



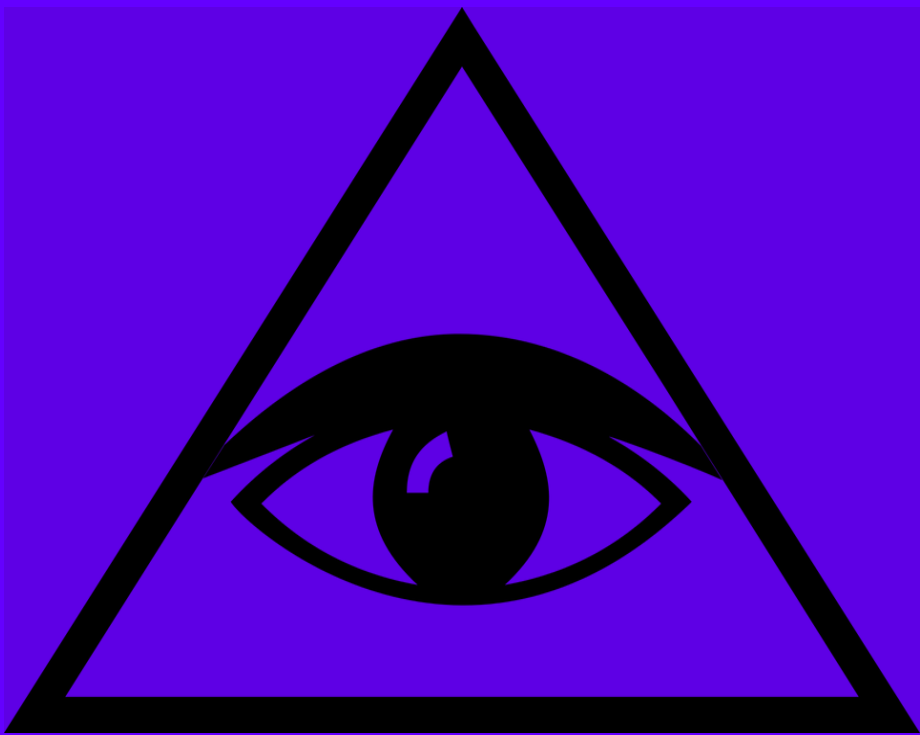
# 6<sup>th</sup> Chakra 6th Gate

Reclaiming Empowering Divine Perception

with Cayelin K Castell and Sheridan Semple

# Re-entering the 6<sup>th</sup> Chakra Gate





## **Third Eye Chakra/Brow Chakra (Ajna Chakra) Is the Gate of Perception connected to the Pineal and Pituitary Gland and the color Indigo**

Located between the eyebrows, where the pituitary gland or "master gland" is located regulating the endocrine system. This includes growth, metabolism, sexual function, stress, and blood pressure. The Ajna chakra is the body's command center, regulating the other chakras and energy channels, and is responsible for sensory perception as well as the conscious and subconscious mind.

This chakra is also linked to the Pineal Gland, a small endocrine gland located deep within the brain. It is physically where we access intuition, insight, and spiritual awareness.



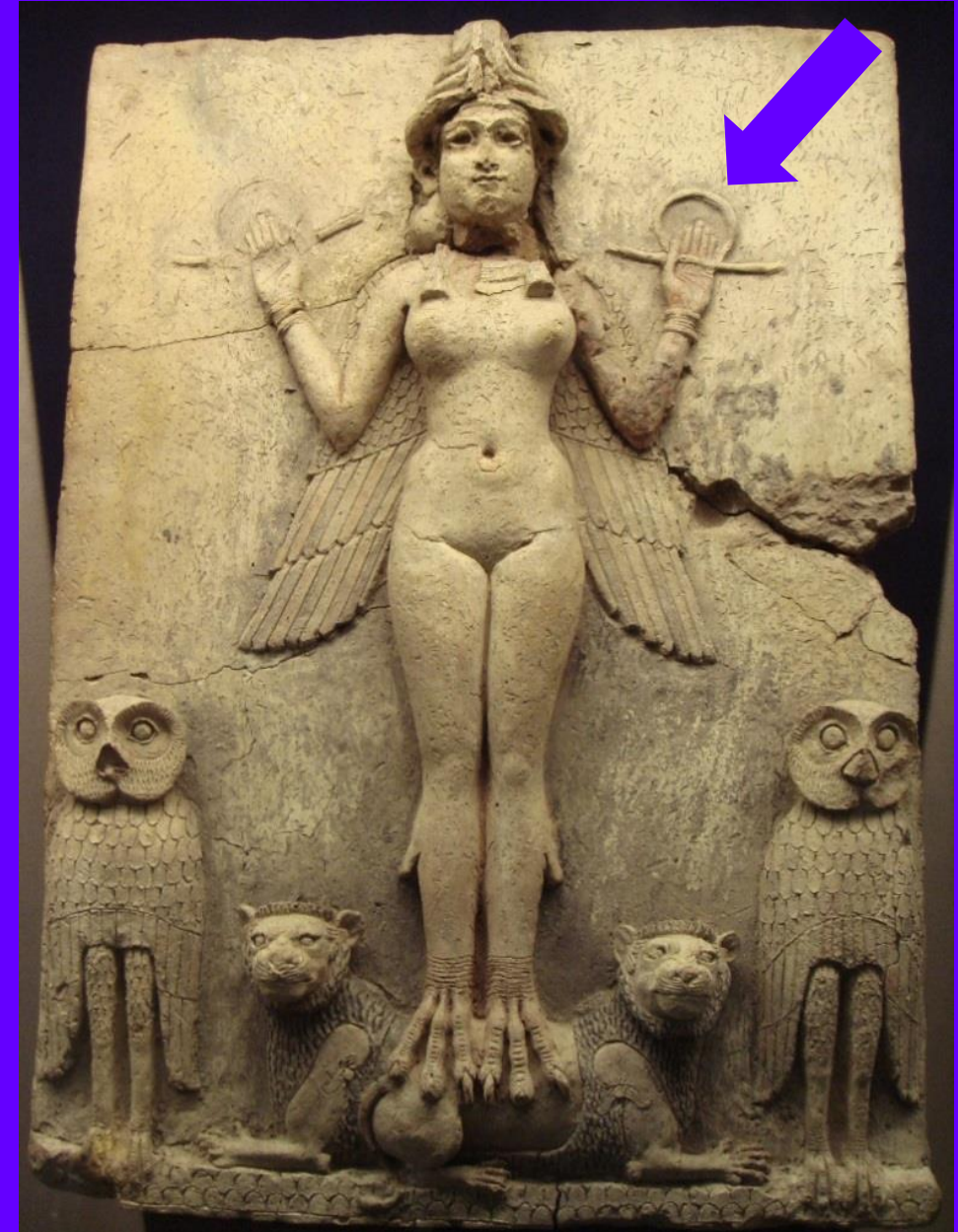
## At this Gate

Inanna is retrieving the vestment that symbolizes her reclaiming a healthy connection to her Third Eye Chakra.

