



# Venus Alchemy Morning Star

6<sup>th</sup> Chakra 2<sup>nd</sup> Gate

Releasing Distorted  
Divine Vision and  
Perception

with Cayelin K Castell  
and Sheridan Semple



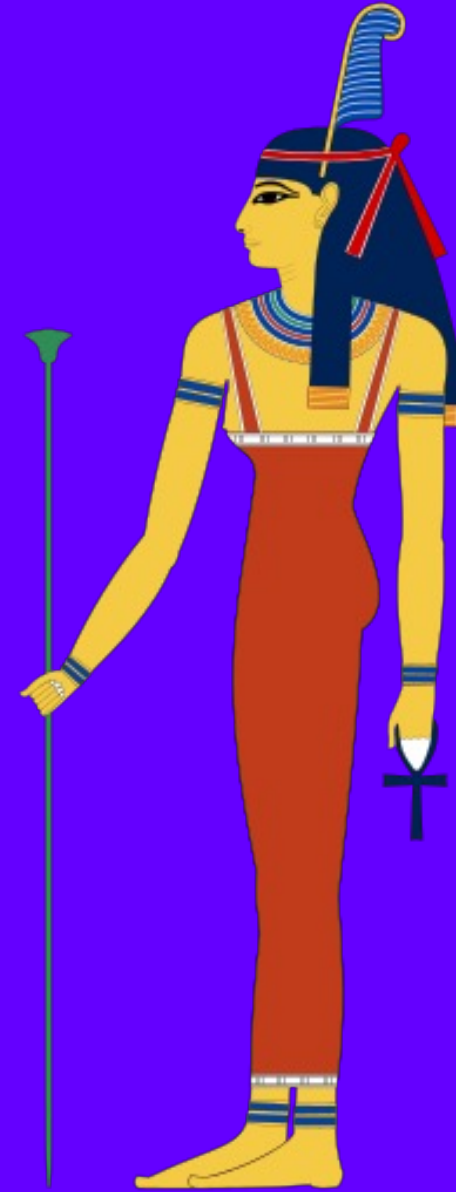


# At this Gate

Inanna is releasing her rod or staff (or Lapis Lazuli Earrings) symbolizing the letting go any distortions associated with her Third Eye Chakra.



Inanna giving the Gate Keeper Her Staff





# The Significance of the Measuring Rod/Ring and or Staff

A symbol of divine authority  
and a measuring tool,  
representing both temporal  
and eternal time, signifying  
divine power and authority.

Required to relinquish her rod  
and staff Inanna/Ishtar is  
releasing her connection to  
linear and eternal time,  
releasing all distortions  
around her divine power  
and divine authority.

She is Embracing  
Temporary Mortality.

Inanna holds in her hands a rod or ring





# The Significance of the Lapis Lazuli Earrings

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

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 resembling a labyrinth or inward and outward spiraling path of energy that forms a toroidal vortex forming a symbolic portal into or out of the underworld.

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

Modern day physicians also refer to the ear as a labyrinth, a bony or membranous labyrinth

In Sumerian, the word of “ear” and wisdom are the same. The (coiled) serpent is also associated with wisdom, as is 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.



# Third Eye (Brow) Chakra or Ajna Chakra The Gate of Perception

Connected to the pituitary "master" gland regulating the entire endocrine/hormonal system including growth, metabolism, sexual function, stress, and blood pressure.

The Ajna chakra is the body's command center, regulating the other chakras and energy channels. It is responsible for sensory perception, the conscious and subconscious mind.

It is also linked with the Pineal Gland, deep within the brain, the physical counterpart representing where we access intuition, insight, and spiritual awareness.

It is connected to our perception of physical and nonphysical reality.





