

Venus Alchemy Evening Star

Solar Plexus or 3rd Chakra

Reclaiming the Power Center of the Goddess
with Cayelin K Castell and Sheridan Semple





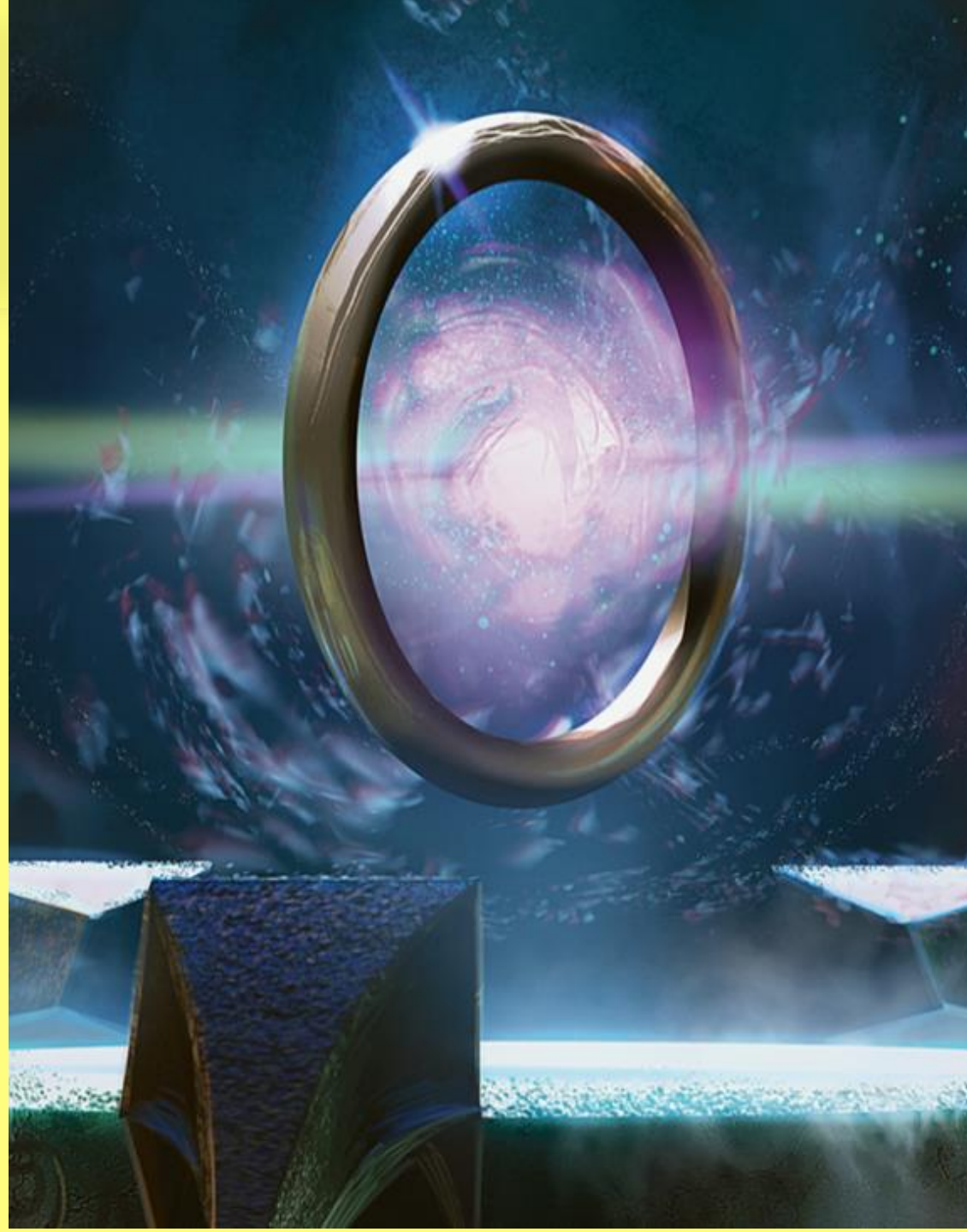
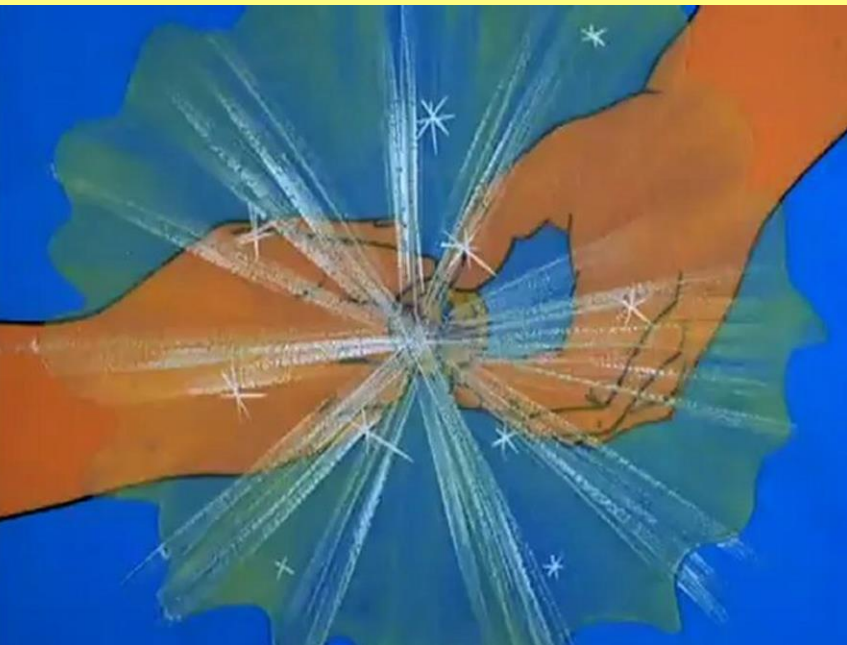
Re-entering The Solar Plexus Chakra Gate



At the 3rd Gate

Inanna retrieves
her Golden
Hip Girdle/Belt
or her
Ring of Power
symbolically
reclaiming
healthy
personal power.