Different versions of the story have different Symbols for this vestment.

One image, she is giving up her Measuring Rod and Staff.

In image on the right Inanna holds a rod and ring in her left hand. Purple Arrow points to it.





**This  
vestment  
might also  
be a  
Scepter  
OR  
Magic Wand**

**Or her  
Lapis Lazuli  
earrings.**



# More on the Significance of the Lapis Lazuli Earrings

As Described in *The Shining Ones* by Phillip Gardiner and Gary Osborn

In some interpretations of the vestments Innana releases or regains the Lapis Earrings represent the Pinal and Pituitary Glands linked with the 6<sup>th</sup> Chakra.

These glands are associated with the two sides of the brain.

The ear is also an important symbol as it resembles a labyrinth or inward and outward spiraling path of energy that forms a toroidal vortex forming a symbolic portal to or from the underworld.

***From the Great Above, Inanna opened her ear to the Great Below.***

Modern day Physicians also refer to the Ear as a bony labyrinth or membranous labyrinth.

In Sumerian, the word for “ear” and “wisdom” are the same. The serpent is also associated with wisdom as is the Enki, the God of Wisdom.

The labyrinth is linked to the coiled serpent or movement of kundalini energy through the chakra centers. Dr Milo Wolf proposed all matter is structured in inward and outward spherical quantum wave centers.



## The 6<sup>th</sup> Chakra physically influences:

- The Immune System
- The Brain
- Pineal Gland, Pituitary Gland
- Eyes, Nose, Ears, and Sinuses
- All Five Senses: Sight, Sound (Hearing) Smell, Taste, Touch
- The Nervous System



# Challenges of a Blocked 6<sup>th</sup> Chakra



## Emotional Symptoms of *THIRD EYE CHAKRA* Blockage

- ★ FOGGY MIND
- ★ INDECISIVENESS
- ★ LACK OF INTUITION
- ★ ANXIETY
- ★ DEPRESSION
- ★ LACK OF CREATIVITY
- ★ NARROW-MINDEDNESS
- ★ BURNOUT



## Balancing this Chakra:

- Meditation, Guided Visualization
- Practicing Acceptance of Self and Others
- Listening to Inner Guidance
- Spending Time Looking at and being with the Night Sky

## Gems:

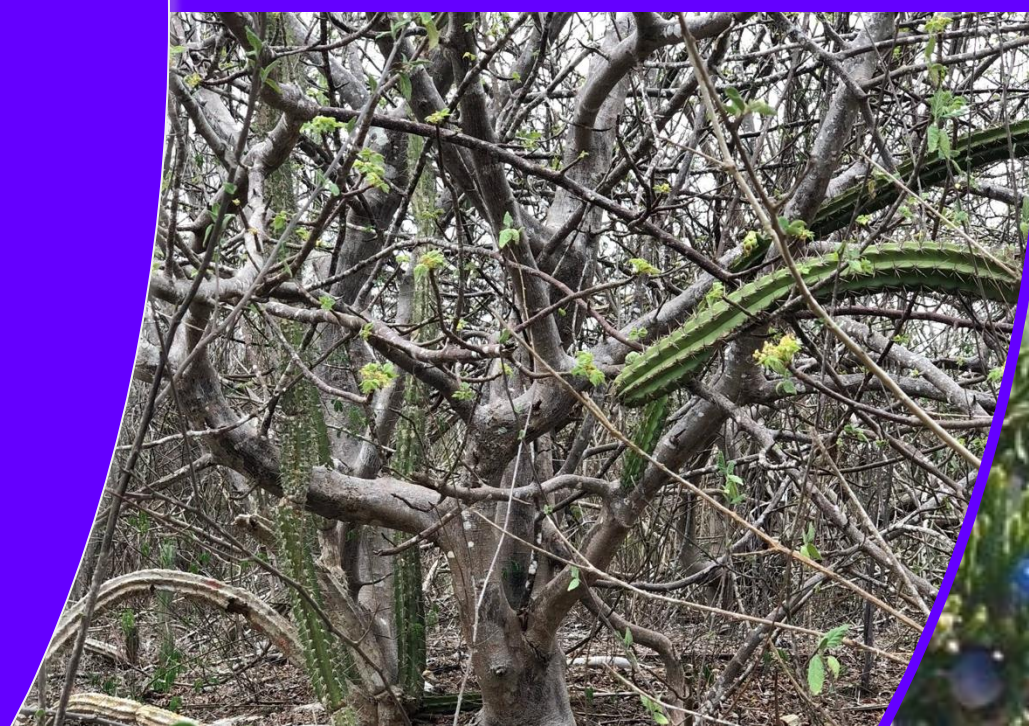
Purple Fluorite, Amethyst, Clear Quartz, Labradorite, Lapis Lazuli, Sodalite, Sugilite, Selenite.