# The 3<sup>rd</sup> Eye Chakra Physical Influences:

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

## Signs of Physical Imbalance Include:

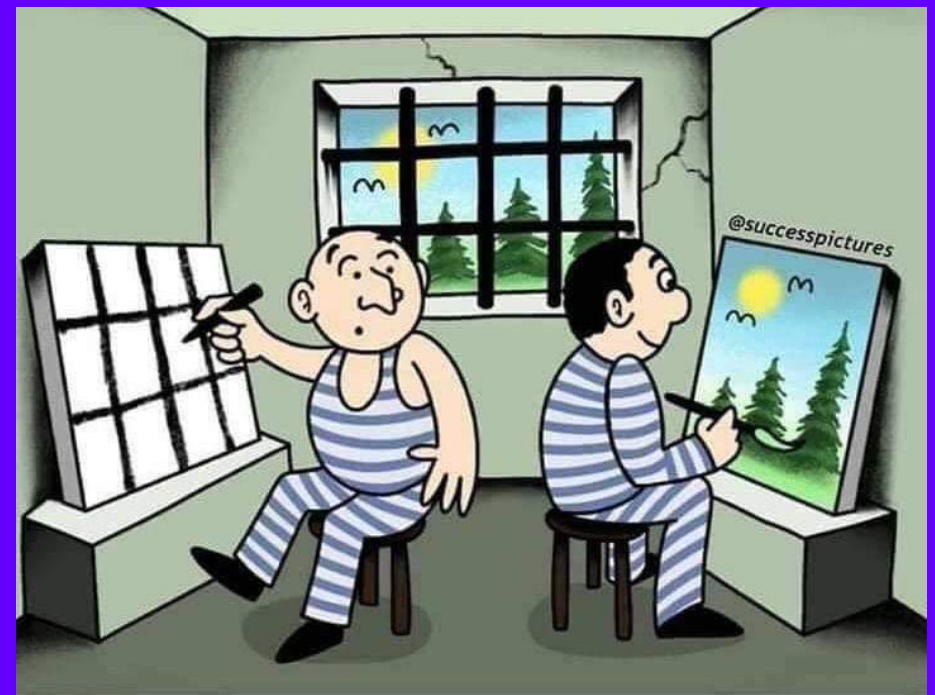
- Brain Tumor
- Stroke
- Seizure
- Blindness
- Deafness
- Learning Disorders



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

When Blocked or out of Balance this may show up as:

- Forgetful, Scattered, Unfocused, Confused
- Difficulty Learning New Things
- Headaches/Migraines
- Sinus Issues
- Neurological Disorders, Seizures
- Fixated, Obsessive Worry, Compulsive
- Fearful, Nightmares
- Feeling Powerless, Uncertainty
- Debilitating Self-Doubt, Overly Sensitive
- Envy, Jealousy, Bitterness, Meanness
- Close-Minded Attitude
- Undisciplined, Impatient
- Dogmatic, Inflexible, Rigid Point of View
- Passive, Unassertive, Unmotivated
- Holding onto Grief and Personal Pain as a victim



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

## Affirmations:

**I am expanding my vision**

**I trust my Higher Self Knowing**

**I trust my intuition**

**I trust my decisions**

**I trust I have all I need within me**



# Vision vs Reality

## Is What you See Real?

What are your Fears around realizing your Vision?

