

Venus Alchemy Evening Star

Heart Chakra or 4th Chakra

Reclaiming the Power of Love

with Cayelin K Castell and Sheridan Semple



Re-Entering The Heart Chakra Gate





At the 4th Gate Inanna reclaims her breast plate recognizing she no longer needs to guard her heart but instead sees it as a symbol of how she loves herself and loves others in healthy ways. This Chakra Gate is the bridge between the upper and lower chakras and when healthy, vital and alive is the entry point into the higher vibrations of Love, Joy and Bliss.

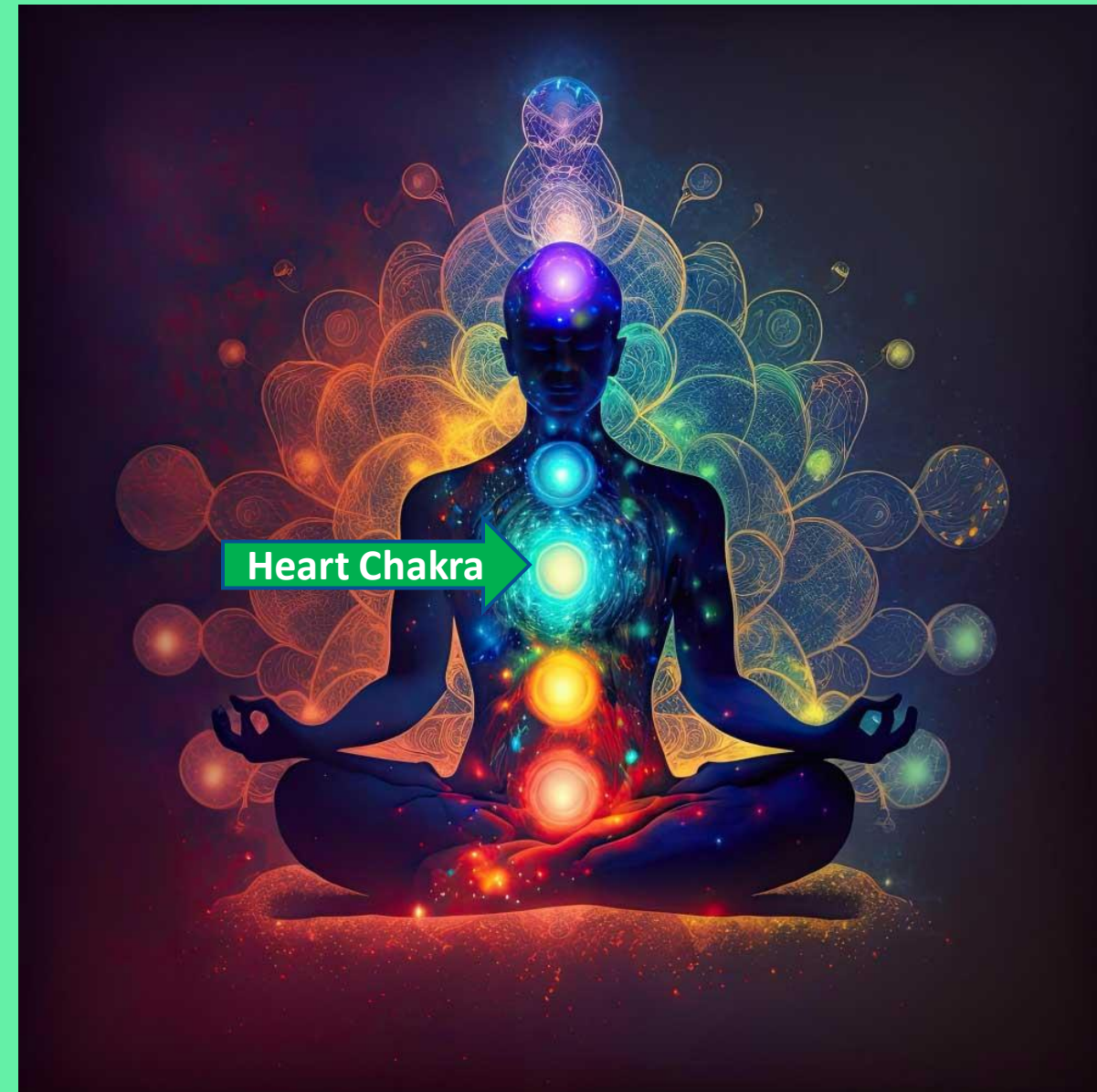
The Heart Chakra *Anahata* Chakra is Sanskrit for *unhurt, unstuck, or unbeaten* it is the **seat of the soul**.

Located where our physical heart is around the breastbone/sternum representing pure love connecting the upper and lower chakras.

Linked to the **Thymus Gland**, circulatory and respiratory systems, lungs, ribs, breasts, arms, shoulders, hands, diaphragm.

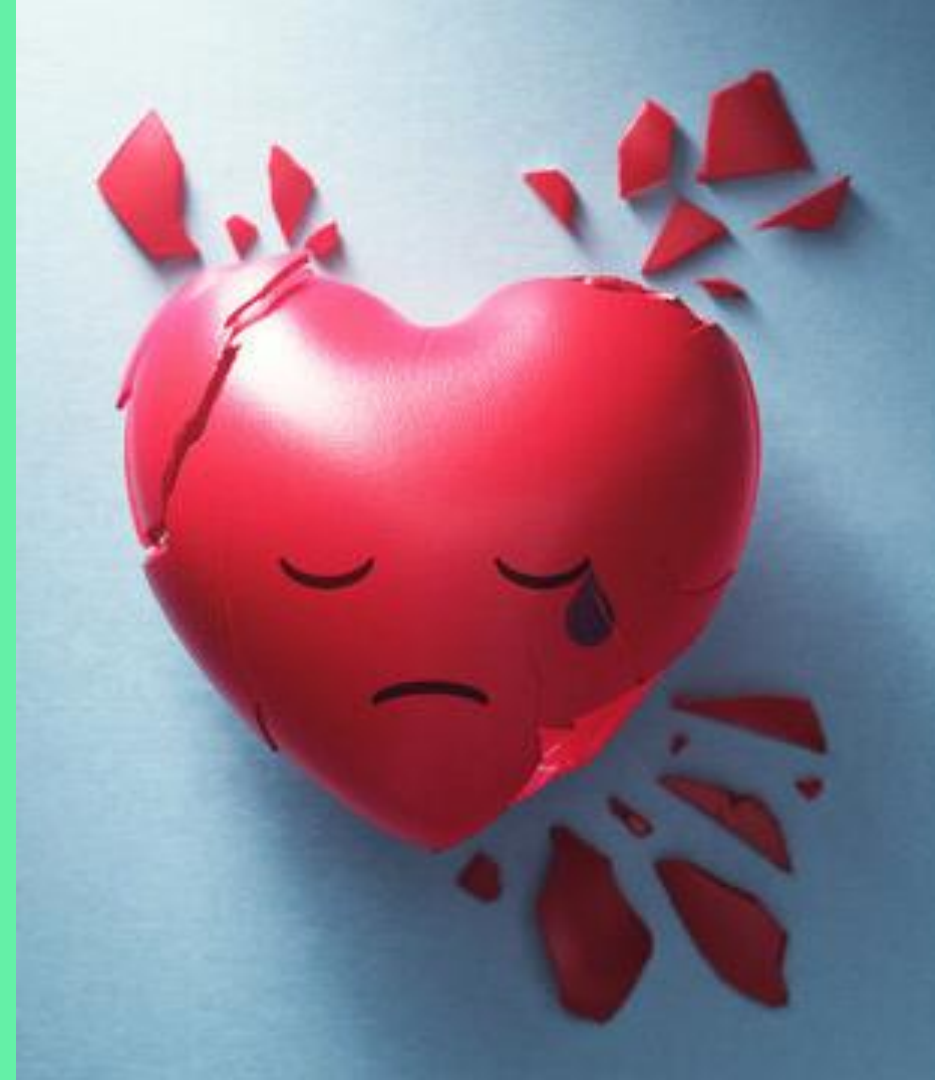
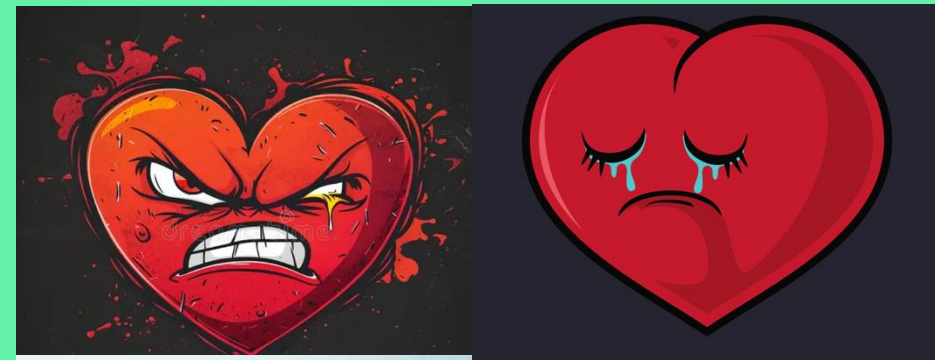
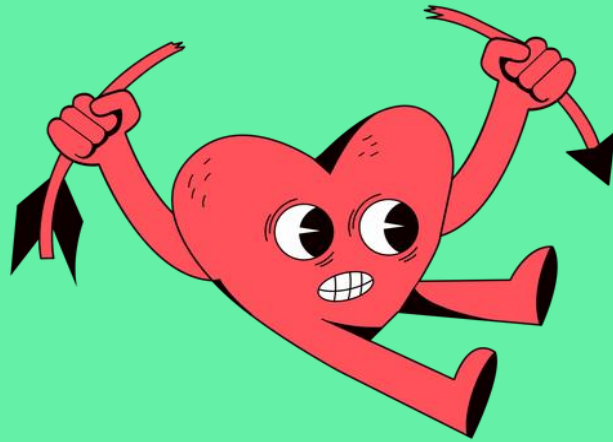
Linked to empathy, harmony, kindness, caring, sensitivity, emotional balance, our relationships and how we interact with others.