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## Aromatherapy:

Juniper, Basil,  
Rosemary,  
Cedarwood,  
Frankincense, St.  
John's Wort,  
Violet, Lavender,  
Sandalwood, Palo  
Santo, Spikenard



# Gifts from a Balanced 6<sup>th</sup> Chakra

**Skillfully using imagination and thoughts to co-create everyday reality through healthy Intuition.**

**Includes:**

- **Positive Visualization**
- **Skillful self-evaluation and ability to learn from life experiences**
- **Open-minded**
- **Accurate Intuition**
- **Psychic Abilities**
- **Open access to inner vision**
- **Ability to astral travel**
- **Being a Vision Carrier**



# A Courageous Vision Carrier IS:

Insightful, Inspired and Inclusive

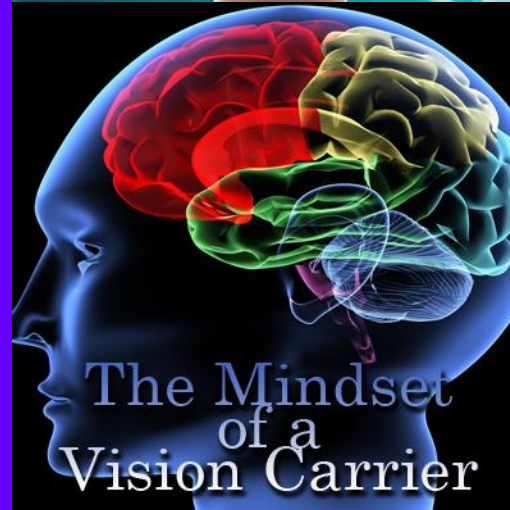
Someone who sees what others don't see and brilliantly applies their vision for the greater good.

Someone whose Vision benefits and supports all life to Flourish and Thrive.

Someone who knows it is important for all life to feel loved, valued, supported, safe and blessed - developing their vision accordingly.

Someone who is compassionate and generous recognizing :

**“We are all in this together!”**



The Mindset  
of a  
Vision Carrier



## Chakra Affirmations



Mantra  
“OM”

Mudra -



Location:

Between the Eyebrows

- I am intuitive.
- I trust my intuition.
- I trust the guidance I get through all of my gifts.
- I am my higher truths.
- My thoughts are calm and peaceful.
- I have a healthy mind.
- I have a creative imagination.
- I am connected to my true path and purpose.
- All of the answers I need are inside of me.
- I easily hear the voice of my soul.
- I let my 'sixth sense' guide me.
- I hear my inner voice.
- I have unlimited possibilities.
- I am my spiritual truth.
- I hear my intuition. I trust my inner teacher

# YOGA POSES TO BALANCE THIRD EYE CHAKRA


Sanskrit Name: **Ajna**

The third eye chakra is your center of intuition and the seat of the sixth sense. The brow chakra, or Ajna in Sanskrit, is your primary manifestation center as it allows you to visualize and imagine the possibilities and take full command of your reality.

## CHILD POSE

### BALASANA

Childs pose to balance third Eye Chakra. The third eye chakra is our centre of mystical intuition and insight.


 Location  
Center of the forehead



## DOWNWARD FACING DOG POSE

### ADHO MUKHA SHVANASANA

Balance and Emotions: Adho Mukha Svanasana The uddiyana bandha stimulates the Third eye chakra


 Element  
Light



## LOTUS POSE

### PADMASANA

PLotus pose - Padmasana. Intention setting plays a core role in every yoga practice Activate Third eye chakra


 Color  
Indigo purple



## COW FACE POSE

### GOMUKHASANA

Cow Face Pose is an excellent heart opening and hip opening yoga pose. And open third eye chakra

 Mantra  
Aum



# Third Eye Chakra Demons

Blocked Creativity Demon

Fear of Persecution Demon

Fear of Not Fitting In Demon

My Vision Might Be False Demon

It's Unsafe to See My Truth Demon

Not Allowing Myself to See Demon

Distrusting My Visions Demon

Fear of Envisioning Demon

Name yours \_\_\_\_\_



# Strengthening Our Inner Voice

Most of us learned from an early age to stifle or deny the truth of our inner knowing or our magical vision in order to survive, belong, love, or be cared for.

This created damaging patterns, shutting down our inner Oracle and Truth Seer, cutting ourselves off from our deepest sources of magic and power.

Cleverly we tell tales to get around the truth but sooner or later the cost is too high.

The time is now for us to genuinely claim our inner knowing and heal this pattern to fully and completely access our magic and power to see and manifest!

## YOUR INNER VOICE

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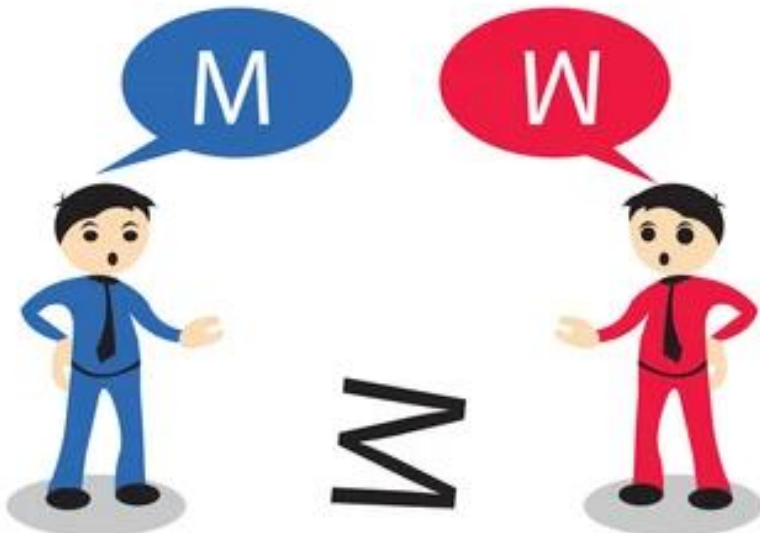
*Intuition goes before you, showing you the way. Emotion follows behind, to let you know when you go astray.*

*Listen to your inner voice. It is the calling of your spiritual GPS system seeking to keep you on track towards your true destiny.*