Fear of Failure

Fear of Success

Fear of Not Being Truly Worthy of your Vision

Fear of Not Really Wanting that Vision After All

Fear of Being Inconsistent and Not Following Through

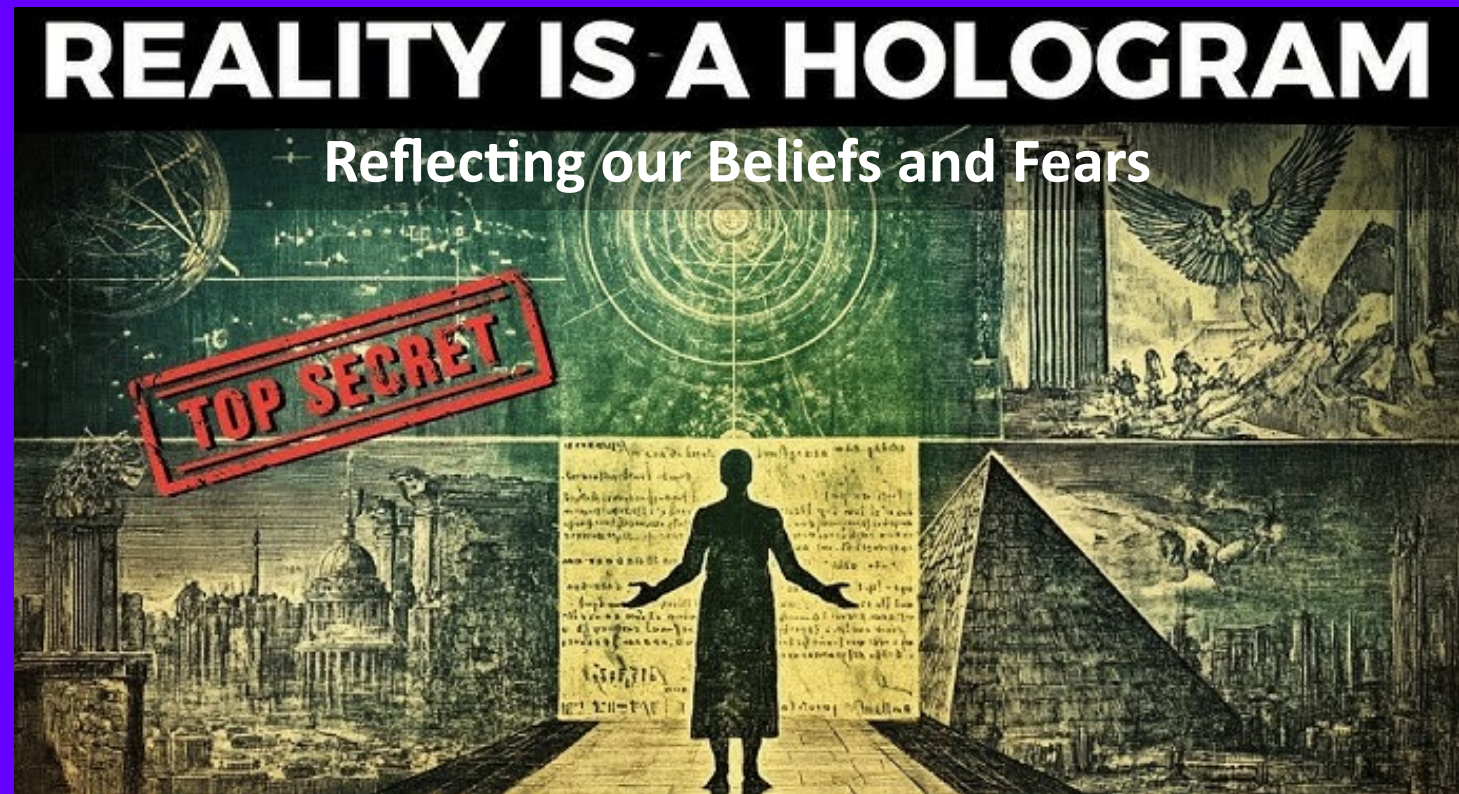
Fear of Ending up like your Parents or others in your Family

Fear of What it Really Takes to Bring your Vision into Reality

Fear of Focus and Commitment Needed to Manifest Your Vision

Fear of The Responsibility that Comes with Manifesting your Vision

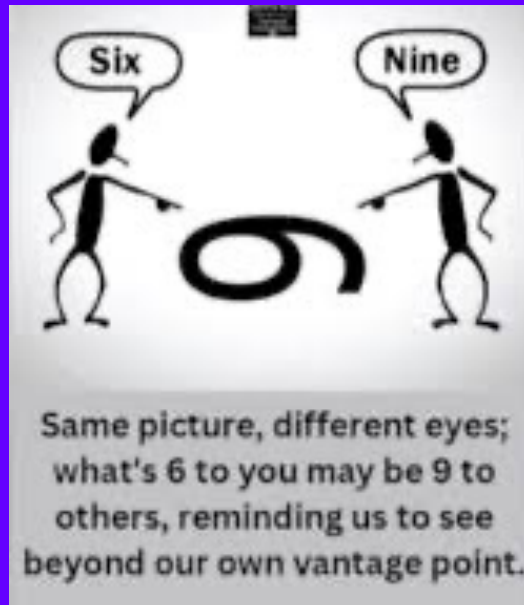
Fear of...