Connects the Spiritual and the Physical
Heaven and Earth



Imbalanced Heart Chakra

- Lack of self discipline
- Difficulty in relationships
- Fear of Betrayal
- Inability to forgive
- Lack of empathy
- Giving to Get
- Living vicariously through others
- Looking to others for acceptance & happiness
- Strong jealousy and harsh judgment of others
- Fear of being alone - feeling shy and lonely
- Leading with logic and reason and disregarding what you *feel* as unimportant or having no value



Balanced Heart Chakra

Expresses as:

- Love and Compassion for All Life
- Kindness, Empathy, Harmony
- Acceptance of Others
- Expansion, Freedom and Growth
- Healthy personal values and ethics
- Following your unique, heart inspired direction in life
- Giving and Receiving Equally
- Connecting to Pure Universal Energy
- Self Confidence, Self Approval, Self Acceptance, Self Respect

Heart Chakra Affirmations

Love is my Birthright

I am Love

I am Loving

I Love Who I AM

I Love My Life

I am a Superconductor of Love



Ways to Balance this Chakra:

Chant the Mantra “Yam”

Wear Green or Pink

Green is Blue and Yellow combined

Yellow for the Soul/Blue for the Spirit

Eat Green Foods: Broccoli, Zucchini,
Avocados, Green Apples, Green Beans

Gems/Minerals:

Emerald, Jade, Green Tourmaline,
Malachite, Peridot, Aventurine,
Moss Agate, Green Jasper, Rose Quartz,
Rhodochrosite

Exercise:

Practice the “Thymus Thump”
PDF on the Thymus Gland

https://www.thymic.org/uploads/mainpdf/the_thymus.pdf

Thymus Tapping



The Thymus is the High Heart catalyzing awakening
Increasing Life Force Energy
Increasing Vitality and Healing Ability
Increasing Digestion
Strengthening the Immune System

When used with affirmations - Tapping the Thymus
Inputs new thought processes into the cells helping
shift to new points of view and positively changing
your mindset for the better.

Thymus Tapping 5 min. Video on Heart Chakra Class Page or at this
link <https://youtu.be/DknBrfv1mJY?si=aect6PtzNNlu74B2>

Suggested affirmation in the video:

My Life Energy is High. I am Full of Love!

Essential Oils for Balancing the Heart Chakra

Cardamom Seed, Rose, Ylang Ylang, Cypress, Eucalyptus, Geranium, Lavender, Rosewood, Oak Moss, Magnolia, Rhododendron, Lime



**Use the drops on your heart
with reverence and intention**

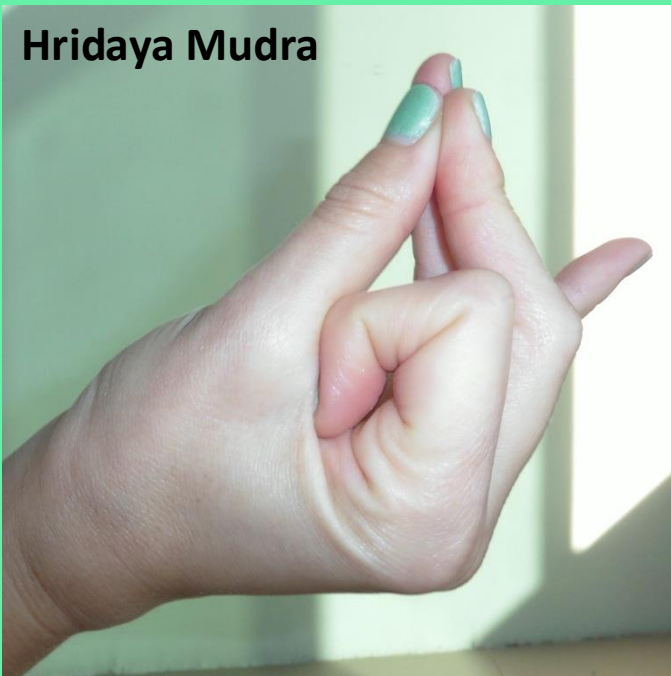
Lotus Mudra helps cultivate feelings of love, compassion, kindness, and affection towards others.

And counter acts negative feelings like hatred, anger, misunderstanding transforming them within the body.

Lotus Mudra not only opens all the Chakras it also connects us specifically to the Anahata Chakra or Heart Chakra.

For more on both Mudras

See 2 short videos on Heart Chakra Class Page



Hridaya Mudra: Place the tip of the index finger at the root of the thumb. Bring the tips of the middle and ring fingers to meet the thumb. Keep your pinkie straight. With both hands in the mudra, place them on your knees facing upward. You can practice this mudra for up to 30 minutes, while focusing on the chest and heart chakra. The middle and ring fingers are related to the energy channels (nadis) of the heart. Closing the circuit with the thumb helps release pent-up emotions from the heart.



HEART CHAKRA MUDRA

- OTHER NAMES: PADMA MUDRA, LOTUS MUDRA
- ELEMENT: AIR
- CHAKRA LOCATION: HEART AND CHEST
 - CHAKRA COLOUR: PINK, GREEN
- CHAKRA FUNCTION: COMPASSION, LOVE, RELATIONSHIPS

- STEPS
1. TOUCH THE OUTER EDGES OF BOTH THUMBS
 2. TOUCH THE OUTER EDGES OF BOTH PINKIES, THEN REST THE HEELS OF YOUR PALMS TOGETHER, 4 EXTEND THE OTHER FINGERS OUTWARD, LIKE YOUR HANDS ARE A BLOSSOMING FLOWER.

MUDRA LOCATION: HOLD THE GESTURE AROUND YOUR HEART/CHEST AREA IN A RELAXED MANNER.



Heart Chakra Demons

Love Addiction Demon

Trying to fit in Demon

I Could Care Less Demon

Unworthy of Love Demon

Selfish Ego-Centric Demon

Fear of Being Hated Demon

Fear of Being Vulnerable Demon

Fear of Feeling Difficult Feelings Demon

Ignoring the Needs of your Own Heart Demon

Withholding Love from Self and Others Demon



Name yours _____

A Playful Deepening Practice

Dance Your Demons into Allies

Choose a Heart Demon Chakra that speaks to you.
Name it! Draw It! Call it Out!