Anthon St. Maarten

MotivateUs.com





Change your Thinking  
Change your Life

Expand your Point of View  
Expand your Life

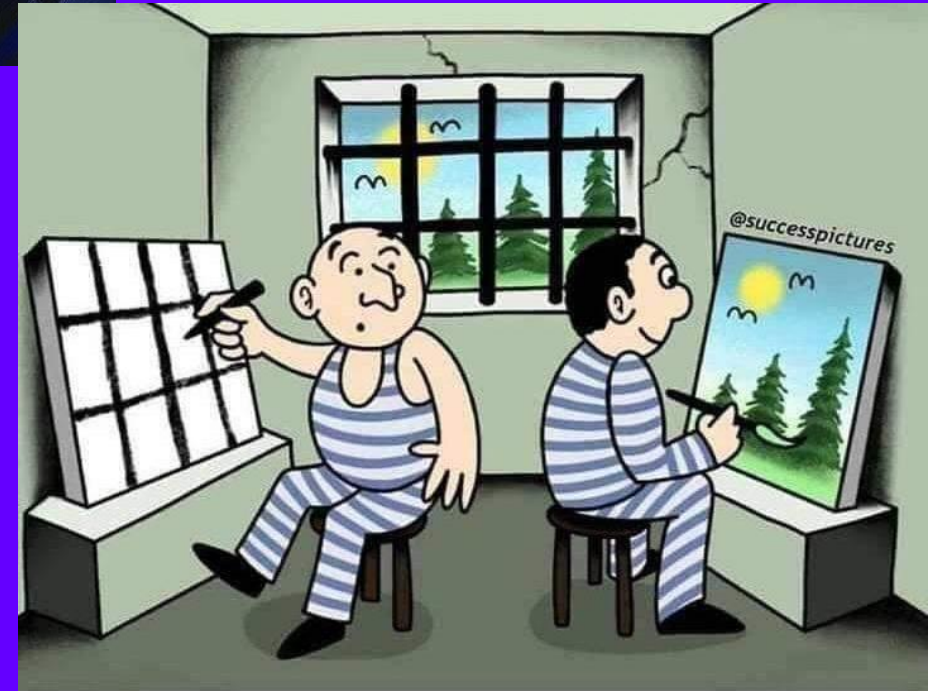
Change your Habits  
Change your Life

### 3<sup>rd</sup> Eye Chakra Perspective Shift

What if we focused our attention and the story we tell about ourselves on imagining we are enough just as we are, that we have already accomplished enough, done enough, and each everyone one of us is magically amazing - simply because we are?

The art of knowing is knowing where to focus our attention and awareness so we see and experience a more joyous life.

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The art of knowing is knowing what to ignore. - Rumi

# Mass Dreams of the Future

Do we face an Apocalypse or a Global Spiritual Awakening?

First Published in November 1989

From an article update by Chet Snow 2001

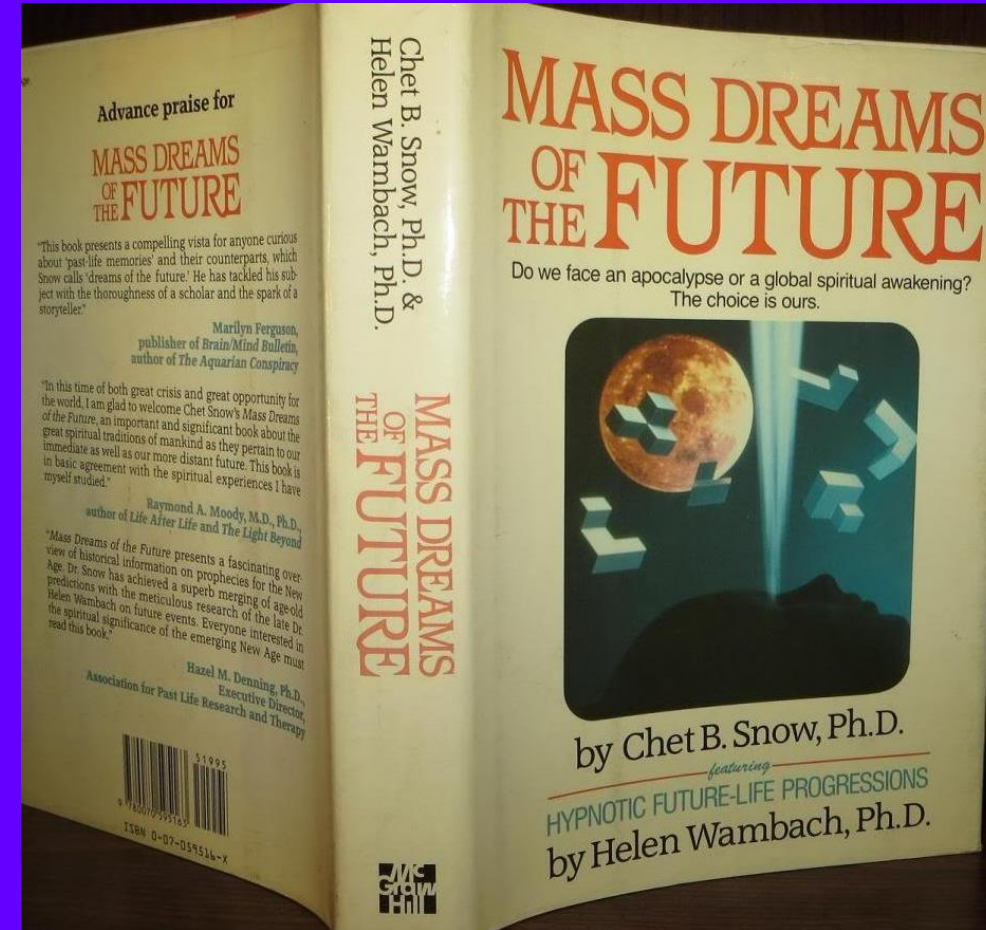
Dr. Helen Wambach and Dr. Chet Snow used hypnosis to determine humanity's hidden inner-vision of the future.

Between 1980 and 1988 thousands of volunteers were placed in a "waking trance" using Helen Wambach's technique for *Future Life Progression Hypnosis*, looking at 150 and 300 years from the 1980's.

The results were astonishing as they coincided with historical prophecies from many of the world's indigenous cultures as well as those of celebrated individual prophets such as Nostradamus and Edgar Cayce.

This research was a way to explore the culture's "collective unconscious" based on what is hidden within our dreaming mind finding the keys to unlocking and even altering the future.

Many saw massive climate shifts, world-wide earthquakes and volcanic eruptions in the Pacific Rim, all leading to dramatic Earth Changes by 2100 AD and beyond.