# Balancing this Chakra:

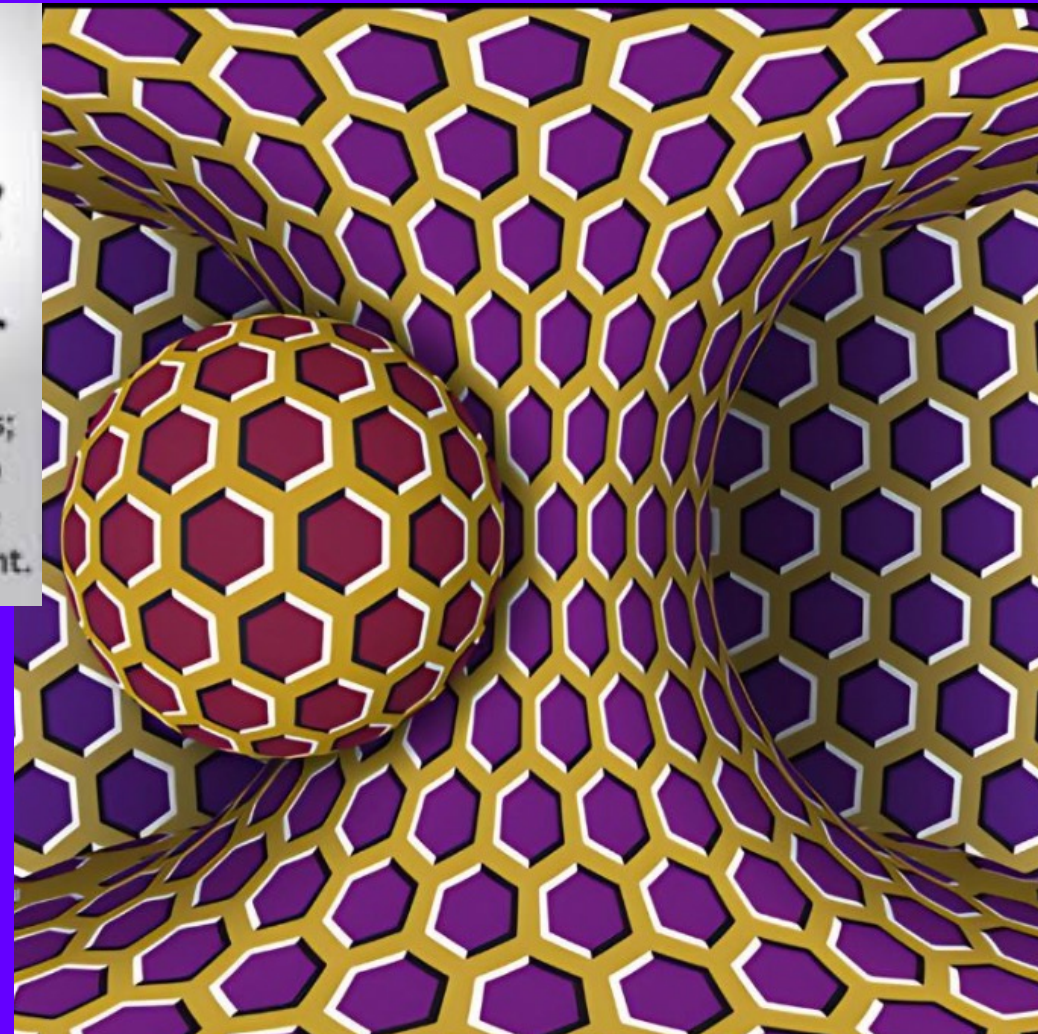
- Be Open-Minded and Invite Change
- Listen to Inner Guidance
- Increase Sunlight Exposure
- Night Sky Gazing
- Grounding practices
- Meditation, Chanting
- Guided Visualization
- Practice Acceptance of Self and Others



Practice focusing your attention, and the story you tell about yourself as a way of expressing that you are enough just as you are, that you have already accomplished enough, done enough, been enough.

It is time to remember, each and 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.



This still image may appear to your brain as moving when your eyes are moving. It isn't really moving but may appear to be moving.



# Gem Stones for balancing the 3<sup>rd</sup> Eye Chakra

These stones help enhance  
Intuition, Communication,  
Self-Awareness, Knowing, and  
Perception.

This opens us up to new ideas,  
concepts and possibilities.

These Gemstones help support  
us in receiving insights and  
understanding from our dreams  
and meditation practices.