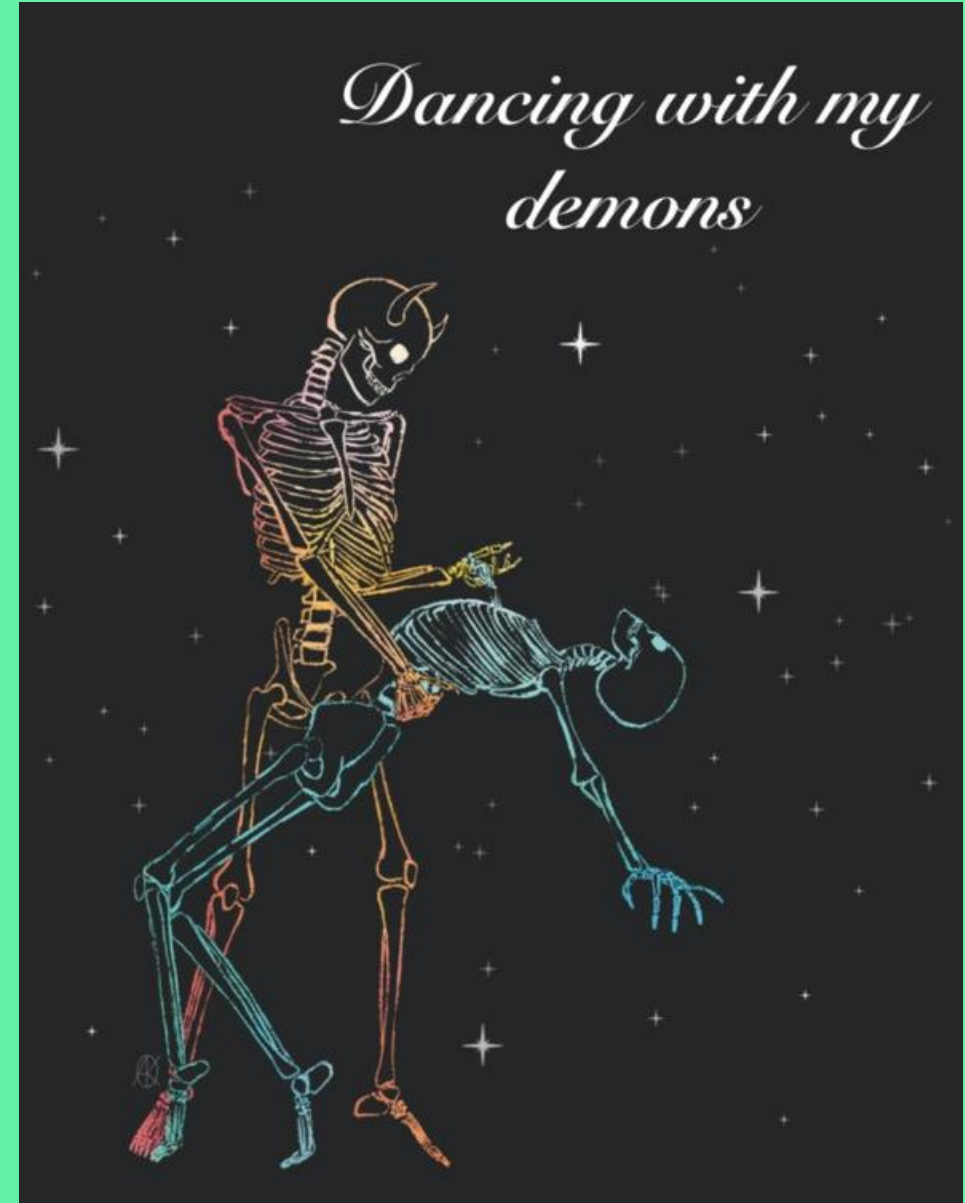
Play lively music and dance the energy of this demon.

Notice how you feel.

Once you feel fully connected to your heart demon
Shake Out the negative energy!

Allow the Demon to Transform into an Ally
Then Dance and Celebrate your new Ally!

Draw it, give it a new name and embrace it as part of
you!



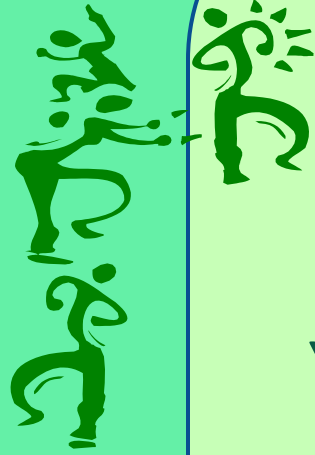
You Get What You Give
[Link to Song by the New Radicals](#)

Practice being in the present moment

When you find you are reliving a painful experience - practice holding yourself in loving acceptance as you feel to heal.

Dance to This Song or what ever music gets you going.

Do yoga or some kind of meditative movement (walking meditations are great) that will help you feel and then transform your feelings bringing you into the present.



Some of the Words to the Song

But when the Night is Falling
And you cannot find the Light
You Feel your Dreams are Dying
Hold Tight

You've got the Music in You
Don't Let Go

You've Got the Music in You
One Dance Left

This World is Gonna Pull Through
You've Got a Reason to Live
Can't Forget

We Only Get what We Give

Practice the Art of Acceptance

Accept What Is For Now

Accept what you can't change

Attend to what you can change

Go with the Flow

A C C E P T A N C E



is seeing with your heart,
not with your eyes.

Accept What is and
Trust the Universe

*You can't change what's
going on around you
until you start
changing
what's going
on within you.*



Orgone Energy is Universal Energy, Heart Inspired Energy a.k.a. Prana, Chi, Life Force, The Creative Force, Pure Creative Intelligence, the Fifth Element known as Ether or Spirit etc.

Orgone Energy as observed by Wilhelm Reich, MD, in the late 1920s, is as a bio-electrical charge flowing within the body observed as waves passing through Reich's clinical patients when they were experiencing intense emotional breakthroughs.

Orgone Energy

- In the 1930's Reich measured the bio-electric charge that flows from inside the body out to the world when a person experienced Pleasure or Expansion
- Pleasure and feelings of expansion activate the parasympathetic nervous system where humans are relaxed and thriving.
- The blood vessels dilate, increasing circulation, activating pain relief, creating better digestion, lowering blood pressure, stimulating potassium and lecithin production.
- All this supports a sense of well-being.



The Orgone Energy referred to here is the energy of LOVE found within the Human Heart



- Is Everywhere, Filling all Space as Primordial, Cosmic Energy
- Because it Pulsates Orgone is Observable and Measurable
- **Organic materials attract and hold Orgone Energy**
- Non-Organic metal attracts and then rapidly repels Orgone Energy
- Has a strong affinity with and attraction to water
- It is accumulated naturally in living organism by ingesting healthy foods, breathing practices, and through the skin
- **That is Why Fresh Air, Sunlight, Organic Fruits and Vegetables, Exercise, Meditation and Deep Breathing increase Orgone Energy**
- Orgone Flows through the Torus of the Heart where the magnetic lines of force lie on an electrically conducting spherical surface such as the surface of the Earth's core.

The Orgone Accumulator and Other Orgone Devices of Wilhelm Reich

ORGONE
The Cosmic Life Energy
Volume 2
by Jürgen F.W. Fischer

Oxytocin the Heart Hormone

Oxytocin is released through meaningful hugs or nurturing touch and during certain breathing practices.

Is also present when reading social cues and establishing enduring relationships.

David Vesely, M.D., PhD Professor of Medicine at the University of South Florida found that Oxytocin reduces 90% of all cancers in cell cultures within 24 hours.

The heart plays a fundamental role in stabilizing and harmonizing the interaction between the heart, the central nervous system and the brain.

