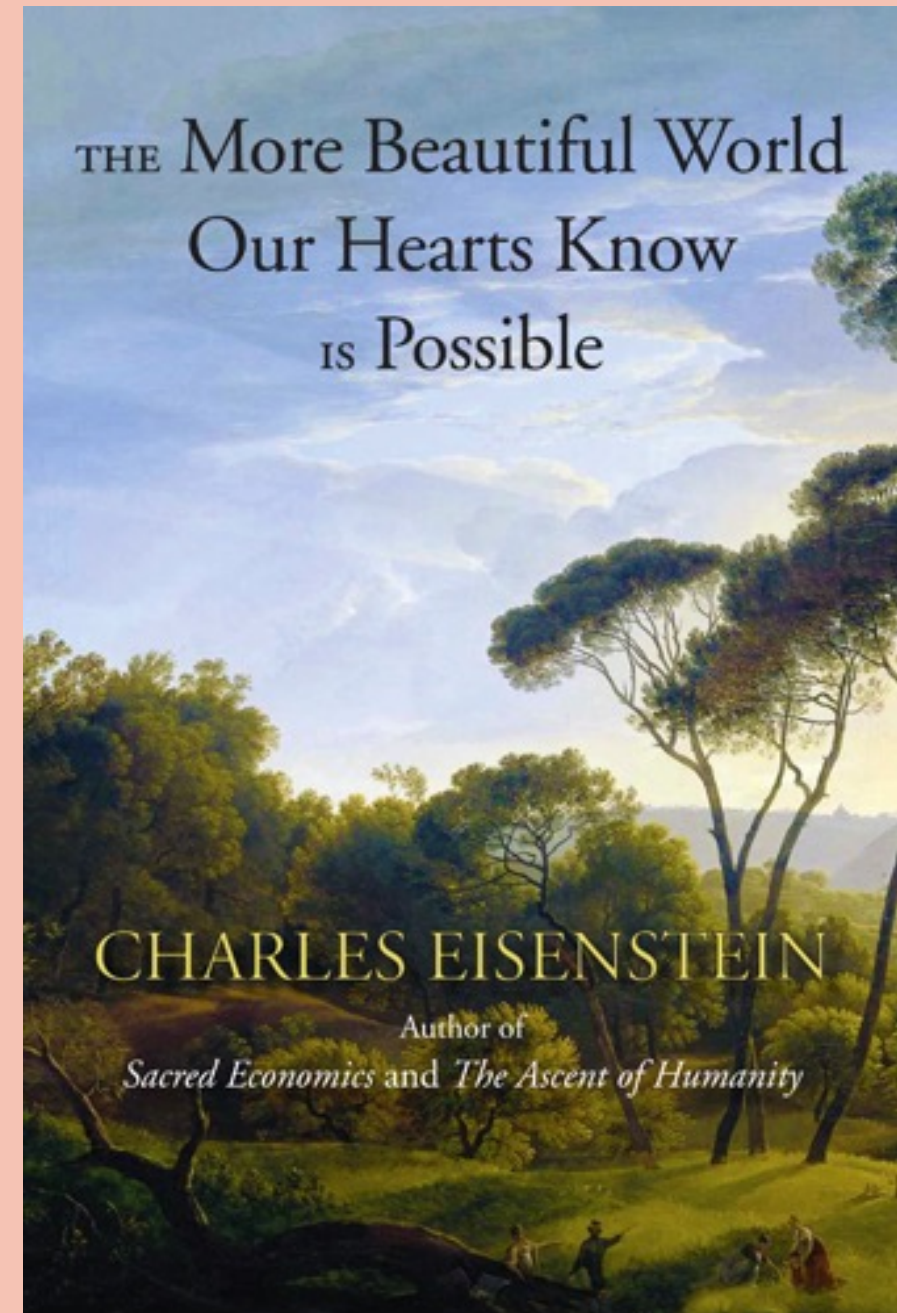
It is time to continue awakening from this false reality, false dream and remember that we never really lost the ability to experience healthy sacred pleasure. It only seems like we did.