They also help to cleanse and  
clear our energy fields providing  
guidance, support and  
protection.







***Plants have enough spirit  
to transform our limited vision.***

**Rosemary Gladstar, American Herbalist**



# Aromatherapy for the Third Eye Chakra:

- Juniper
- Angelica
- Basil
- Myrrh
- Blue Cypress
- Frankincense
- St. John's Wort
- Lavender
- Sandalwood
- Palo Santo
- Spikenard



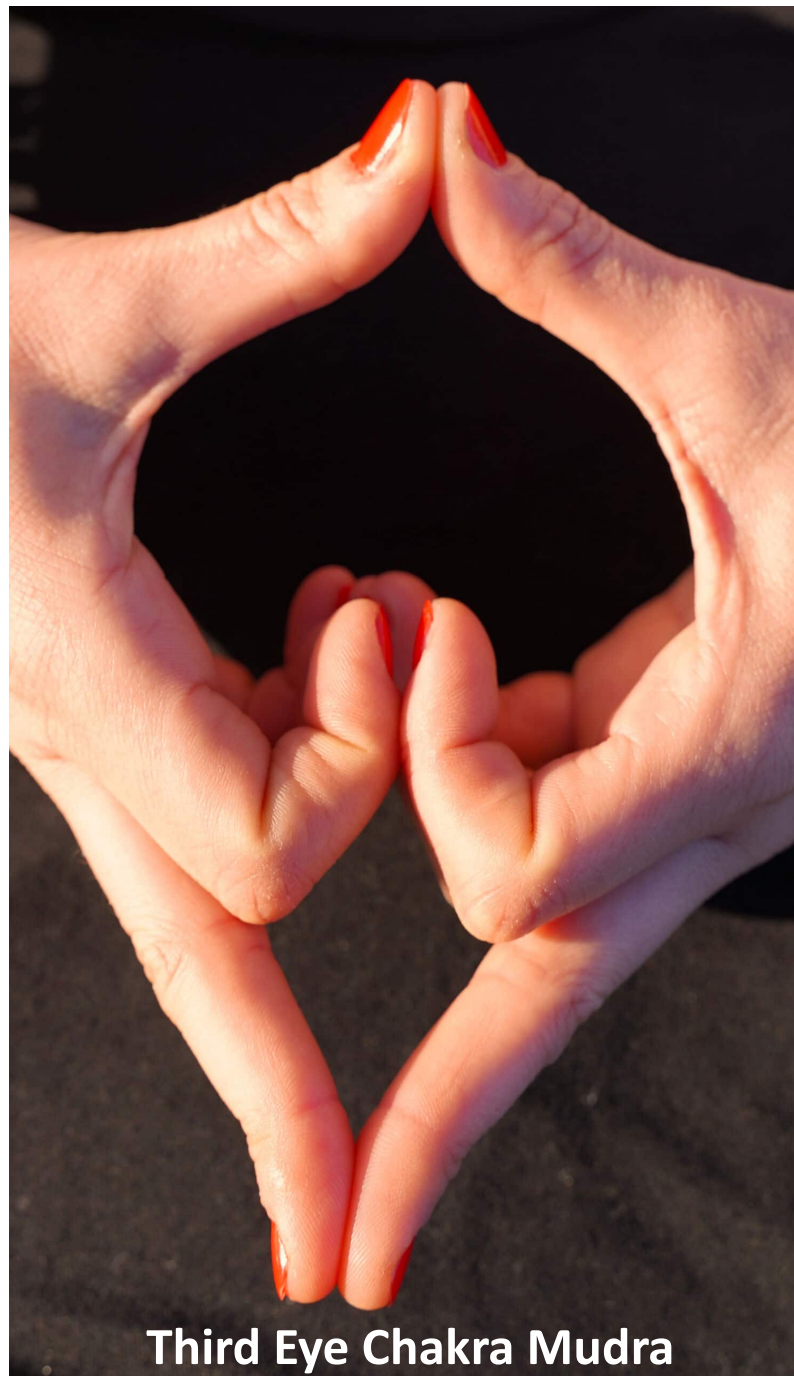




**Surya  
Mudra**



**Third Eye Chakra Mudra**



**Hakini Mudra**



# 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

Lotus 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





# Changing Perception

## Byron Katie's Four Questions in "The Work"

**Byron Katie's 4 Question Practice** is a great way to take a second look at the thoughts and perspectives that are limiting and or stressful.