Boosting Oxytocin - the Love Hormone

Make Eye Contact and Smile

Hug for at least 10 seconds

Hold Hands

Kiss

Play Music and Dance

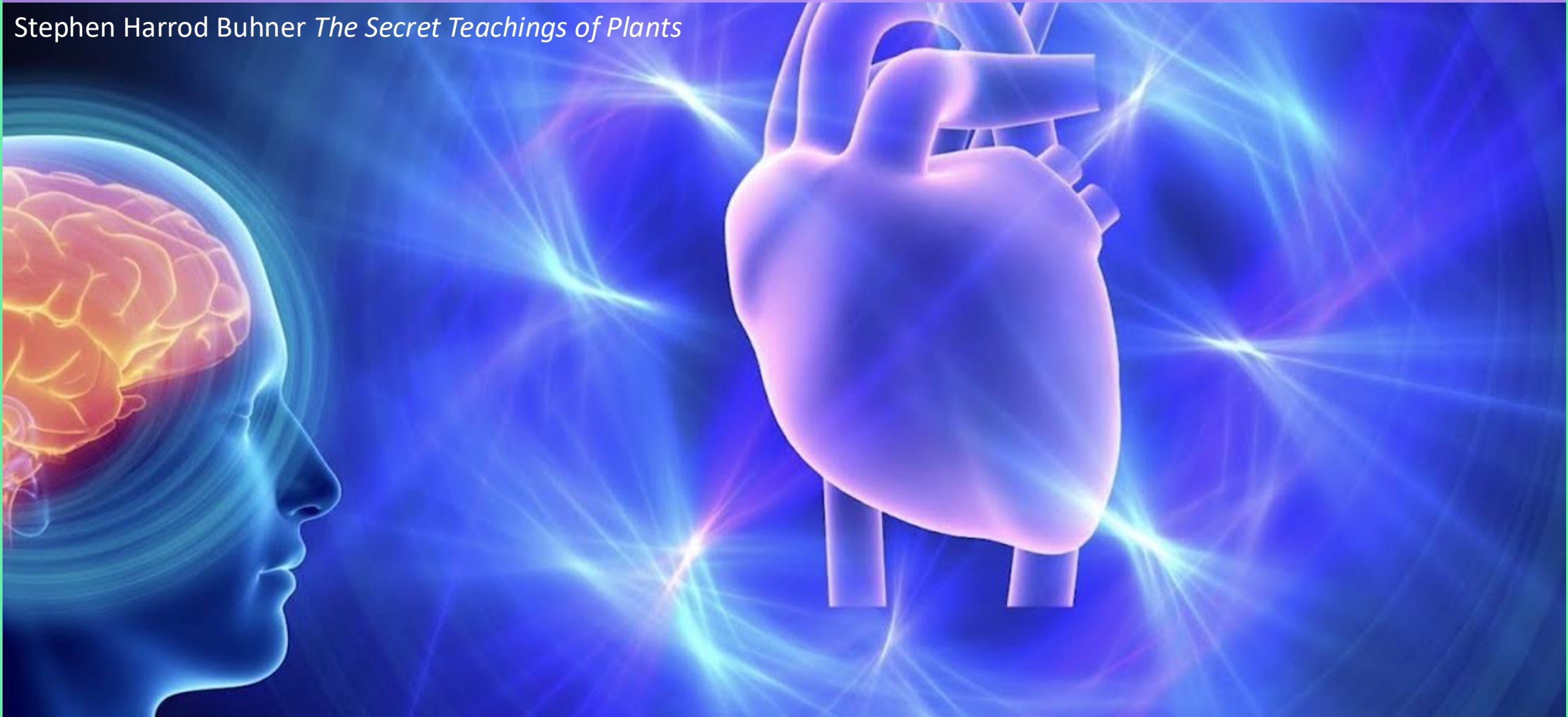
Spend Time in Nature

Sunning Practices

Heart Breathing Practices

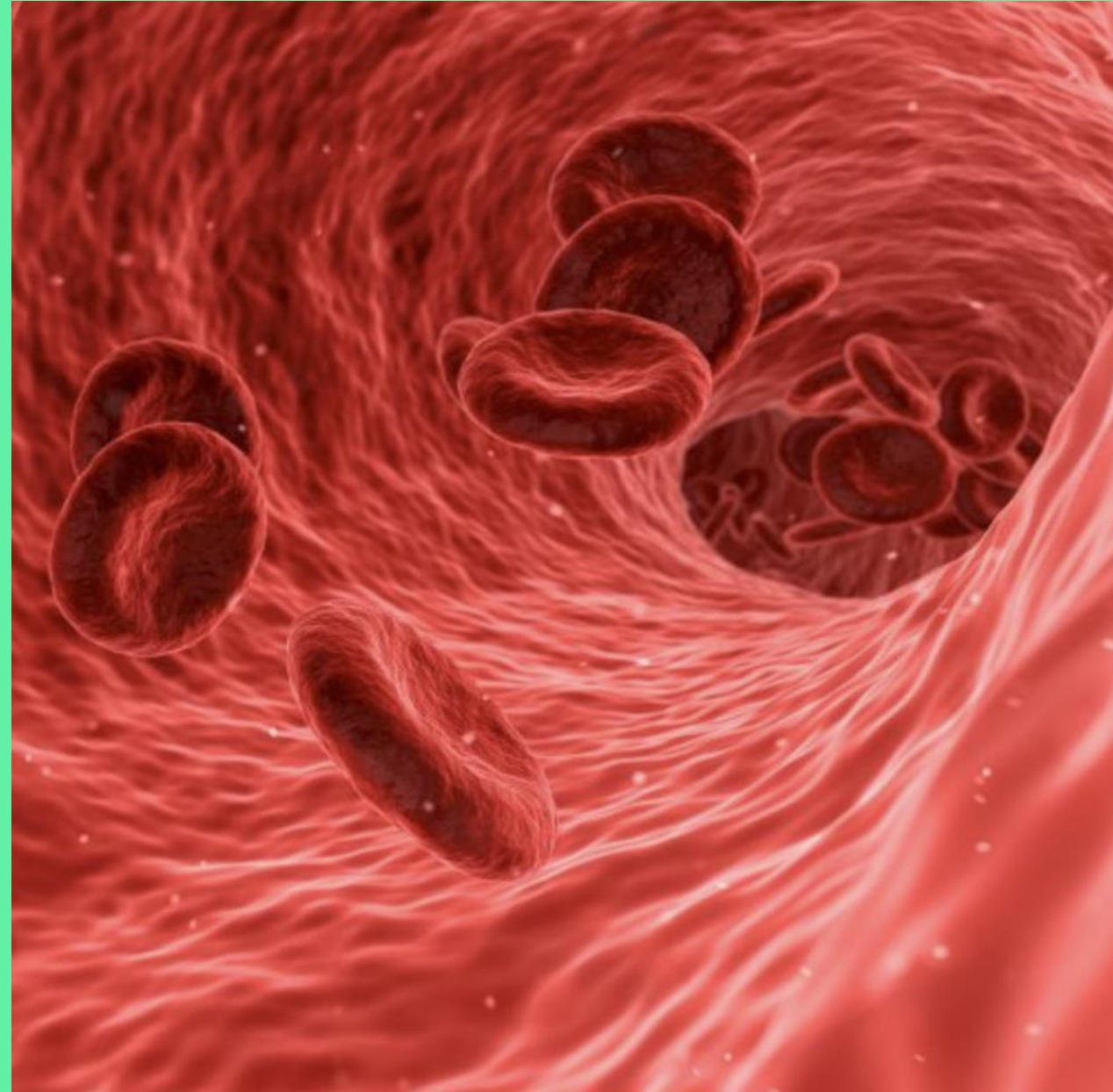
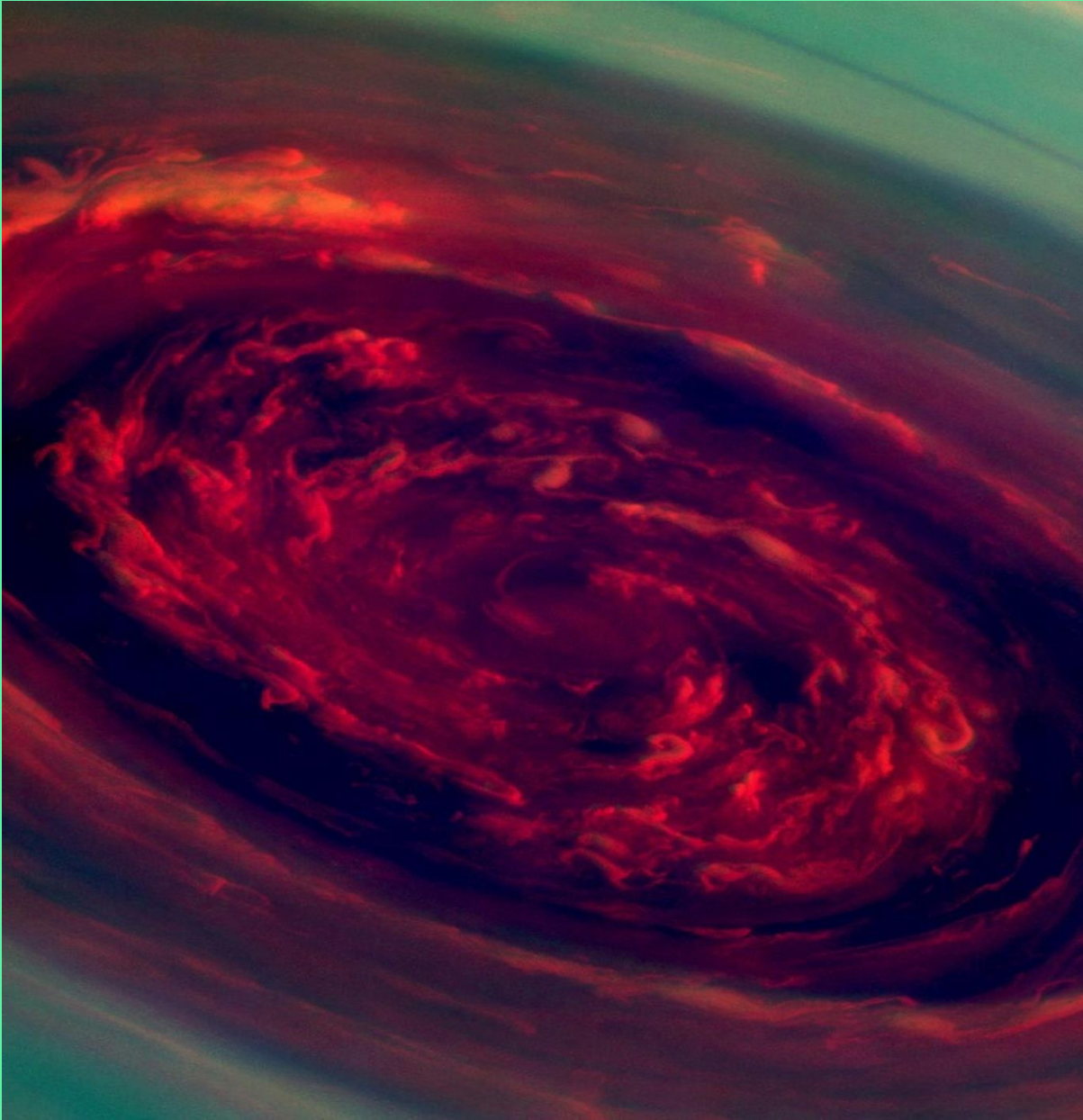
“... human beings have always possessed one of the most powerful instruments ever created to do this (pick up, decode and respond to signals) – the human heart. For the human heart is vastly more than a muscular pump – it is one of the most powerful electromagnetic generators and receivers known. It is, in fact, a highly evolved organ of perception and communication.”