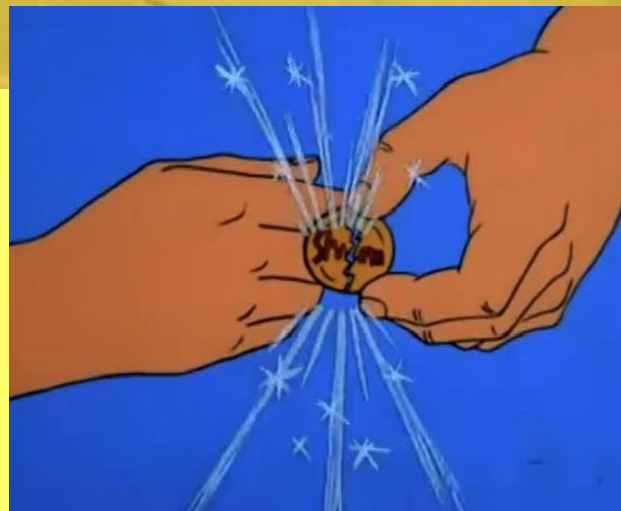
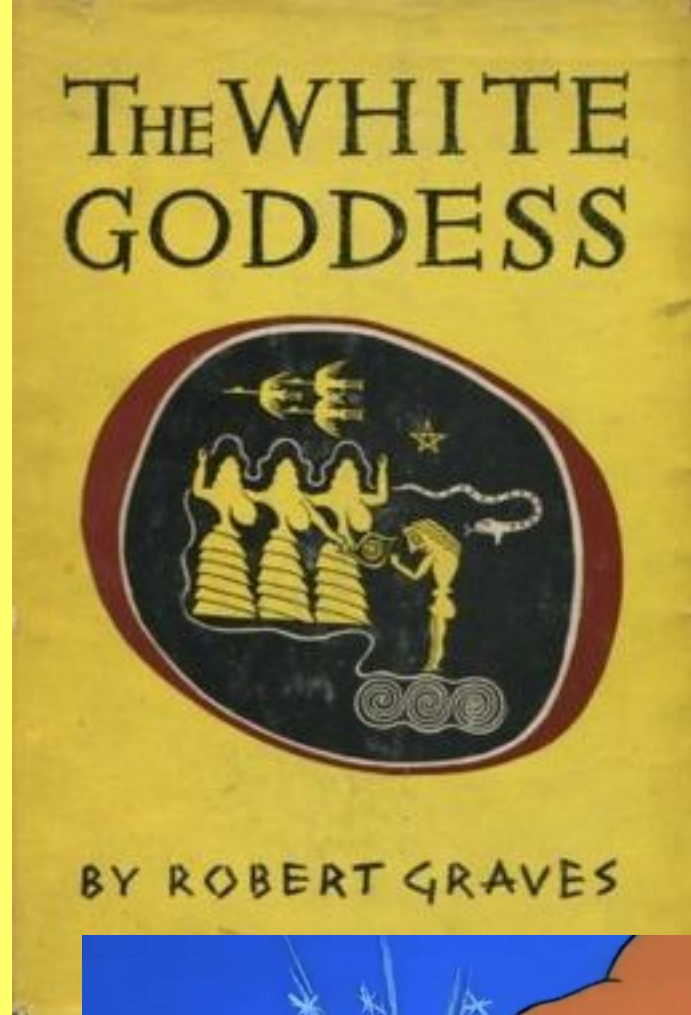
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The Ring of Power (as mentioned in the morning star Solar Plexus Chakra video) is associated with The White Goddess and is connected to the power of the goddess protecting and blessing family, children and ancestors.

Used properly the Ring of Power (when embodying a healthy Solar Plexus Chakra) increases our ability to stand in the divinely inspired power of who we truly.

The Divine Power of the Feminine within all life (no matter the gender) is returning as we reclaim this within ourselves.



JEAN SHINODA BOLEN, M.D.

RING OF POWER

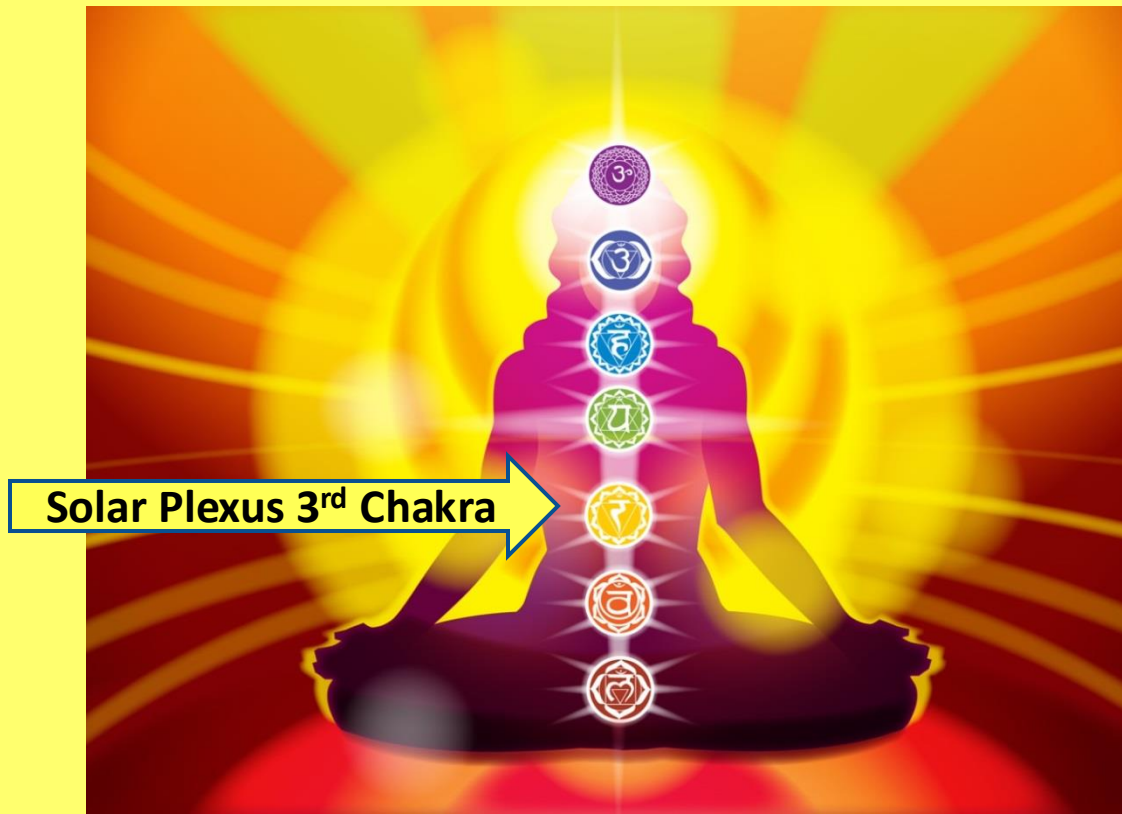


Symbols and Themes

Love vs Power

in Wagner's Ring Cycle and in Us

A JUNGIAN FEMINIST PERSPECTIVE



Solar Plexus 3rd Chakra

The Solar Plexus or Manipura (a Sanskrit word meaning '**city of jewels**) is located just above the naval and below the rib cage radiating vital life force (a.k.a. Prana or Chi) through out the entire body.

This is where Will Power is generated including our ability to accomplish our desires.
This is also where the “gut feeling” or intuition is located.



The Solar Plexus Chakra governs:

- Self-confidence, Vitality, Dynamism
- Healthy Personal Power
- Shining like the Sun (Shining Gem)
- The energy and motivation to start and complete projects

The Solar Plexus is active and strong when:

- You find the courage to do something that scares you, even if you are not entirely successful with it
- Tactfully Speaking into what needs to be said for yourself and/or others
- You are Energetically Standing Tall in what you know is true taking appropriate action regarding your life
- Actively Expressing Creativity, Curiosity, Coherence

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The Solar Plexus also governs: Metabolism, Digestion, Elimination, Liver, Gallbladder, Pancreas, Spleen and Stomach.



Over-Active Solar Plexus

Judgmental, Critical

Demanding, Rigid, Stubborn

Aggressive, Angry, Overly Controlling

Procrastinator or Driven Workaholic

Perfectionist, Afraid to Fail

Nothing is Ever Good Enough - Including Self

Under-Active

Dependency

Mistrust/Doubting Self and Others

Worry - including what others think

Avoiding Feelings - Anxiety/Depression

Physical Symptoms: Digestion and Weight Issues, Anorexia, Bulimia, Obesity, Ulcers, Diabetes, Arthritis, Pancreas, Liver, and/or Kidney Issues, Hepatitis, Constipation and Colon disease.

Tips for How to Stop Worrying

- Limit social media and the news
- Create a "pocket of positivity" in your day
- Practice mindfulness
- Practice relaxation and self-care
- Distract yourself
- Stay present by engaging your senses





Ways to Balance this Chakra:

Chant the Mantra Ram

Wear Yellow, Eat Yellow Foods

Be willing to face challenges with courage.

Commit to something you care about - even if you don't have all the answers and you might make mistakes.