Now is the time to reclaim genuine Pleasurable experiences as our divine birthright as we come together to cocreate a new reality, a new dream established in beauty and sacred pleasure recreating Paradise on Earth as we embody a Healthy Sacral Chakra.

A few Tools to Accomplish this Include:

Awareness, Intention and Attention, Being more conscious of the choices we make - choosing to embrace, embody, experience and express sacred pleasure.

Including choosing healthy: Lifestyle, Self-Talk, Self-Love, Respect, Acceptance and Approval of Self and Others



Dreaming into a Healthy, Vibrant, Inspired Resource Based Economy

For More about the way our Profit Based Economic System is designed to enslave the many and empower the few - see the three Zeitgeist Movies:

Zeitgeist came out around 2007 [Free on YouTube](#)

Zeitgeist Addendum came out in 2008 [Free on YouTube](#)

Zeitgeist Moving Forward came out in 2011 [Free on YouTube](#)

All three movies are also available on Amazon

Trailers and info here <https://zeitgeistmovie.com/watch/>

[Zeitgeist: Requiem](#) released March of 2024 [More Info HERE](#)

Zeitgeist is a German Word

Zeit "time" + Geist "spirit"

**defined as the defining spirit or mood in history
as shown by the ideas and beliefs of the time.**



Dreaming into a New Sacred Resourced Based Economy

A Resource Based Economy is a term originated by Jacque Fresco founder of the Venus Project describing a holistic socio-economic system where all goods and services are available without the use of money, credits, barter or any other system of debt or servitude.



A Resource Economy knows the Earth is abundant with plentiful resources when used wisely, supporting a healthy environment and Earth eco-system.

With this perspective the practice of rationing resources through monetary methods is irrelevant and counter productive to our survival.

All resources are shared and are not reserved for a select few.

This system recognizes that each person has a valuable contribution when given a chance, creating a unifying effect based in the understanding we are more resilient when we collaborate, cooperate and co-create.

In a Resource Based Economy only nutritious, healthy food would be available.

Our reality now is the most valuable and underutilized resource today is human ingenuity.