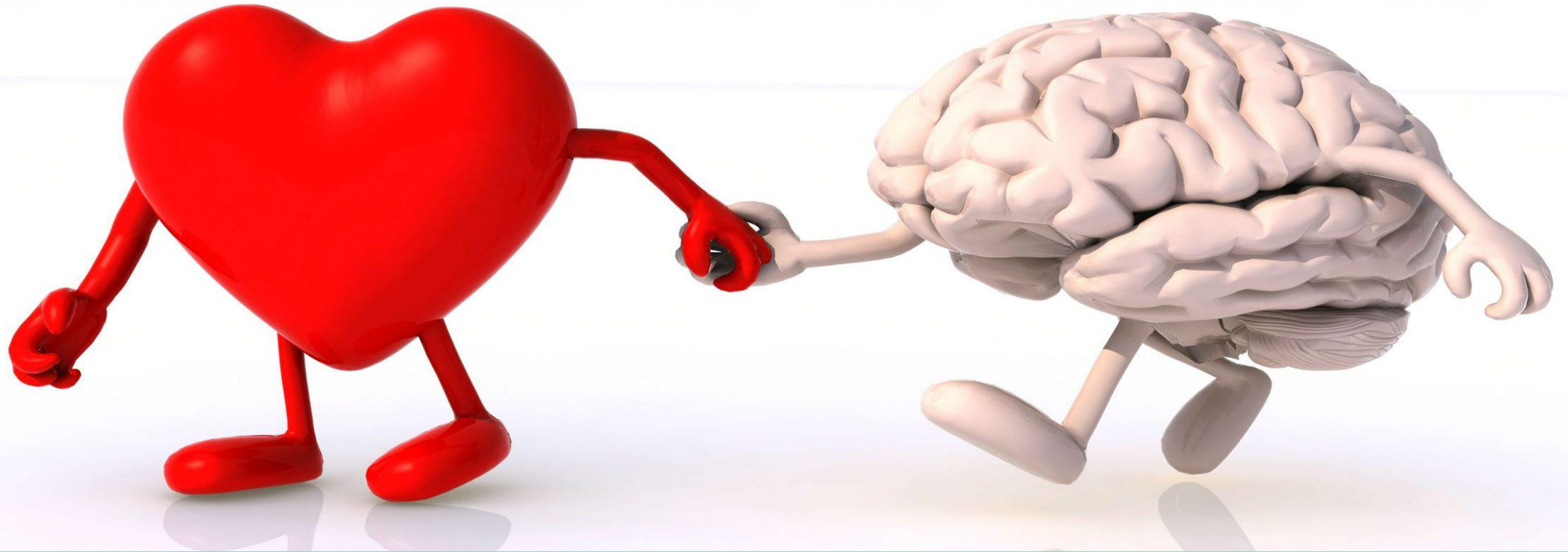
Stephen Harrod Buhner *The Secret Teachings of Plants*



Blood and blood cells flow in a vortex, creating the Heart's powerful electromagnetic field.

Stephen Harrod Buhner *The Secret Teachings of Plants*





“Analysis of information flow into the human body has shown that much of it impacts the heart first, flowing to the brain only after it has been perceived by the heart. What this means is that our experience of the world is routed first through the heart, which “thinks” about the experience and then sends the data to the brain for further processing. When the heart receives the information back from the brain about how to respond, the heart analyzes it and decides whether or not the actions the brain wants to take will be effective. The heart routinely engages in a neural dialogue with the brain and, in essence, the two decide together what actions to take.”

Stephen Harrod Buhner *The Secret Teachings of Plants*

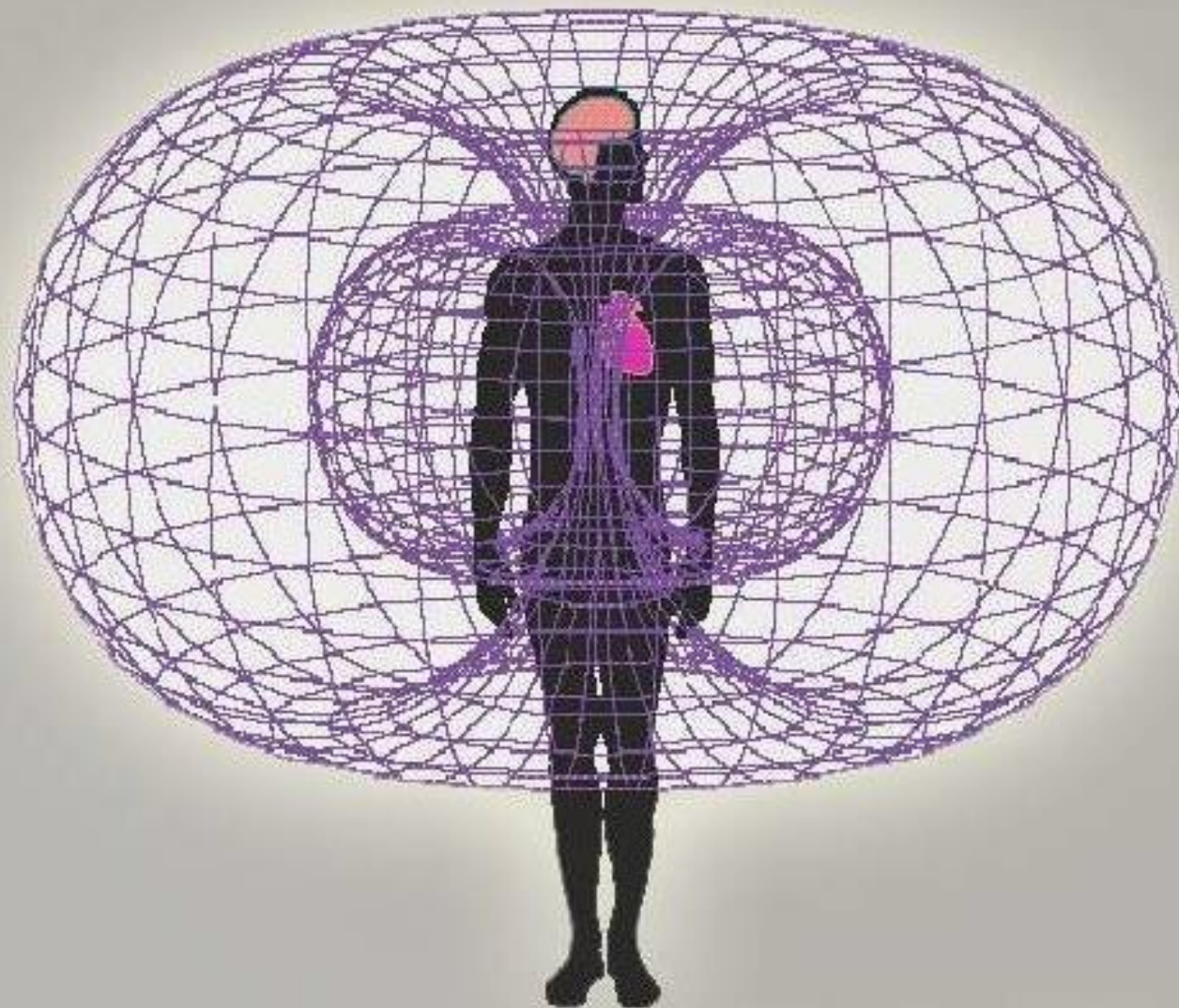
HeartMath

Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead.