SOLAR PLEXUS CHAKRA

foods

YELLOW VEGETABLES

- corn
- golden beet
- squash (summer, spaghetti)
- yellow carrot
- yellow onion
- yellow pepper
- yellow tomato



YELLOW FRUIT

- banana
- gooseberry
- golden kiwi
- lemon
- plantain
- pineapple
- yellow fig
- yellow pear
- yuzu



LEGUMES

- adzuki bean
- alfalfa
- black bean
- black eyed pea
- carob
- chickpea /garbanzo bean
- clover
- fava

- garden pea
- kidney bean
- lentil
- lima bean
- mung bean
- peanut
- pinto bean
- soybean
- tamarind



WHOLE GRAINS

- amaranth*
- barley
- buckwheat*
- bulgur
- corn*
- farro
- freekah
- millet*
- oats*
- quinoa*
- rice* / wild rice*
- rye
- sorghum*
- spelt
- teff*
- wheat

*GLUTEN FREE



NATURAL SWEETENERS

- agave
- blackstrap molasses
- coconut sugar
- date sugar
- dates
- maple syrup
- raw honey



Amber
Emotional Healing
Balance



Quartz
Self-Esteem
Personal Empowerment



Pyrite
Protection
Prosperity



Golden
Topaz and
Yellow
Calcite

BEST CRYSTALS FOR

Solar Plexus Chakra



Helliodor
Self-Confidence
Integrity, Strength



Tiger's Eye
Grounding
Discernment



Citrine
Joy
Abundance
Clarity



Yellow
Aventurine



Copal



Golden Calcite



Yellow Fluorite



Yellow Jasper



Imperial Topaz



Pyrite



Citrine



Amber



Tiger's Eye

More Solar Plexus
Stones



Practices For Increasing the Strength and Health of your Solar Plexus

Any Physical exercise that raises your energy Hiking, Dance, Yoga, esp. the Sun Salutation.

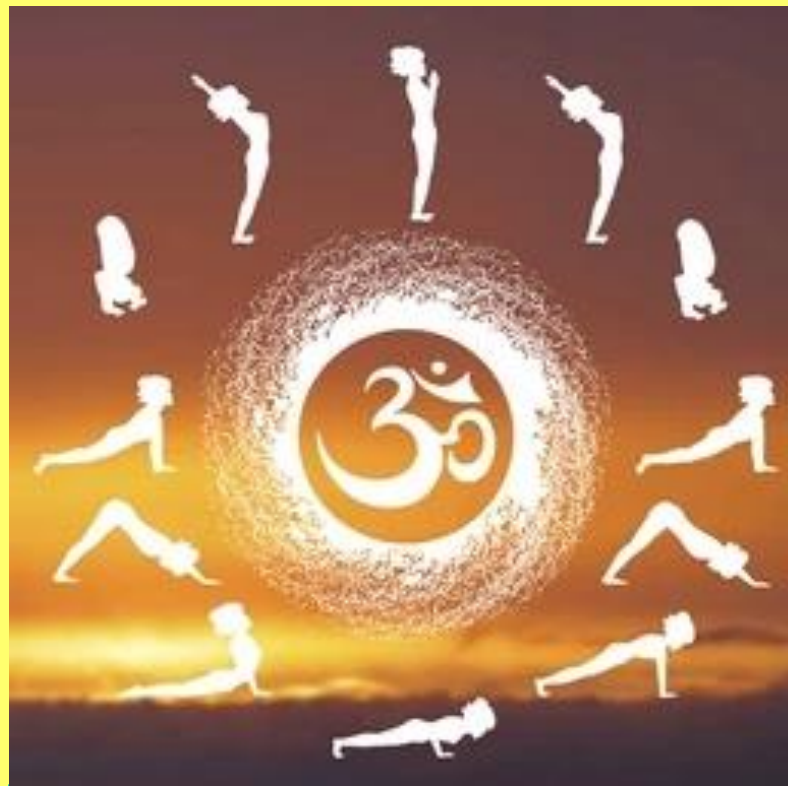
Create an empowering Mantra or declaration you say out loud every day.



Any ceremony that connects you with the inner and outer Sun, including responsible sunbathing and sungazing.

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Pranayama, Belly Breathing



I am a Super Conductor of Love

I am radiating LOVING KINDNESS

I am living and loving my true purpose

I am safe, supported, accepted and valued

I am Strong, Vital, Alive, Healthy, Wealthy, Wise

I am Courageous and Confident

I Love who I AM & My Will is Aligned with Divine Will

Rudra Mudra



Connect your thumb to your index and ring fingers while keeping your other two fingers as straight as you can.

- Strengthens Bones, Muscles, Heart
- Helps reduce dizziness from Low Pressure
- Improves Circulation
- Helps with exhaustion & energizes the body
- Improves Eyesight and Mental Clarity
- Improves function of stomach, spleen and pancreas

Practice for 5 minutes while repeating these Affirmations on the previous slide or:

- I am One with the Universe
- I am Healthy and Decisive
- I Trust my Growing Intuition
- I am Growing and Evolving
- I am Authentically expressing my True Self

YOGA POSES TO BALANCE SOLAR PLEXUS CHAKRA

Sanskrit Name: **Manipura**

The third chakra, or Manipura in Sanskrit, rules all aspects of your personality, ego, and personal power. Its color is yellow, and it is located in the stomach area. When your solar plexus chakra is open and balanced, you will be able to manifest all of your dreams into reality.

BOW POSE

DHANURASANA

Bow Pose connects to the solar plexus, a complex part of the sympathetic nervous system.

Location
Below the chest



BOAT POSE

NAVASANA

Complete Boat Pose) is a balancing pose. It activates the manipura chakra

Element
Fire



PLANK POSE

PHALAKASANA

Plank Pose Improves balance Improves focus, Strengthens arms and core Opens the manipura chakras

Color
Yellow



DOWNWARD FACING DOG POSE

ADHO MUKHA SHVANASANA

Balance and Emotions: Adho Mukha Svanasana The uddiyana bandha stimulates the Solar Plexus

Mantra
Ram



Herbs and Essential Oils for the Solar Plexus Chakra:

- Grapefruit
- Bergamot
- Lemon
- Ylang Ylang
- Ginger
- Cistus
- Laurel Leaf
- Goldenrod
- Rabbitbrush
- St. John's Wort
- Helichrysum
- Tansy
- Galbanum



A Healthy Solar Plexus Chakra expresses as:

- Healthy Self Confidence and Self Esteem
- Genuine Self Acceptance
- Healthy Acceptance of Others
- Healthy Self Knowing and Individuality
- Healthy Command of Thoughts and Emotions
- Healthy Motivation with Healthy Action
- Clear Intuition and Discernment
- Charisma, Generosity
- Vitality and Dynamism
- Healthy self-worth and self-confidence, along with the inspiration, energy and motivation to see projects through to completion.
- Experiencing Joy AND sharing it with others
- Radiance - shining like the Sun radiating warmth and life force through out your entire body.

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Who are the Demons that are showing up for you?

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Demons of Powerlessness

Self-Doubt

Being the Victim

Poor Me

Self-Doubt/Uncertainty

Self-Destruct

Defensive

I Don't Know

Control Freak, Dominator/Oppressor

Managing Outcomes

Over Doing

Name yours _____



CLAIRCOGNIZANCE



This is that clear and instant knowing, "Aha" moments and Epiphanies

CLAIRSENTIENCE



This is clear feeling, chills, goosebumps, gut feeling, butterflies, warmth coolness or tingles

Intuitive Senses

Intuition Defined by the The Mind Journal

(n) When you have a keen sense of feely feels that feel feely and you feel like you know things you don't know, but you do know because you are feeling them.