RESOURCE BASED ECONOMY

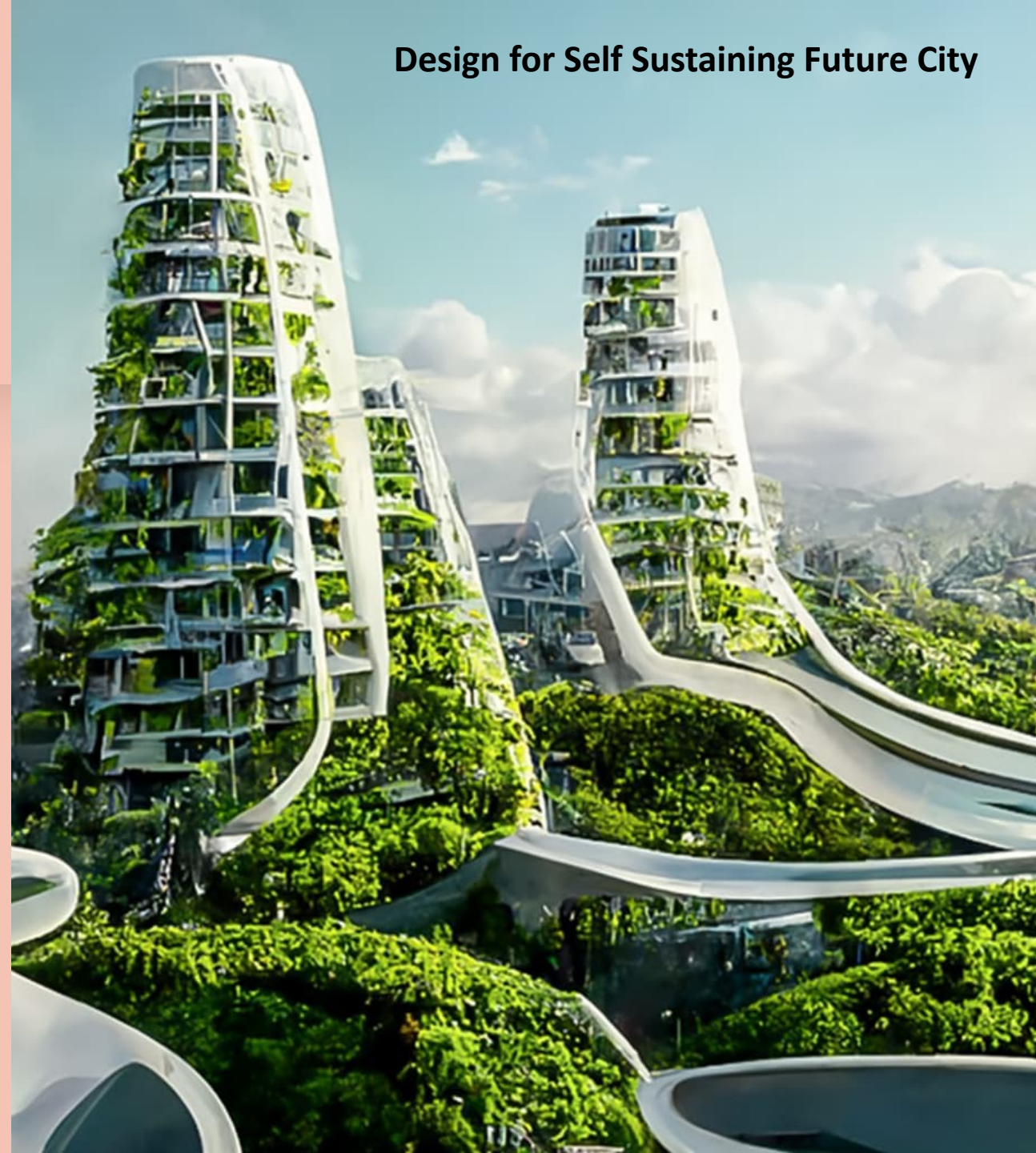
Eliminates the need for competition and supports joining together to create a New Earth Reality

The challenge is NOT too much technology but rather the abuse and misuse of the technology we have.

Our current technology could be utilized to shorten the workday, increase the availability of goods and services, and lengthen vacation time.

A resource-based world economy focuses on new, clean, and renewable sources of energy such as: Geothermal; controlled fusion; solar; photovoltaic; wind, wave, tidal power; and even fuel from the oceans leading us to a time when we have unlimited clean energy for thousands of years.

It also requires a commitment to redesign our cities, transportation systems, and industrial plants, allowing them to be clean and energy efficient, while also conveniently serving the needs of ALL people.



Questions for the Sacral Chakra

How is it I am truly valuing myself and feeling increasing pleasure in who I am?

How is it I am experiencing an increasingly creative healthy, playful, and pleasurable relationship to money and financial abundance?

How is it I am enjoying all the wondrous pleasure and intimacy that is mine to experience?

How is it I am feeling greater love for myself, cherishing myself, and appreciating myself exactly as I am?



"This is the time of reawakening.

It is the time of remembering that the Earth is our Temple.

*Time to remember that the very ground
we walk upon is the temple floor
and that the sky above is the temple roof...*

It is time to acknowledge that each of us is

Priest and Priestess, unto ourselves,

in ever refining attunement and collaboration with Creation.

*There is no outside mediator between Heaven and Earth
that can possibly intervene on our behalf
or interpret Truth that we somehow cannot access.*

*Heaven and Earth are one
and we are one with Heaven and Earth."*

~Temple of the Living Earth by Nicole Christine

Temple of the Living Earth



*Nicole Christine
Crystal Priestess of Gaia*