It takes the power of the heart.

**~ Doc Childre, Founder,
Institute of Heart Math**

The electromagnetic field of the heart



Heart Math Insights on Neural Pathways

Neural pathways from the heart to the brain either inhibit or facilitate electrical brainwave activity.

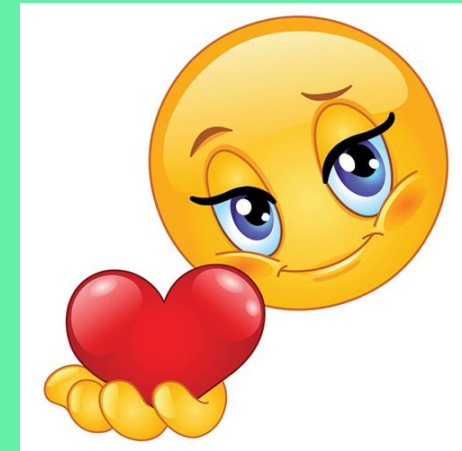
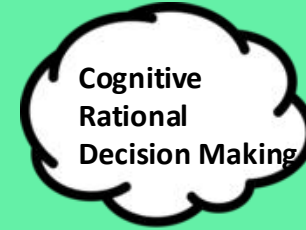
The heart sends electro-magnetic messages to the brain in ways that affect how we perceive and react as well as how we make decisions.

The heart has its own nervous system with the ability to learn, remember, feel, sense, and make decisions separate from the brain.

The heart's electromagnetic field is about 5000 times stronger than electromagnetic field of the brain.

Emotions produce predictable physiological changes in heart rate, blood pressure, and other bodily functions.

The emotional impact of a dramatic or shocking experience can trigger negative incoherent heart rhythms.



Experiential, Heartfelt Decision Making

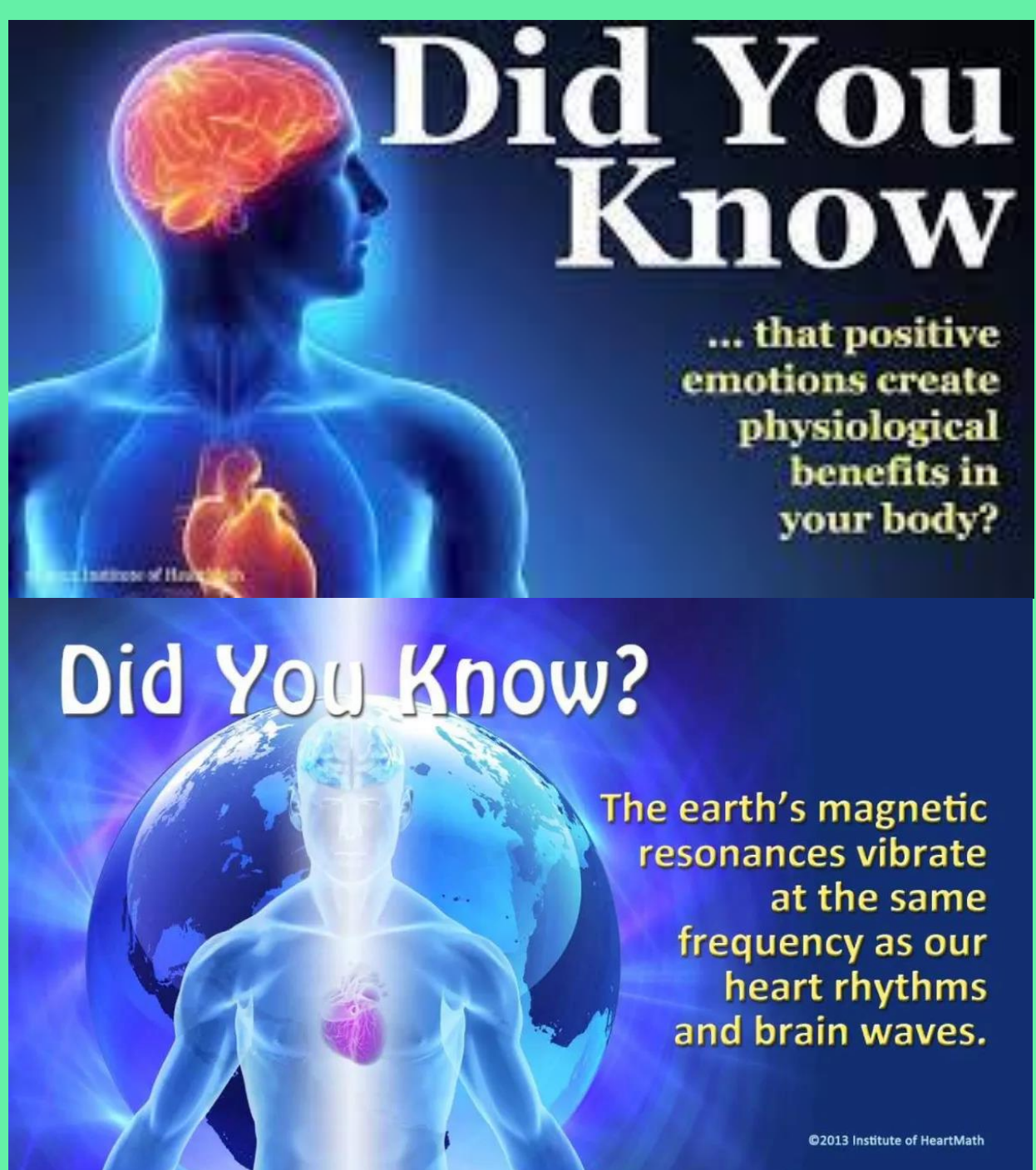


Heart Math asks: Did You Know...

The heart is involved in processing and decoding intuitive information because it connects with an energetic information field existing beyond the boundaries of our space time reality.

Additional research shows that both the heart and the brain can receive and respond to information about a future event before it even happens!

The Heart receives this information before the brain, but often our thoughts cause us to dismiss it.



Did You Know

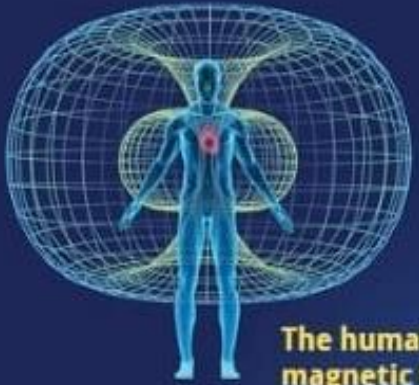
... that positive emotions create physiological benefits in your body?

Did You Know?

The earth's magnetic resonances vibrate at the same frequency as our heart rhythms and brain waves.

©2013 Institute of HeartMath

Did you know?



The human heart's magnetic field can be measured several feet away from the body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions can increase the brain's ability to make good decisions.



You can boost your immune system by focusing on positive emotions.



Positive emotions create physiological benefits in your body.



From the Institute of Heart Math

The heart generates the largest EM (ElectroMagnetic) Field in the body - 60 times greater in amplitude than the brain waves recorded in an EEG or electroencephalogram.

The magnetic component of the heart's field is around 100 times stronger than the brain.

Clear rhythmic patterns in beat-to-beat heart rate variability are distinctly altered when different emotions are experienced "felt" by every cell in the body, supporting the heart's role as a global internal synchronizing signal.

The Institute of Heart Math Research Shows

The heart's Electro-magnetic field communicates Information operating beyond our conscious awareness to others that are within at least 15 feet of each other.

A coherent energy field synchronizes the brain waves of those in close proximity. **This is why vibrating with energy of love changes everything around us.**

When our mind body systems are in a harmonious state, we are more aware of and attuned to the information encoded in the electro-magnetic heart fields of those around us.