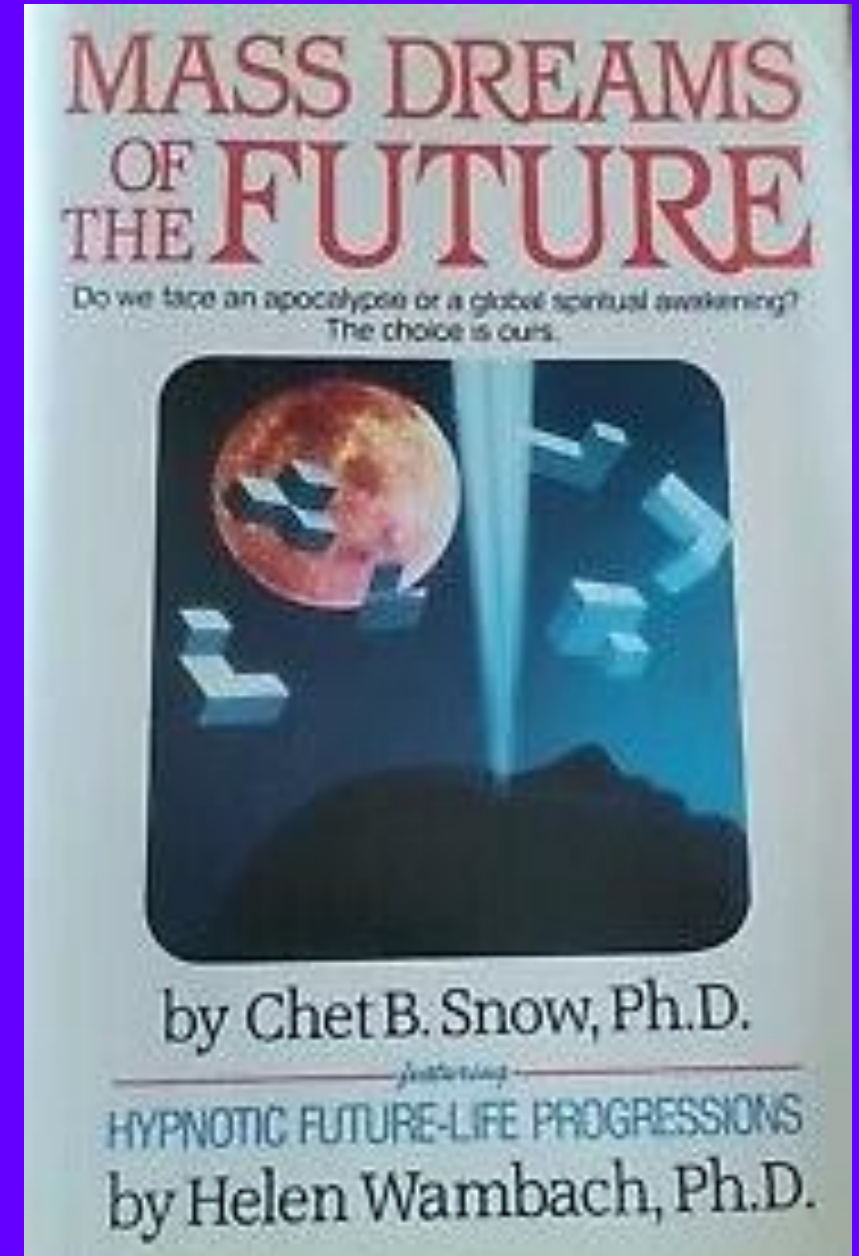


## Mass Dreams of the Future

First Published in November 1989, Paperback Version 1993

Vivid, personal "dream accounts" from two future periods of 2150 and 2300 AD revealed such extraordinary developments as:

- Most of humanity will live in just four environment types:
  - First:** sylvan, ecologically-sound creative and spiritual communities widely scattered in temperate zones
  - Second:** hi-tech cities dependent on domes and other artificial protections against a harsh exterior environment
  - Third:** isolated, rustic settlements of people who have forsaken technological solutions to Earth's problems, returning to a simpler, less-complex life-style
  - Fourth:** space-farmers who inhabit artificial space stations above the Earth or colonies on nearby planets like Mars.
- Many sited an emergence of clans or tribes of people born with enhanced telepathic and other psychic powers.
- **Many described a period after 2300 AD, known as the "Outward Wave," when humanity will no longer be bound either by this solar system or by present-day concepts of 3-D reality.**



**Dr. Raymond Moody** wrote: *Mass Dreams of the Future* is "an important and significant book . . . in this time of both great crisis and great opportunity for the world."

**Death and dying researcher Dr. Elisabeth Kubler- Ross** said: "I could not stop reading this fascinating book and although many aspects of it look grim, it also looks very realistic . . . **It is very important we begin to realize that our minds create our future.**"

**The Aquarian Conspiracy** author Marilyn Ferguson called *Mass Dreams of the Future*: "A compelling vista . . . Snow has tackled his subject with the thoroughness of a scholar and the spark of a storyteller."

Chet Snow continued compiling data on the future visions of the mass consciousness from around the planet, studying indigenous cultures like Arizona's Hopi nation and Australian Aboriginal peoples, to compare their points of view with those of the subconscious minds of these Western subjects.

**The results, as yet unpublished (in 2001), demonstrate that today's humanity, whether from Hotevilla, Johannesburg, New York or Woomera, continues to see significant cultural and environmental changes just beyond the horizon.**

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**CHET SNOW**

**"GLOBAL AWAKENING  
OR APOCALYPSE?"**

**OCTOBER 2007**

<https://youtu.be/T8GfA4U-3HA?si=eVINvTyETgw2zCoQ>

**ON COAST TO COAST AM**

Striking contemporary events like massive UFO sightings and the enigmatic crop circle formations bear witness to the fact that we continue to live in "interesting times."