CLAIRVOYANCE



This is clear seeing in the minds eye, Having vivid Dreams, visuals like movies being played in your mind

CLAIRAUDIENCE



This is your inner hearing your ability to hear answers in your own voice or a neutral tone, hearing music or different sounds or even a whisper

Reclaiming the Solar Plexus Chakra Through a Healthy Experience of Intuition

It is time to reclaim your knowing without knowing how you know.

Trusting and acting on feelings coming from your internal wisdom rather than from external circumstances.

The energy of the universe is within because our bodies are made from the pure source energy of the universe.

When you connect with your intuition, you're connecting to your true self that has always been with you.

Practice trusting your inner knowing by following your inner promptings or guidance.

For example, if you are taking a walk in nature and you get a sense to go a different way than what you were planning - go for it - and then pay attention to what signs show up as confirmation.

“Intuition is really a sudden immersion of the soul into the universal current of life.”

~author Paulo Coelho

Clairsentience

It means clear feeling and is an extrasensory (6th sense) linked with the ability to instinctively feel what isn't perceptible with our 5 senses.

Intuition is based in Sensing and Perceiving

- A way of knowing that is truer than your analytical mind.
- **Your gut feeling, your bodies intuitive sense**, helps you sense, feel and perceive your best decisions and actions.
- We have been conditioned to make choices based on external circumstances, so our body's circuitry was rewired for external knowing, disconnecting us from our internal intuition and our deeper, wiser inner knowing.
- Deep belly breathing, exhaling into the earth, and inhaling energy up from the earth into the belly, draws the Earth's wisdom and alpha frequencies into your body and being.
- This allows you to anchor and tune into what's really happening within you.
- 11 billion bits of information are bombarding your body in each moment overwhelming you with too much outside information.

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- When you're grounded in your body, the filtering system of your body allows you to take cosmic information and translate it into your next step.

How to know if a message is coming from fear or intuition?

Intuition Based	Fear Based
Feels right, easy and expansive	Feels anxious, worrisome and has a negative emotional charged.
Has a sense or feeling of certainty	Feels uncertain
Is beyond rational thoughts, neutral	Pushing/Pulling and Overthinking hoping to feel certain
Has a compassionate and affirming energy	Reflects past psychological wounds, feels scary
Is unattached to outcome	Is attached to outcome
Based in a Healthy Secure Ego	Based in an Unhealthy Insecure Ego

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Our opportunity is being true to our intuitive guidance even when it's difficult or someone else will be disappointed.

When you say "No" to something that doesn't feel right to you, you're saying YES to yourself.

When you do what's right for you, ultimately everyone gets taken care of in the process

Don't just listen to your intuition - act on it.

You can engage your intuition every day in smaller ways, like when deciding what to wear or what events to go to.

Notice ways you get internal intuitive signs showing up as a feeling or a deep knowing that doesn't necessarily make rational sense. Dreams, images, words

Notice external signs in your environment.

You can also ask for specific signs. Then, watch for them!

ASKing for Signs.

Ask for a dream symbol before you go to sleep. Keep a journal by your bed to record your dreams.

Ask for a sign that lets you know you are on the right track. A confirmation that you know is a direct message regarding your question.

Walking silently through the world Bobcat encourages us to connect with the unseen and silent aspects of our inner selves while deeply considering aspects of who we are that we may not normally recognize.

Bobcat asks: What secret desires are you ignoring or not letting yourself energize?



ASKing for Signs from Oracle Cards.



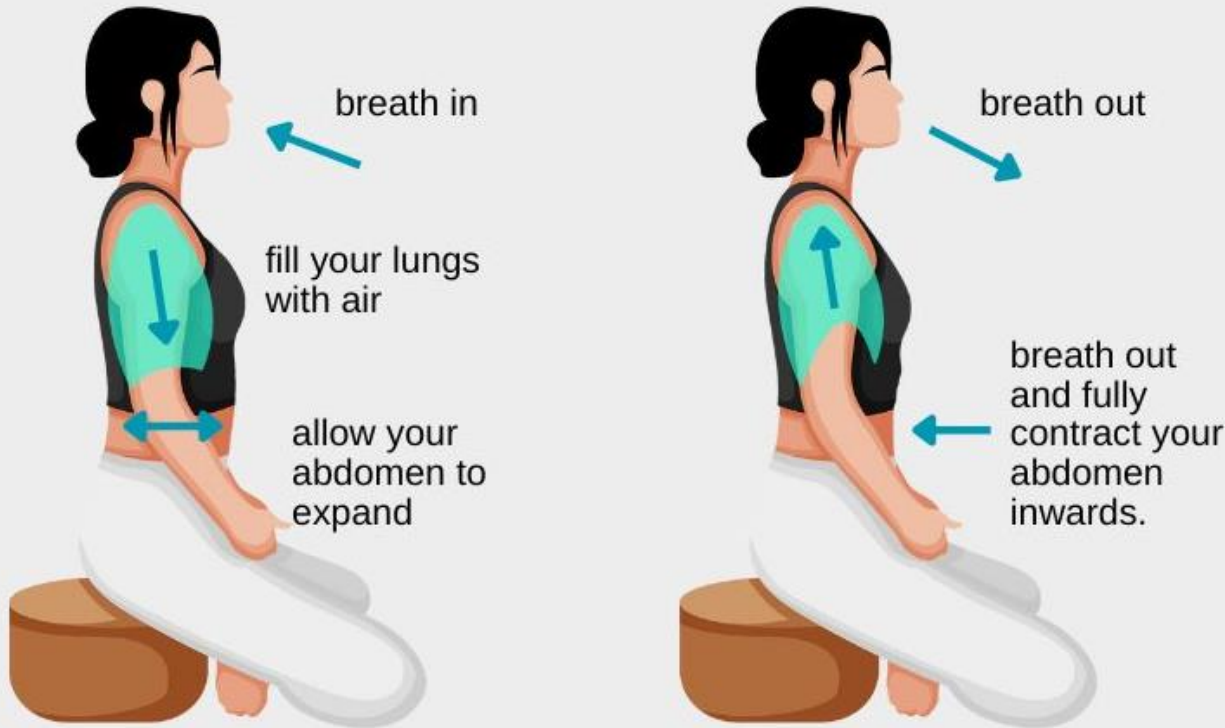
QUAN YIN'S PINK DRAGON

Brings firm love that resets your karmic balance.

See all your cords dissolved by transcendent love.
Enjoy your freedom. Look for the divine around you.

Solar Plexus Belly Breathing

Expanding Intuition



Breathe into your belly allowing it to expand.

Feel your belly filling with prana (breath, energy, life force.)

Squeeze your perineum and exhale pushing the energy up your spine.

Then breathe into your belly once again.
Repeat until this feels comfortable.