The heart functions like an endocrine gland secreting hormones that influence not only the brain but also blood vessels, kidneys, and adrenal glands, regulating noradrenalin and dopamine neurotransmitters.



The Galactic Centre

ONE Heart – Entrainment of the 3 Hearts of Creation



Galactic Heart

Galactic Centre - Cosmic Gateway



Our Heart

LOVE



Earth Heart

Earth Gateway – Crystalline Centre



Fear



**Super Conductor
Super Power**

Claim it

**I AM A
SUPER CONDUCTOR
OF LOVE**

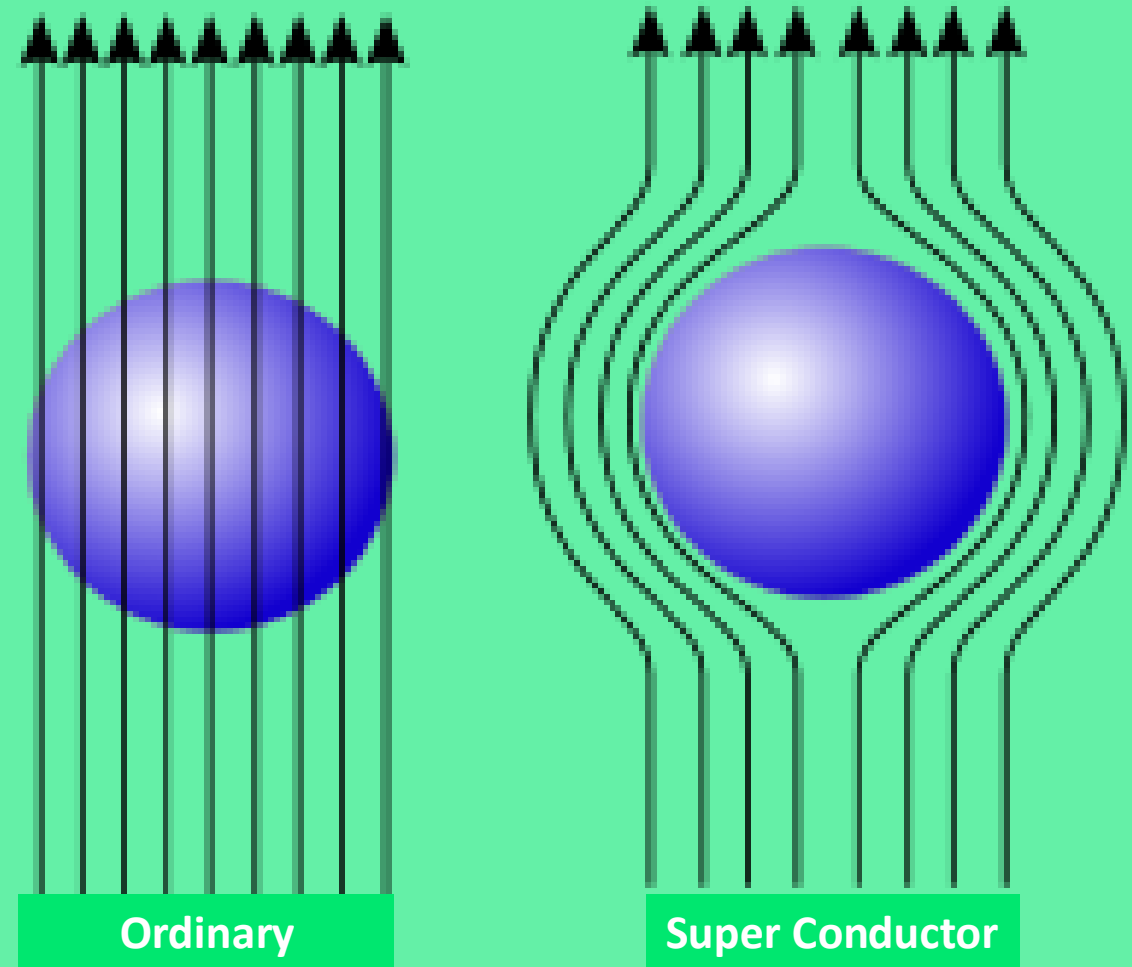
Ask yourself:
What would it take for
me to vibrate as
a Super Conductor
of LOVE?

Meissner Effect Quantum Physics and Super-Conductivity

Superconductors create a magnetic orientation that prevents penetration of any other force within its field.

In the image of the Meissner Effect named after the Physicist who discovered it, an external magnetic field penetrates **an ordinary conductor whose electrons behave in a chaotic or disorderly way.**

Super-conductor electrons act in a coherent collective manner and are not affected by chaotic energy.



Ordinary Magnetic Fields are affected by outside chaotic energy.

Super Conductor Magnetic Fields are not.

Ascending with LOVE

This is an Ideal time to align with higher spiritual principles including:

Raising Your Vibration into a Super Conductive Field of Love

Choose Activities that uplift your vibration.

Love, Caring, Kindness, and Compassion, Time in Nature, Earthing, Healthy Diet, Exercise, Dance, Music, Friends, Having Fun or engaging Fun Activities, engaging in Work You LOVE, etc....

©Venus Alchemy

What lowers your Vibration?

Anger, Fear, Resentment, Guilt, Lack of Sleep, Overworking, Poor Diet, Being Stuck in a Negative Story, etc....



Heart Coherence Technique from Heart Math

Practice anywhere, anytime by sending a signal to your body to shift into peace and calm where natural inner harmony exists.

Step 1: Heart Focus: Gently focus your attention in the area of your heart. Place your hand/s or fingers on your heart to help increase your focus.

Step 2: Heart Breathing: Focusing on your heart, feel your breath is flowing in and around your heart. This supports your heart rhythms to synchronize and your mind to stay focused on your heart energy. Breathe with ease - until you find a natural rhythm that feels good to you.

Step 3: Heart Feeling: As you continue to breathe, recall a time when you felt good, positive feelings in your body (such as love or appreciation towards an event, another person, being in nature, etc).

Allow yourself to re-experience this positive feeling in your body. Or look for a sincere attitude of appreciation or care where you can focus your attention.

Sustaining this type of feeling maintains the optimal conversation between your heart and your brain.

The more you practice creating coherence between your heart and brain, the easier it is to access and sustain inner harmony and coherence for longer periods of time - increasing your ability to cultivate inner peace and resilience any time - even when experiencing stressful moments.



Living in the Heart – Entering the Sacred Space of the Heart

Points to Ponder about Heart Intelligence

The heart begins to beat in a growing fetus before the brain is formed.