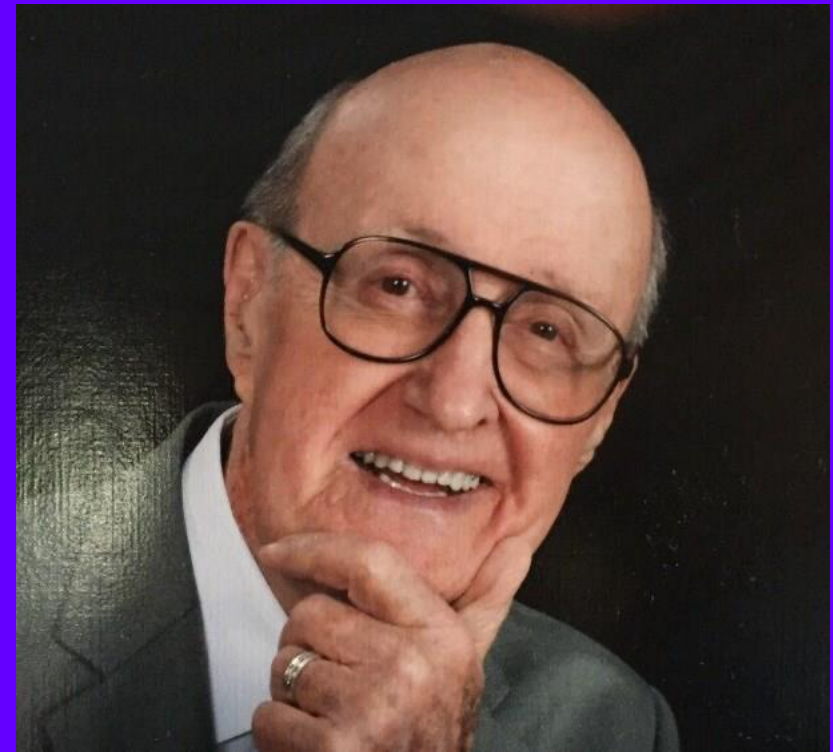
All four future civilization types outlined in the book are currently distinguishable, though still in embryonic form.

The reason behind the massive decline in world population that both our dreamers and indigenous seers foretell for our current century has yet to be identified in a clear and unambiguous fashion.

There is no lack of potential causes, ranging from a massive outbreak of an Ebola-like virus or other plague, to a solar flare, asteroid strike (or even a near-miss), or the cumulative effects of over a century of fossil fuel burning, provoking severe global warming.

Chet Snow said in the article published in 2001 where all this previous information comes from: *...And the ultimate response that we found in the mid-1980s still remains true because the ultimate choice between these two widely-touted future archetypes is still ours to make today. Let us choose wisely, with humility and compassion. Our children's future, and just possibly our own, depends on what we choose now.*

Hence why envisioning and dreaming into, while also telling a new story has never been more important!



Chet Snow died at age 93  
September 18, 1924  
to January 24, 2018

# Cultivating Your Clairvoyance

- **To Heal Any Fear of Seeing the Future:** ask, what am I afraid of seeing?  
Witness your fear with love and compassion.  
Call on your most loving guides to take care of it for you
- **Phrase your questions carefully** to receive the clearest vision or insight. Begin with questions that have less “charge” as you practice
- **Focus inner vision on Third Eye**, see if the lid is shut.  
If so, ask your third eye to open and receive clear vision
- **Open to Receive any Pictures that Enter Your Mind**
- **Think the Phrase:** "Pictures, I ask that you grow in size and strength, NOW!"
- **Ask for interpretation and clarification**
- **Trust and Keep Track (journal) of What you See**

[From Doreen Virtue's 7 Steps to Increase Your Clairvoyant Power](#)



**Preparatory Questions Before Asking for  
Intuitive Guidance (Clearing the Field)**

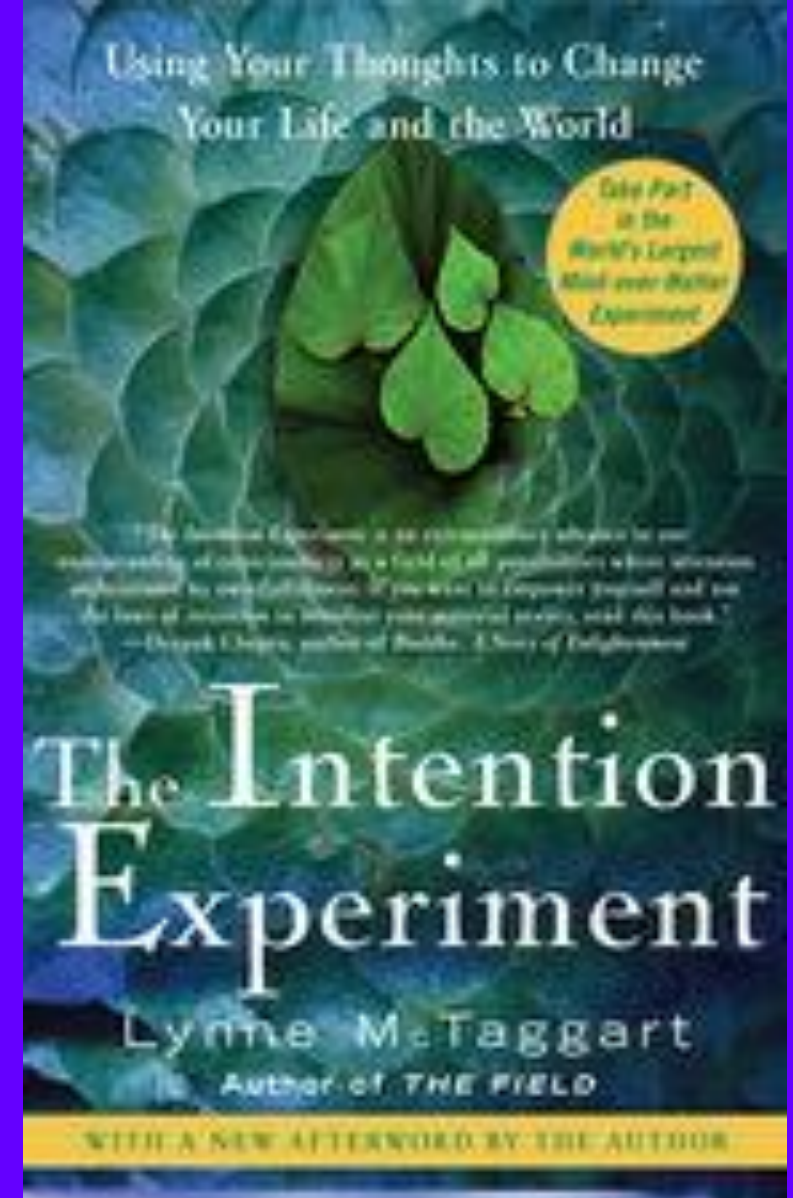
*What am I AFRAID the answer will be?  
What do I WANT the answer to be?  
What do I THINK the answer is?*