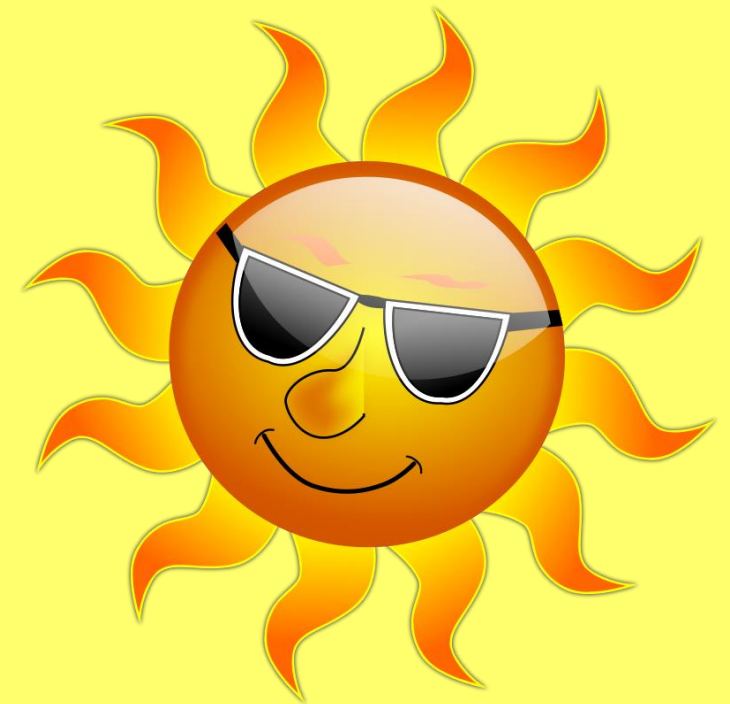
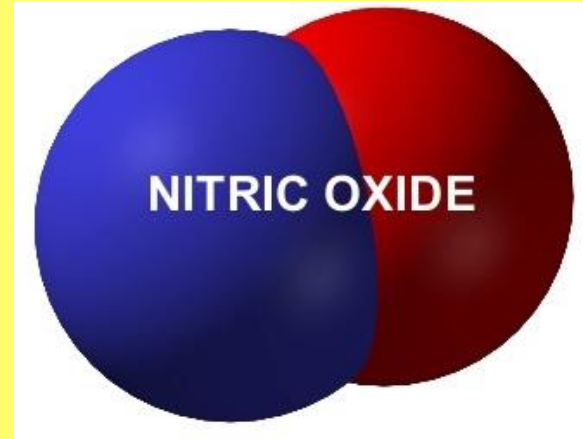
Feel into your body and focus on the word YES.
Repeat YES until you feel how it feels in your body.

Next feel into your body and focus on the word NO.
Repeat NO until you feel how it feels in your body.

The Solar Plexus, the Sun and Nitric Oxide

A Few Benefits of 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



Honoring the Sun

Sun Salutations
Sun Gazing
Light Therapy

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Along with sunlight Nitric Oxide is found in Plant Foods, Leafy Greens, and Beets etc...
Exercise also releases Nitric Oxide into the body

[Heal Yourself with Sunlight](#) by Andreas Moritz has additional insights and practices.

Dermatologist Richard Weller talks about the importance of sunlight in a Ted Talk as way to boost 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, benefitting blood pressure and the cardiovascular system.

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

Reclaiming the Chakras

Root Chakra Grounding and Security

Sacral Chakra Knowing our Desire

3rd Chakra Our Actions, what we Do

Doing is not Good or Bad

Doing is a necessary part of life

Doing is how we creatively express

**Overdoing is damaging to our health
and well-being**

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The Solar Plexus Chakra

And Undoing the Doing Addiction

THIS MODERN LIFE:

WORK



HOME



PLAY



SLEEP

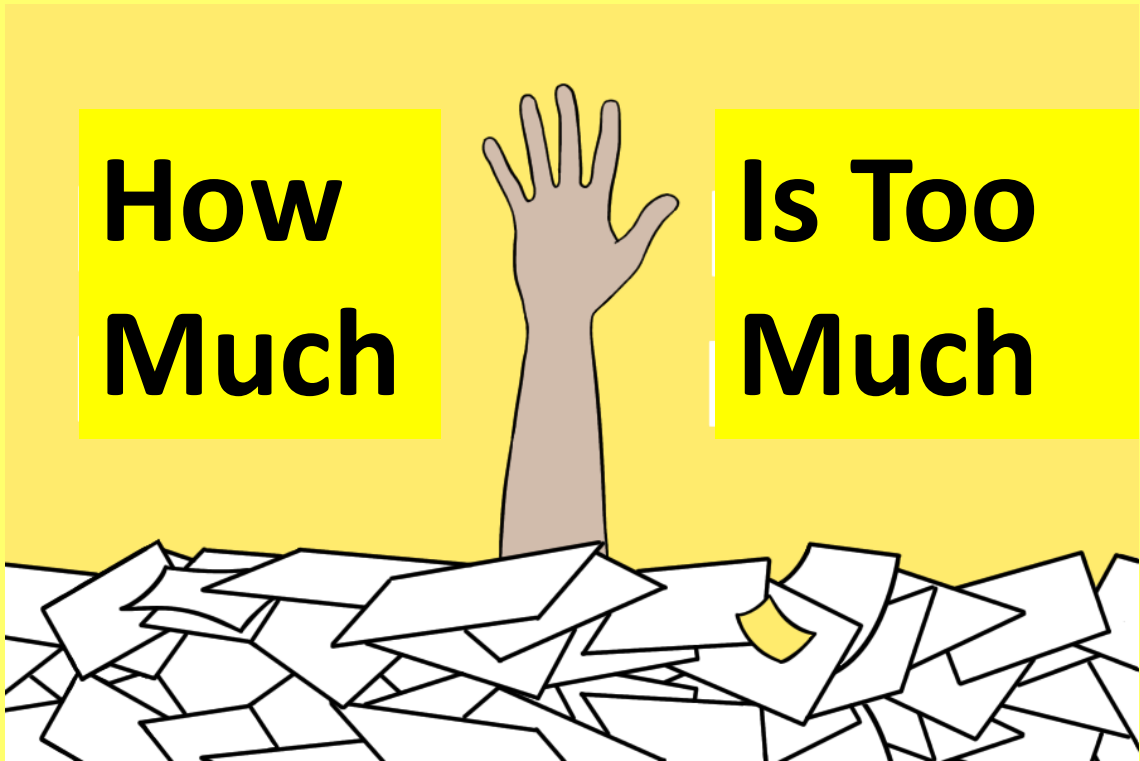
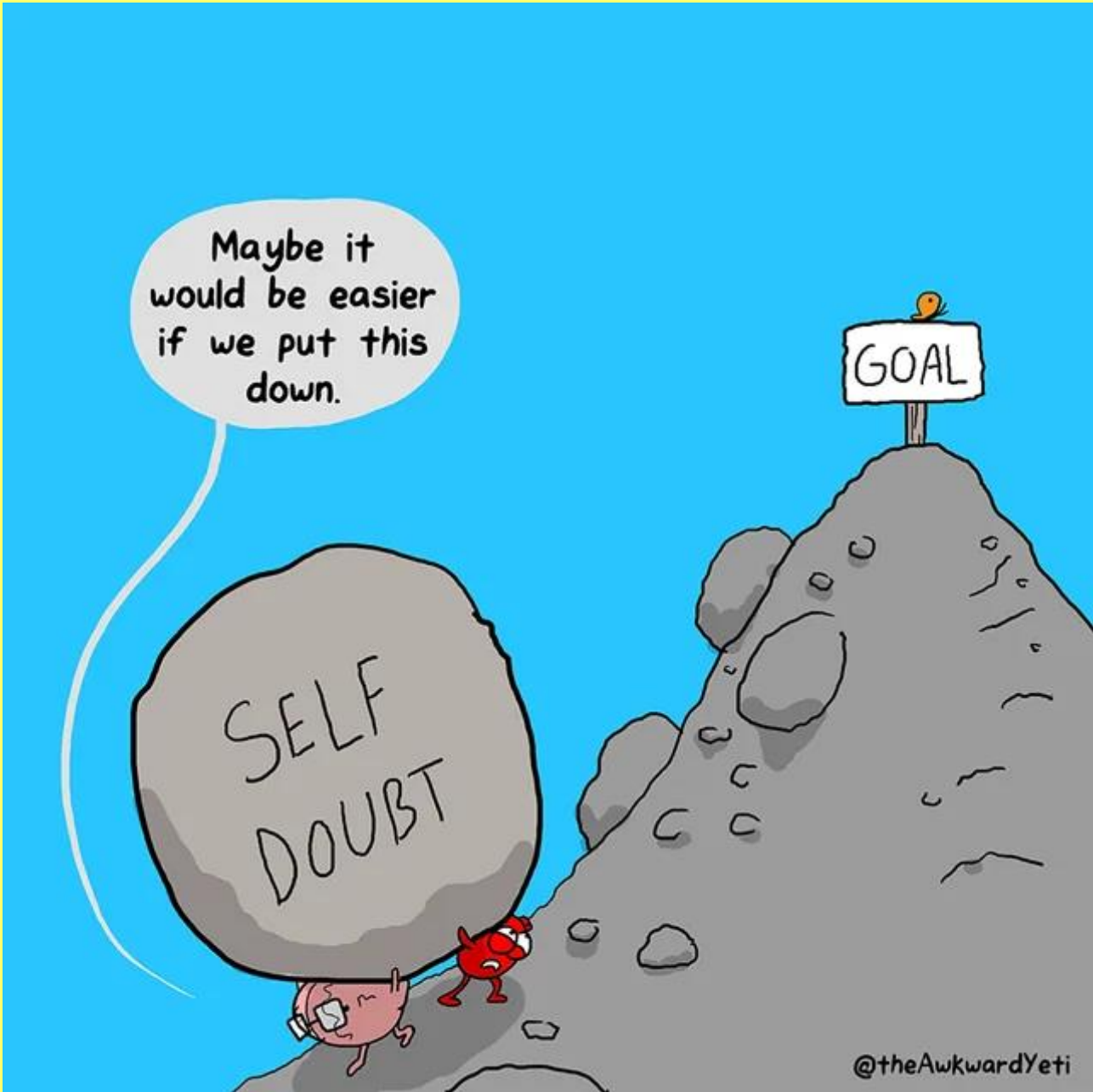