**The first step of The Work is to identify a limiting or stressful thought.** Then you simply ask four questions and turn the thought around.

1. **Is It True?**
2. **Can you absolutely know it's true?**
3. **How do you react, what happens, when you believe that thought?**
4. **Who would you be without that thought?**

**After answering these questions, come up with a "turnaround,"** a sentence expressing the opposite of what one believes.

**For example:** "They doesn't understand me," could become "I don't understand them" or "I don't understand myself."

*"The Work is merely four questions; it's not even a thing. It has no motive, no strings. It's nothing without your answers.*

*These four questions will join any program you've got and enhance it.*

*Any religion you have - they'll enhance it. If you have no religion, they will bring you joy. And they'll burn up anything that isn't true for you.*

*They'll burn through to the reality that has always been waiting."*

**Byron Katie, Loving What Is**

<https://thework.com/2017/10/four-liberating-questions/>



# Releasing Intuitive Blocks to Your 6<sup>th</sup> Sense

## Care for Your Body Temple

- Go to Bed Earlier (every hour of sleep before midnight is worth 2 hours after midnight)
- Eat Healthy Foods
- Move your body

## Slow Down and Listen

- Take time to “do nothing”
- Practice your form of meditation
- Use breathing to calm and restore

## Keep Your Channels Open

- Pray in Your Preferred Way
- Daily grounding practice, centering, connecting to the Divine, Gratitude

## Healthy Detachment

- Practice remaining calm  
Do your best to not get swept up  
in the drama of others

*It's a myth that  
caring requires  
commiserating.*

*Caring means allowing  
someone space to sort  
things out without  
throwing your  
emotions into the  
already overloaded  
mix.*

**Sonia Choquette**  
*Trust Your Vibes*

NEW YORK TIMES BEST-SELLING AUTHOR

SONIA  
CHOQUETTE

TRUST  
YOUR  
VIBES

REVISED EDITION



Live an Extraordinary Life by Using  
*Your* Intuitive Intelligence



# Blocks to Manifestation and How to Clear Them

*Manifestation and Healing are the Same Thing ~Cyndi Dale*

## **Releasing Cluttered Mind and Cultivating Intention:**

Pray for Guidance to Heal Blocks Holding You Back.

See everything that comes up as an opportunity to live differently. Especially challenging events.

Ask: **How is this helping me get to where I want to be?**

**Releasing Disbelief:** Spend 5-10 minutes a day imaging and feeling your desires as already manifest.

What would it look like, be like?

What would you do? How would it feel?



**Spending time envisioning your desire already fulfilled** helps you know what you desire is stronger than your disbelief.

**Restoring Life Force Energy:** Physical Manifestation becomes more possible with focused intent.

Daily self care, grounding and centering helps enliven the infinite life force energy already within you and already attracting your desires to you.

Slow down. Trust. And know what you desire will find you when you are aligned with your vision!



# Clearing Blocks to Manifesting Continued:

## Let go of Grasping and Over-Managing:

Once you have gained clarity on what you desire, actively imagine you already have it. Ideally daily.

Open to healing what stands in the way of manifesting your desire.

Let go of any attachment to how your desire manifests.

## Focus on What You Desire Through Gratitude

Practice Gratitude for what you already have.  
Practice Advanced Gratitude for what you desire.

**Example:** I am so grateful for how I am radiantly healthy, experiencing greater love and joy every day.

Trust your desires are already manifesting for you in the best, most supportive, most magical ways possible.





# Re-activating the Power of Dreaming

The 2<sup>nd</sup> Gate, at the 6<sup>th</sup> Chakra, is about releasing blocks that prevent access to our day and night dreams, retrieving a vital source of soul guidance...

## Tips for Ending Dream Droughts

- Vitamin B6
- Go to bed earlier (ideally by 10 pm or earlier)
- Create a “To Do List” before bed so you aren’t thinking about tomorrow’s tasks
- Set clear intention to recall your dreams
- Upon waking write your dream, any fragments, feeling, first thoughts
- Regularly share your dreams with your Venus Buddy, a partner, a friend, or group



## Lightning Dream Work Game

- What was your feeling when you woke up?
- What is your dream title or slogan?
- How does your dream relate to the rest of your life?
- How is your dream guiding you in the present moment?
- Could it happen in the future and if so, how can you take action to help it manifest?