# Steps for Intentional Prayer

Inspired by Lynne McTaggart's Book  
*The Intention Experiment*

## Focus Your Attention to Ignite Your Intentions Powering Up your Personal Energy by:

- Find a Sacred, Safe, Quiet Space
- Feel Gratitude for your Life and Loved Ones
- Send Blessings of Pure Love and Light to those you Love, to those who challenge you and to the Planet
- Practice some Form of Meditation
- Dance, Move, Shake, Hum, Sing  
Chant Mantras (Om, Ahhh, Sah Sekhem Sahu)  
Drum, Ring Bells, Shake Rattles
- Focus through Breathing Practices
- Use Brain Enhancing Music
- Conjure Vivid Mental Images
- Create Verbal Affirmations



**A single collective directed thought is all it takes to change the world.**

# Steps for Intentional Prayer

Inspired by *The Intention Experiment*

*Using Your Thoughts to Change Your Life and the World*

## Pray for The Intention You Want to Manifest

Once you have Powered Up Imagine What You Want

Where Do You Want to Be?

Why Do You Want It?

How Would You Feel If You Had It?

Be Specific as Possible

Be Detailed With Your Vision/Intention

Request It, Expect It, Accept It when IT shows up

Ask For It, Then Let Go and Trust

There is Exponential Power in Group Prayer or  
Group Intentions – Proven in many Experiments. Share your  
intentions with our Group and we can all charge them.



“The Power of Mass Intention may ultimately be the force that shifts the tide toward repair and renewal of the planet.”

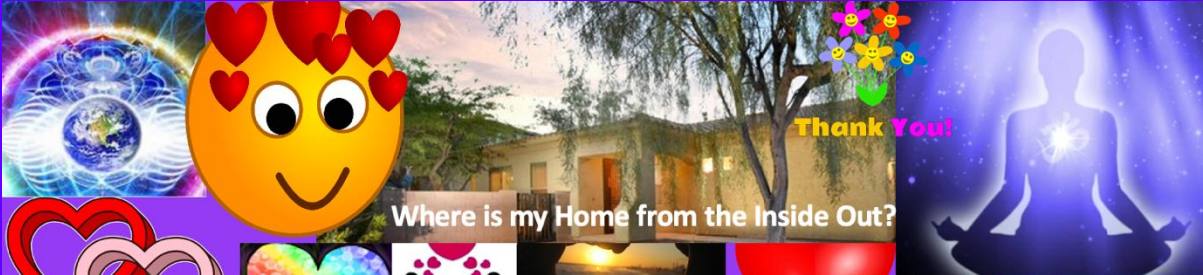
~Lynne McTaggart



# Vison Boards



Learn to hear what your inner voice is telling you, and your whole world changes."



**I AM DEEPLY LOVED AND LOVINGLY ABUNDANT  
AND ALL MY VISIONS, DREAMS AND DESIRES  
ARE MAGICALLY FULFILLED**



**I Cayelin K Castell am Committing to:**

- Continuing My Journey for embodied Radiant Health
- Further Expanding my Ability to Love and Be Love
- Increasing My Wealth Vibration in all areas of my life
- Increasing Divine Awareness through Self Awareness
- Practicing Daily Gratitude - Blessing Myself and All Life
- Seeking Guidance around What is Next for Me?



## Suggestions for Creating a Vision Board:

- \*Create Sacred Space – Come from the Inside Out not the Outside In
- \*Ask for Guidance from your Higher Self or the Part of you that Knows
- \*Put on Inspiring Music
- \*Dance or Move with Your Intention
- \*Journal Stream of Consciousness to connect with your Vision
- \*Create a Vision Statement Through Phrases or Key Words

- \*Search Magazines or Internet for Images depicting your Key Words or Vision Statement
  - \*Do this Intuitively
  - \*If you feel stuck or doubtful get up and dance or move to help release those feelings
  - \*Or sleep on it and ask your dreaming self to help
- Once completed Revisit your Vision Board to See if you left anything out or want to change anything.

# Practices for Energizing Magic

Create your own sacred space in nature

Find a place you can connect with the stars

Could be your back yard, a near by local, state or national park.

Know your electro magnetic energy is interacting with the Earth and is what amplifying the sacredness of the place you choose.

Honor, revere, respect, connect with that space on a regular basis.

Construct a circle of stones or cairn mound and fill it with your loving intentions

Engage it often, bring offerings, say prayers, sing songs to the spirits of the land, to the trees, plants and animals, to all that is seen and unseen.



# Every part of the Earth and Sky is Sacred...

...Most especially in the liminal spaces and portals providing access to other dimensions & perceptions of reality

Magic is within every part of our world when we know how, or are willing, to see it.

The Circle or Spiral of life is Magical. It is where we encounter a continuous turning and returning through all perspectives and possibilities within the whole of life.

Cultivate your relationship with magic by welcoming **the mysterious, the magical, the miraculous** into your life.

Proclaim: I am a Miracle. My life is a Miracle. Magic and Miracles are my birthright.

## Returning to the Magic of the Spiral



# Claiming and Cultivating Magic

Magic is a perpetual permanent presence we are reclaiming.

We are not separate from Magic.  
We live within it.

Separation has occurred as a  
result of cultural conditioning.

The patriarchy or dominator  
culture has worked to stamp out  
magic replacing it with the belief  
that humans were designated by  
God to rule over nature rather  
than create magic WITH nature.



Backyard Medicine Wheel  
2012 to 2017 with Crystals,  
Rose Quartz, Aquamarine,



©Venus Alchemy



Backyard Medicine Wheel  
2021 with Calcite, Aquamarine  
Chrysocolla, Crystals

Canada Del Oro Wash  
Medicine Wheel 2020  
With Stones found in Wash



# Ascending through the Sixth Chakra Gate Questions

How is it that I am now receiving the most wondrous, miraculous dreams and visions expanding my perception of my personal creative expression as a gift to me and the world?

What would it take for me to continue to envision a New World based in the freedom for everyone to be who they truly BE?

What specific action or actions can I take now that help bring these visions into my reality?