a
perfect day
for
doing nothing



Practicing Enjoying the Moment

- Find time to let go of the need to be always accomplishing something.
- Ask: Why am I doing what I am doing?
- AM I having Fun?
- Review Doing Addiction PDF on the Solar Plexus class page
- When aware you are **DOING** out of addiction because it diminishes your sense of joy and fulfillment, either stop or find a way to change the motivation for how and why you are **DOING**
- Choose times when you are **DOING Nothing** – other than enjoying and having fun in the moment.



Empower Yourself by Taking Healthy Action!

When you start to make things happen, you begin to believe that you can make things happen. And that makes things happen. ~David Allen

It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things. ~Leonardo Da Vinci

With a healthy Solar Plexus Chakra we STOP waiting for Life to Happen to Us, and choose to Happen to Life Through Inspired Action!



CONNECT WITH OTHERS

Text, call or video chat friends, team mates, coaches and family



GET 8 HOURS OF SLEEP

Avoid caffeine and technology before bed



STAY ACTIVE

Exercise 30 minutes a day most days of the week



EAT HEALTHY FOODS

Fill your plate with fruit, vegetables, lean protein or beans and whole grains



USE STRONG MINDS STRATEGIES

Try deep breathing, stretching/yoga and thinking positive thoughts



ASK FOR HELP

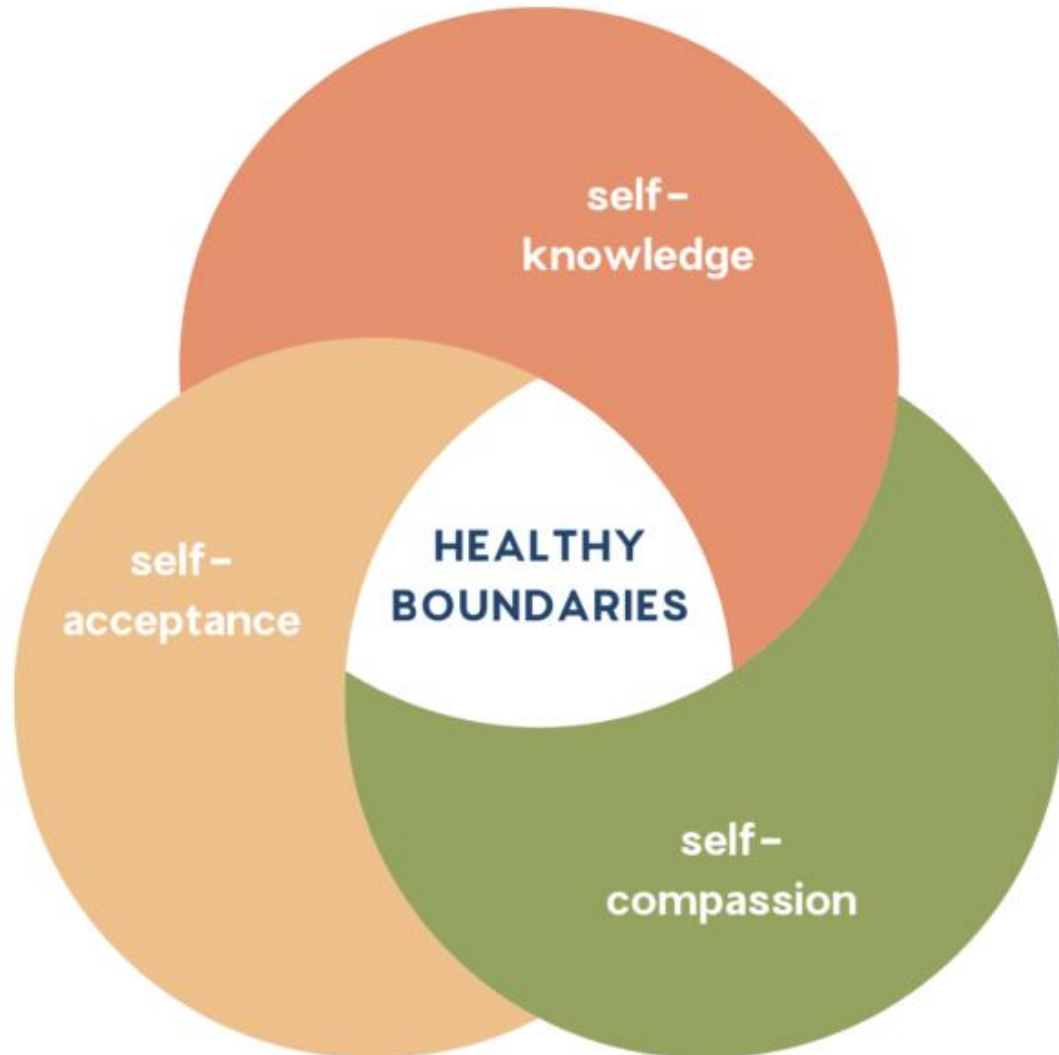
Contact your medical provider if you feel overwhelmed

Healthy Personal Power

Know Yourself

Accept Yourself

And Have Compassion for Yourself



What Drains You?

Here are a few Ideas to get you started.