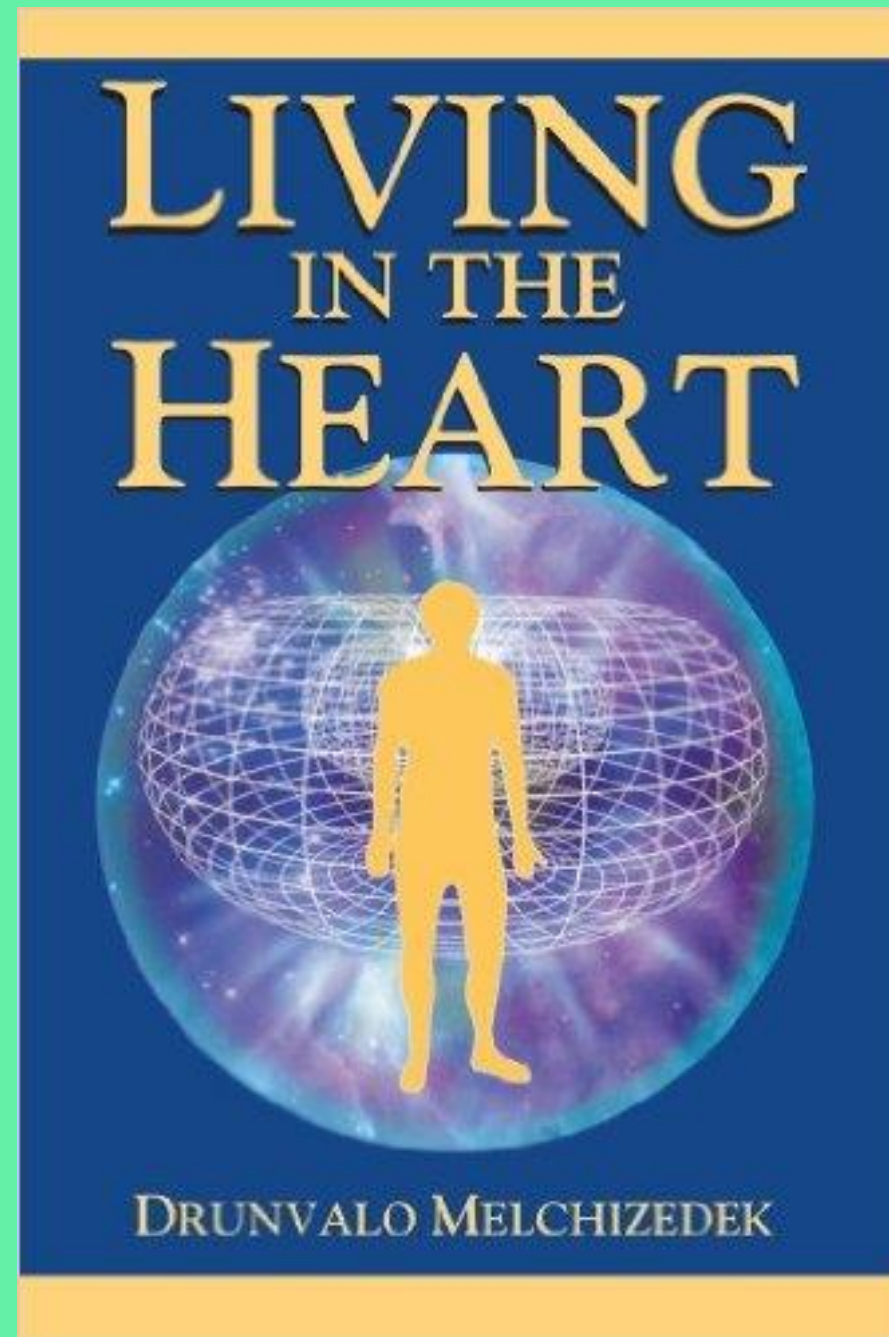
The heart has its own brain with its own literal brain cells, confirming ancient wisdom concerning the intelligence of the heart.

The electromagnetic field of the heart is about 8 to 10 feet in diameter with the axis centered in the heart representing a donut or Torus, considered the most primal shape in the universe.

Within the sacred space of the heart there exists an electromagnetic toroidal field with the smaller toroidal field inside and both are centered on the same axis.

This toroidal field (Torus of the Heart) can be used as a doorway to enter the sacred chamber of the heart.

This toroidal electromagnetic field passes exactly through and is generated from the sacred space of the heart.



Living in the Heart More Points to Ponder

It's important to follow your own heart in determining what is true for you, feeling into your own answers.

Lingering emotional trauma is often felt when entering the sacred space of the heart. So ideally clear and release the trauma first.

You may not see or experience things in the way that you expect. Some have visions, some feel it, some hear sound or music, some feel vibration or any number of other ways.

The challenges of entering this space within the heart are Fear of the Unknown and Expectations of what it should look like, feel like, be like.

Ask for guidance, ask for your heart to be filled with light, ask to see, sense, or feel the light within the heart that is also within all things.

Imagine this light is filling the **Unity Consciousness Grid** that surrounds the Earth spreading into the heavens, and to the entire universe.

If you are unfamiliar with this grid send this love to the Sun and ask it to radiate this pure love where it is most needed.



The Turmeric and Lemon Morning Elixir

Your Heart Will Love You

1 serving

Prep Time- 5 minutes

No cooking required

Ingredients

What you'll need...

1/2 of a lemon, squeezed for juice

1/4 to 1/2 tsp turmeric

1/2 tsp honey

1/4 tsp cinnamon powder

1 cup warm water, and/or coconut milk for healthy fat assisting with absorption of turmeric, or you could add a teaspoon of coconut oil for the same effect

How to make it...

Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it - this will ensure that the turmeric does not settle at the bottom of your cup.



Raw Cacao

A Super Food Boosting Heart Health

The Difference Between Chocolate & Cacao

- **Cacao nibs or beans** go through a fermentation process or are cold-pressed to remove the bitterness while retaining/enhancing its superfood qualities
- **Chocolate** is produced by roasting cacao, then adding sugar, milk and other products. The roasting process diminishes the superfood qualities of raw cacao and dairy blocks absorption of antioxidants.
- **High quality dark chocolate** with minimal sugar and dairy carries many health benefits as well.



Health Benefits of Raw Cacao

- Contains 20x antioxidant content of blueberries
- Produces feelings of euphoria, containing anandamide, the “bliss molecule”
- Acts as an aphrodisiac, supporting release of endorphins and opium-like chemicals due to presence of Phenethylamine (PEA) also found in blue green algae
- Contains **flavanols**, an anti-inflammatory antioxidant that **may protect against heart disease and improve blood circulation**. Also contain polyphenols to help **reduce bad cholesterol and prevent hardening of the arteries**.

And much more at this [LINK](#)

Heart Connection Across Cultures

Inlakesh

You are another myself.
~Mayan Greeting

Namaste

I bow to the divine in you.
~East India Greeting

Mitakuye Oyasin

We are All Related OR All my Relations.
~Lakota Greeting

Aloha

Love - the force within all existence.
~Hawaiian Greeting

Ubuntu

I am what I am because of who we all are.
~An Ancient African Word



Back Bending to Open the Heart

Physical Benefits

- *Stimulates the sympathetic nervous system and prepares the body for action
- *Helps counteract damage of bad posture and realigns the spine
- *Relieves back pain, bronchial distress, scoliosis, tennis elbow, frozen shoulder
- *Promotes proper kidney function
- *Helps with digestive function, relieving constipation and flatulence

Energetic Benefits

Stimulates all the chakras, primarily creating opening in the heart chakra.

Emotional Benefits

- *Helps relieve insecurity and fear
- *Relieves stress and tedium
- *Activates the lower back and reminds you NOT to take yourself too seriously
- *Helps build confidence and self-esteem so you can love yourself more fully



Write a Love Letter to Your Heart

- Choose paper and ink in colors so your heart smiles.
- Name and acknowledge courageous heart-centered choices, actions, and healing you have accomplished since the beginning of this Venus Cycle.
- Put fun stickers on your letter and place it where you will see it daily.

What you appreciate appreciates.

~ Lynne Twist, author of the Soul of Money

Practice Appreciation and Celebration

Appreciation is a feeling expressed as gratitude, acknowledgment and recognition.

Appreciation is a form of celebration.

Consider giving yourself a few moments to acknowledge two or three things you appreciate about yourself, your life and those around you - daily - when you wake up or when going to bed or both.



*The Healing Gifts of Forgiveness

- Forgiveness, including Radical Forgiveness, empowers greater acceptance of self and others.
- Self-Forgiveness empowers personal responsibility and the courage to engage in healthier choices.
- Empowers understanding and reconciliation.
- Empowers greater love within the human experience.
- Empowers surrender and the ability to **allow for what IS** in the moment without the need to change it or make it be different.
- Empowers an ability to still have preferences while also allowing for and **accepting what IS**.
- Empowers peace - within and without.
- Empowers healthy union between our human and divine selves.

I release my partner
from the obligation to complete me.
I release my parents
from the feeling they failed with me.
I release my children
from the need to bring me pride,
so they can write their own paths
to the rhythm of their hearts.
I don't lack anything.
I cherish my essence,
my way of expressing it,
even if not everyone can understand me.
I learn from all beings, all the time.
I honor the divinity in me
and you.
- Shamanic Blessing

“The human experience is meant to be an emotional one, so to the extent we deny our feelings is to the extent we deny our purpose for being here.”

~ Colin C. Tipping, [Radical Forgiveness: A Revolutionary Five-Stage Process to: Heal Relationships, Let Go of Anger and Blame, and Find Peace in Any Situation](#)

*Forgiveness Through Ho'oponopono

Ho'oponopono (ho-o-pono-pono) is a simple, easy ancient Hawaiian practice of forgiveness.

The distilled essence of a mainstream version of Ho'oponopono is four phrases said silently to yourself as often as possible or whenever you remember.

I love you

I am sorry

Please forgive me

Thank you

[See Video with Venus Alchemy community member Elizabeth Thomas](#) on a practice of Ho'oponopono she learned from a Hawaiian Elder.

Ho'oponopono:
*The Healing Power of
Forgiveness*



Forgiveness is the best form of LOVE. It takes a STRONG person to say they're SORRY and an even stronger person to FORGIVE.



**Kindness
is the natural expression
of a loving heart.**