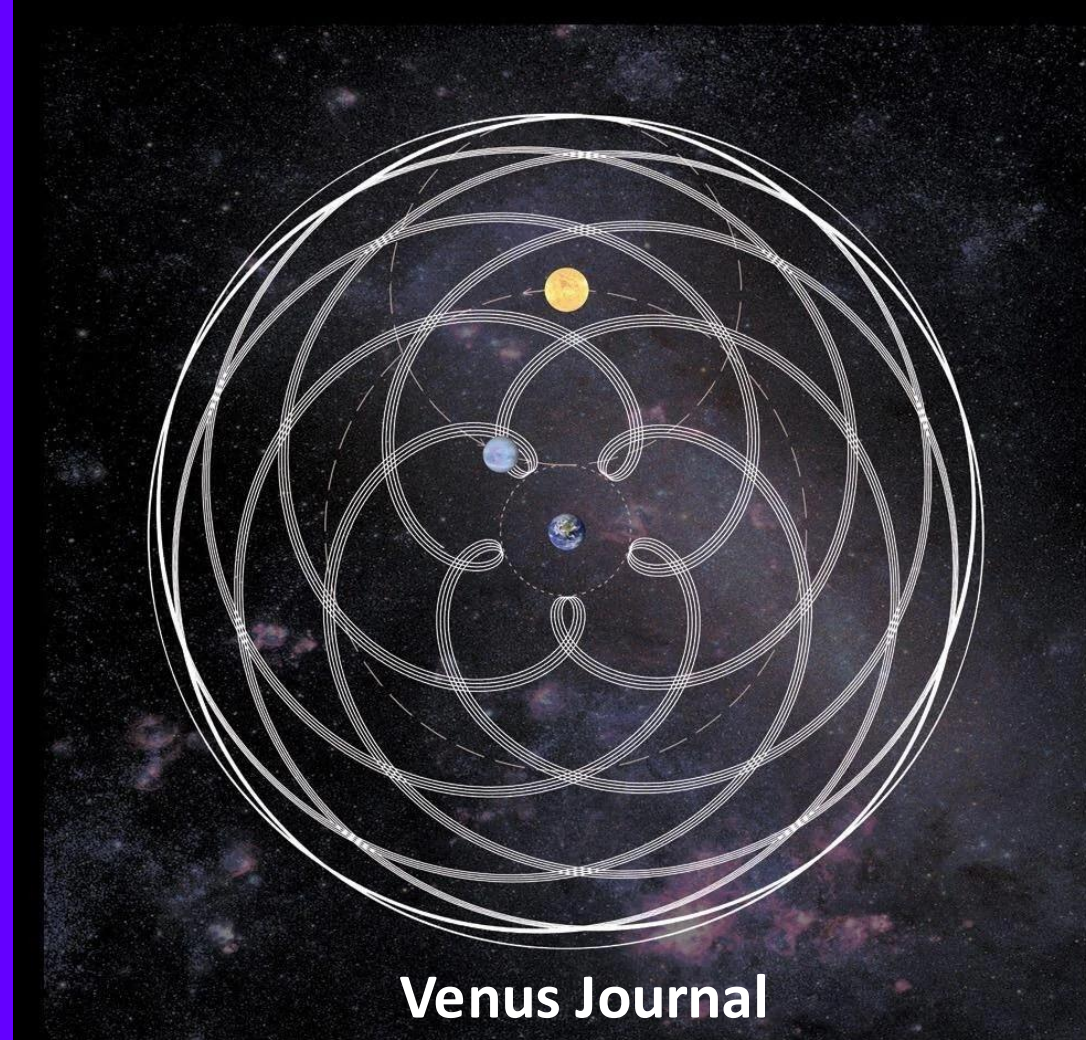
LOVE  
is why we are here

# Illuminating Journaling Practice Celebrating the Sovereign Feminine Within

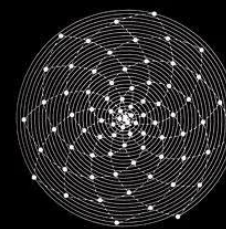
Journal what comes up for you when asking the Questions on the next slide.

Live with each question for a few days, a week, a month (whatever works best for you) and when complete return to each question again to see if anything has changed and journal about that.

This practice deepens your connection to your own inner wisdom expanding your insights & awareness about how you are actively loving yourself and all life in healthy ways.



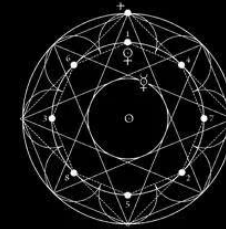
**Venus Journal**



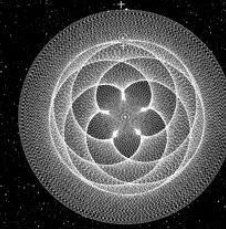
Count the clockwise and anticlockwise spirals on plants - most have 5, 8 and 13, and we have 5 then 8 teeth in each quarter of our mouths.



The ten conjunctions of Venus with the Sun over the eight years form a geometry which precisely defines Venus' comings and goings.



With Earth shown at an annual position, the eight years of the fivefold Venus cycle hint at an eightfold geometry in the inner planets.



With the Sun in the centre, if we draw a daily line between the positions of Earth and Venus, this is the picture produced after eight years.

# THE DANCE OF VENUS



# Illuminating Journaling Practice

## Sample Questions

- Do you feel connected to the Love Light Within?
- If so, how does it feel to shine your Light into the world?
- Does it add to your joy and sense of self love?
- Are you empowering yourself first, so you easily accept and allow others to be who they really are?
- Are you creatively communicating who you are in joyful, fun, playful and loving ways?
- If not, how can you?
- If you already are, how can you do and BE even more joyously?
- Are you lovingly caring for your physical body temple?
- If not, what loving actions would support you?
- Are you kind, loving and forgiving toward yourself?  
Towards others?
- Are you cultivating a sacred loving relationship with the Earth in ways that expand your own Love Light?
- What is the most loving, kind and supportive action you can take today, this week, this month?



# Living the Magic and Miracles as if they have already occurred

## Summary of Steps...

Imagine what it would look like

Imagine what it would feel like

Imagine it is already real

## Co-creative Magic

Request It

Expect It

Accept It

## Focus Awareness through

### Attention and Intention

Art, Music (drumming, chanting, etc), Vision  
Boards, Altars, Journaling, Medicine Wheels,  
Sigils, Talismans, Invocations etc.

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**Expectancy is  
the atmosphere  
for miracles.**

**~Edwin Louis Cole**