You might feel Drained If You Are:

- Not getting enough Sleep
- Staying Up Too Late
- Depending on Caffeine and Junk Food to get through the day
- Don't Drink enough Water (simple formula is to take your weight in pounds and divide in half, then drink that in ounces. Example, 120 pounds is 60 ounces)
- Saying NO when it would be better to say YES
- Saying YES when it would be better to say NO
- Not Taking Action When You Need To (Procrastinating)
- Not Taking Action On Fun Ideas, Projects, or Outings
- Working Too Much especially at a Job you don't Like
- Being a Perfectionist
- Over-Reacting to Small Things
- Hanging Out with People Who are Negative or are Takers

Add Yours _____

YES!
NO



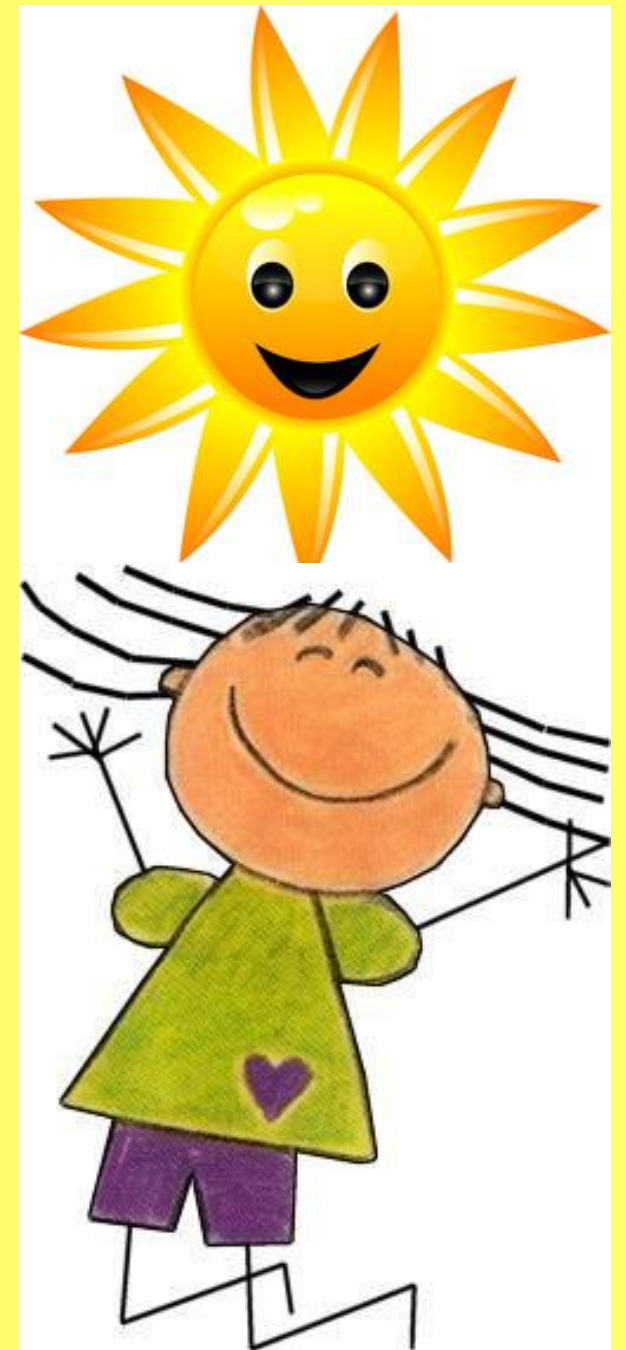
What Energizes You?

Here are a few Ideas to get you started.

You will Feel Energized If:

- You are Nurturing Your Self
- You are getting healthy amounts of Sunlight (Vitamin D)
- You are Connecting with Fun, Loving and Energizing Friends
- You are Living Your Passion
- You are Doing what you Love and Feeling Excited About It
- You are having FUN on a Regular Basis
- You are taking Walks in Nature
- You take time to Read a Good Book or watch a Fun Movie
- You are Learning Fun, Inspiring New Things
- You are taking time to Meditate
- You are Exploring New Places, Ideas, Concepts
- You are taking time to Celebrate (see next slide)

Add Yours _____



Celebrate Yourself Daily

Celebrating YOU everyday increases your energy.

Celebrating You includes all the little things you do everyday that are personally loving, supportive, and nurturing. This raises your vibration, and ignites a more powerful way of living.

What Else To Celebrate?

- You Get to Live this Life!
- Any Healthy Activity that Furthers Your Happiness and Well Being
- Progress i.e. taking care of your Body and Overall Health
- Furthering Projects that are Important to You (don't wait until you are done with them, celebrate all the accomplishments along the way)
- Completing something on your to do list
- Happy, Fun Times with Friends, Family,
- Being Present with Yourself
- Magical Encounters and Synchronicities
- Find ways to be Creative in What you Celebrate and Celebrate that too!



The Starting Point of All Creation is Desire!

~Napolean Hill

**I can teach anybody how to
get what they want out of life.
The problem is that I can't find anybody
who can tell me what they want.**

~Mark Twain

Desire is the Engine of Creation

It is NOT about having the skill or expertise to create something.

It IS about having an Inspired,
Passionate, Purposeful
Driven Desire
fueling your Will
and Motivating Actions
that support and allow your
desires to manifest.

THE PAST IS YOUR

LESSON

The Present Your

ENGINE

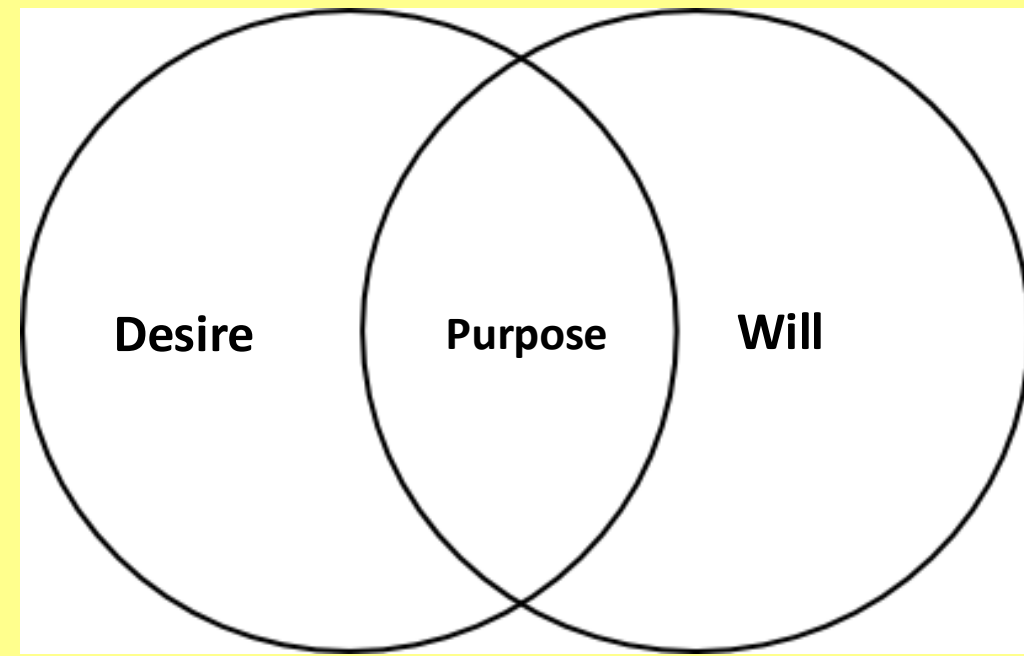
THE FUTURE IS YOUR

MOTIVATION

Aligning Will with Desire

- Desire Fuels Creation and Directs Will
- Our Will Brings Desire into Form
- Will operates through Action
- Desire operates through Feeling
- Belief operates through Thinking
- Belief either fuels desire and motivation or adds uncertainty and doubt (sometimes both)
- Aligning Will with Desire guided by Passionate Purpose inspires what we Manifest
- Will drives Action (thinking action, feeling action and physical action)
- Passionate Purpose Driven Desire Fuels our Will to Take Action and Bring it into Manifestation

What Do You Desire?