<https://venusalchemy.com/lightening-dreamwork-robert-moss/>



# Gamma Waves and the The Third Eye

Both are associated with intuition, perception, higher awareness and the ability to visualize.

Meditation and Mindful Breathing practices increase Gamma Brainwaves and help to activate and balance the Third Eye Chakra.

## Light and/or Sound Therapy





apps/tools with flickering lights and/or listening to sounds in the 40 Hz range increase Gamma Brainwaves

**YouTube with Gamma Brainwave Music** <https://www.youtube.com/live/ut4LFABwI0s?si=sjCtVDswJqaErhJN>

Research suggests nuts (pistachios) and dark chocolate (70%), has a positive impact on gamma wave production.

Physical Exercise (especially aerobic, brisk walking and dancing)

Focus on creative projects has been shown to increase Gamma Brainwaves

gamma ( $\gamma$ , 30-120 Hz)	<b>Human Brainwaves</b> 	Heightened perception, learning, problem solving tasks, cognitive processing
beta ( $\beta$ , 15-30 Hz)		Awake, alert consciousness, thinking, excitement
theta ( $\theta$ , 4-12 Hz)		Creativity, insight, deep states, dreams, deep meditation, consciousness
delta ( $\delta$ , 1-4 Hz)		Deep sleep (dreamless) loss of bodily awareness



## Guiding Images for the 3<sup>rd</sup> Eye Chakra

According to Clarissa Pinkola Estés, guiding images, are powerful visual representations, assisting us in connecting with our inner Wildness reclaiming our true selves.



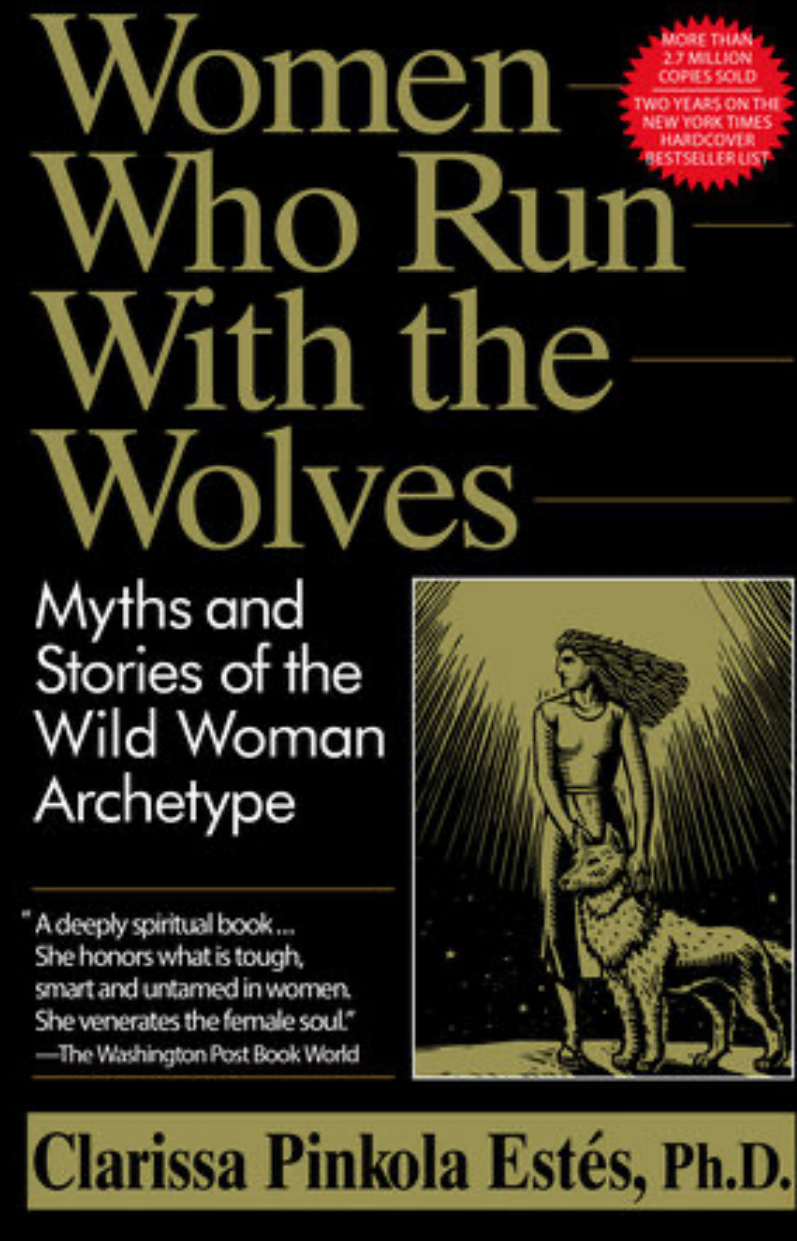
These images, may be from mythology, fairy tales, and personal stories, acting as symbolic guides, offering insights into the challenges and rewards of living a more authentic life.