**Attachment to How
Desires are Fulfilled
Takes away from Aligning
your Will with Divine Will.**

**When anchored in LOVE
you can Trust your Desires
are Aligned with
your Divine Purpose.**

Healthy Will Power

The most effective way to Apply Personal Will Power is from deep within and not from an external Desire dictated by an external culture.

Healthy Will Power is NOT about controlling results or a specific outcome.

Healthy Will Power comes from your commitment to express
from your Inner Knowing,
Your Inner Well-Being,
Your Inner Awareness

***Thank You Will Power for being there, and showing up for me
whenever I call upon you...***

***Thank you Will Power for Supporting me in creating an inner state
that inspires my life's purpose to find its natural course and expression
within and through me...***

***Thank you for Encouraging me to Stand in the Strength and
Power of Who I truly am.***



Awakening the Dragon

As we reclaim a healthy Solar Plexus Chakra we are opening the space for Dragon Medicine to enter our energy field.

Dragon Energy is re-awakening on Earth and within us.

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 the Earth is essential and Dragon Medicine Assists in the process.



Awakening the Dragon

- Dragon has long been associated with Magic and 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 bent on 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 Inner Feminine capacity to tap into Earth Energies and limitless sources of power - directed by the Heart and used for Earth and Human Culture Healing



Journal Questions For Claiming a Healthy Solar Plexus

**How confident are you in responding
to most of the situations you encounter?**

Do you speak up for yourself?

Are you willing to take risks when needed?

Do you have a healthy digestive system?

Do you laugh easily and with delight?

**Are you able to listen to other points of view
without feeling threatened or defensive?**

**Are you able to create and stick to healthy
boundaries for yourself?**

**Do you take responsibility for your commitments
and see things through to completion?**



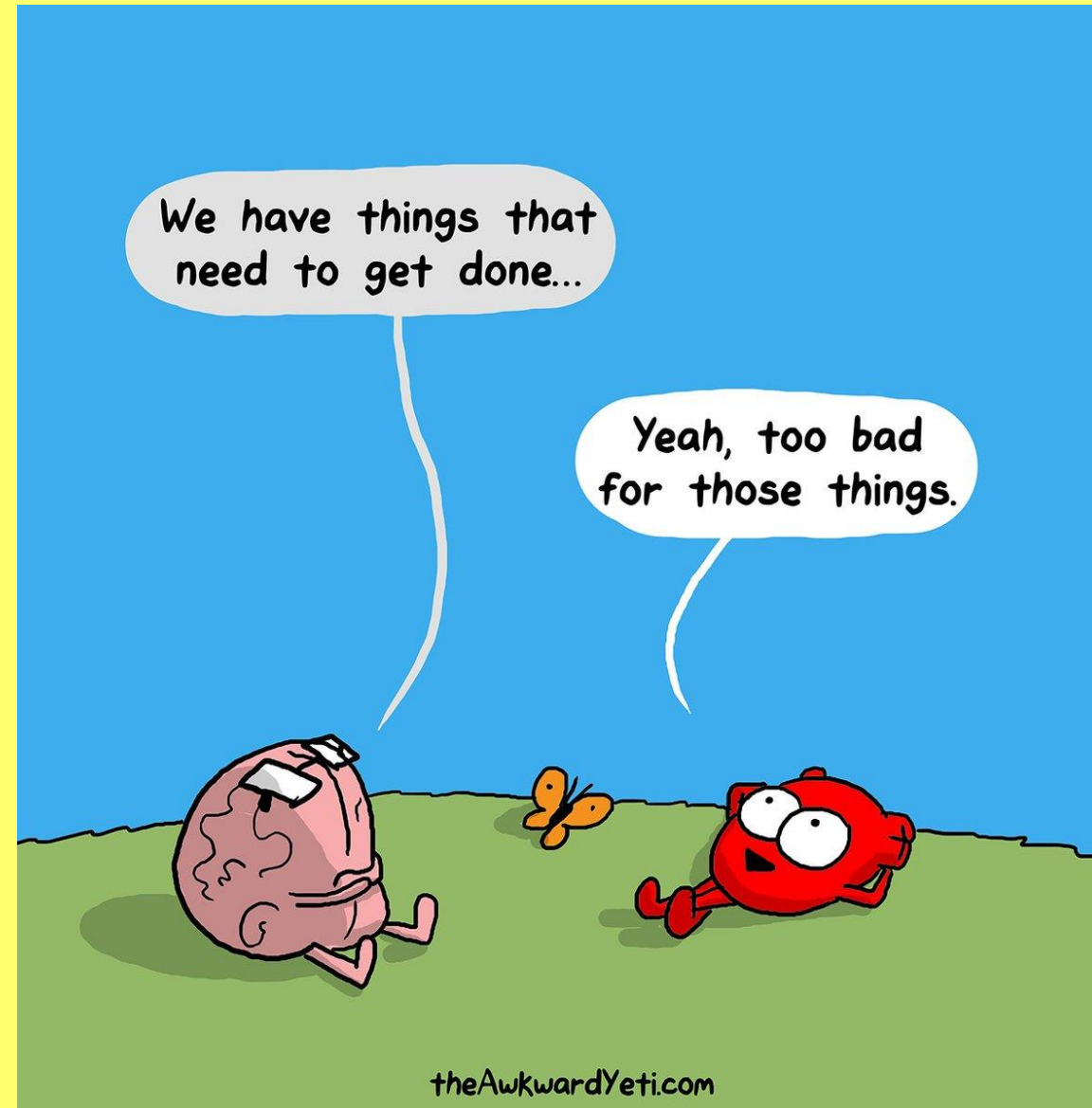
**Laughter is the
Fireworks of the Soul**



Additional Questions for the Solar Plexus Chakra

- *How is it that I am joyfully reclaiming and cultivating ways to wisely express my creative gifts in ways that inspire me to share what I know?*
- *How is it that I am more courageously expressing my true self?*
- *What would it take for me to joyously celebrate my magnificently imperfect Self every day?*

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Action from Joy, Inspiration, and New Models

You never change things by
fighting the existing reality.



**Act as if what you do makes a difference.
It Does!**
~William James considered the Father of Modern Philosophy
New Perspective
**Act as if what You ARE makes a difference.
It Does!**

**To change something, build
a new model that makes
the existing model obsolete.**
~Richard Buckminster Fuller

Insights on Ceremony from the Book

World Bridger by Juliet and Jiva Carter

Ceremony bridges the chasm between a culture bled of its elemental consciousness and its shamanic roots.

Ceremony is a language that transcends time and culture, it is the solution that exists outside of the problem...

Ceremony takes us into a higher vibration of healing that honors us as magnificent masterpieces of human design and allows a graceful movement into a state of original innocence...

Rather than adopt a new behavioral sanity through an intellectual idea of it, ceremonies are alchemical affirmations that celebrate the inherent perfection that resides in the innocent heart of each human, raising the desired model of human behavior and the intellectual arena and into the field of experience...



Additional Resources

[Simple Test to Follow Your Gut](#)

by Dorian Innes

[How to Develop the Action Habit: 12 Powerful Tips](#)

by Henrik Edberg

[Blessed Unrest](#), by Paul Hawken

[Dragons as Elementals](#)

article by Alphedia Arara

[The Dragon Riders of Pern](#) by Anne McCaffrey

Pern stands for Parallel Earth, Resources Negligible

[Eragon, The Inheritance Series](#)

by Christopher Paolini (books and a movie)

[How to Train Your Dragon, and the Dragon Heart Movies](#)
on Netflix or Amazon etc.

Fun for your Inner Child and Inner Dragon Rider