The Wild Woman (Wild Man) is a powerful and untamed aspect of self that is often suppressed in modern society. This archetype represents our innate creativity, intuition, and connection to the natural world.

Mythology and fairy tales help illustrate the journey as we reclaim our wild nature.

For example, the image of the wolf represents the wild, untamed spirit within.

Other examples like the crone (elder), the mother (father), and the riddle-wo/man reminds us how dreams are riddles to solve as a way to gain wisdom and understanding) represent different stages of our life's journey.



Birthday January 27, 1945  
Virgo/Leo Third Eye Chakra PM Star  
Gary, Indiana



Guiding images help us connect with the unconscious mind and understand our emotions reclaiming any parts that have been hidden or suppressed

### **Some Examples of Guiding Images as described by Clarissa**

- **The Moon:** is a symbol of the emotional and spiritual cycles of life, representing the ebb and flow of our feelings and the cycle of life and death.
- **The Nightbird:** this image, found in "Women Who Run with the Wolves," represents the ability to see in the dark, a skill that is essential for navigating the challenges and uncertainties of life.
- **The Door:** this image represents the many opportunities for personal growth and transformation when we are willing to open the door to new possibilities and close the door on what no longer works for us.
- **The Scar:** represents the deep wounds (physical, emotional and spiritual) that when embraced lead to spiritual awakening.

By exploring these guiding images, we can begin to understand our own unique journey and find the strength and courage to reclaim our power.

**Personal Stories and metaphors convey the meaning behind the guiding images.** These stories can be about your inner journey, your relationships, or your connection to the world around you.

**When Wo/men reassert  
their relationship with  
their Wildish Nature,  
they are gifted with a  
Permanent and Internal Watcher  
A Knower, A Visionary, An Oracle  
An Inspiratrice, An Intuitive,  
A Maker, A Creator,  
An Inventor and a Listener  
who guide, suggest, and urge vibrant  
life in the Inner and Outer World.**

**~Clarissa Pinkola Estes**



# Balanced

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

Skillfully using imagination and thoughts to co-create your 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**

The downward triangle represents the wisdom that flows from intuition and higher consciousness.  
and connection to the divine.  
The Om Symbol represents the Whole of the Universe



The two side petals represent the two eyes on either side of the third eye

**I am connected to  
the Pure Wisdom of the Universe**

AJNA



# Releasing Blocks to Being a Vision Carrier for the Community

## Questions to Ponder

**For some your vision may be more personal and for others it may be more collective.**

The visions we receive are sacred, and it is our job to care for them!

- What (if anything) is in the way of me receiving my Divinely Inspired Vision?
- What would it take for me to release whatever is in the way of me receiving that vision clearly including self-doubt and not believing in me?
- What am I courageously letting go of so I am deepening my trust in myself, my perception and the magic within me so I openly receive support for its manifestation?



# Deepening Practices

- Add to or begin a Venus Altar and Venus Journal
- Practice Lightening Dreamwork Game
- Use recommended Essential Oils
- Engage 3rd Eye Chakra Mantras, Mudras and/or Yoga

## Change Your Perception Exercise

Focus on an issue that is absorbing your attention and causing stress or worry.

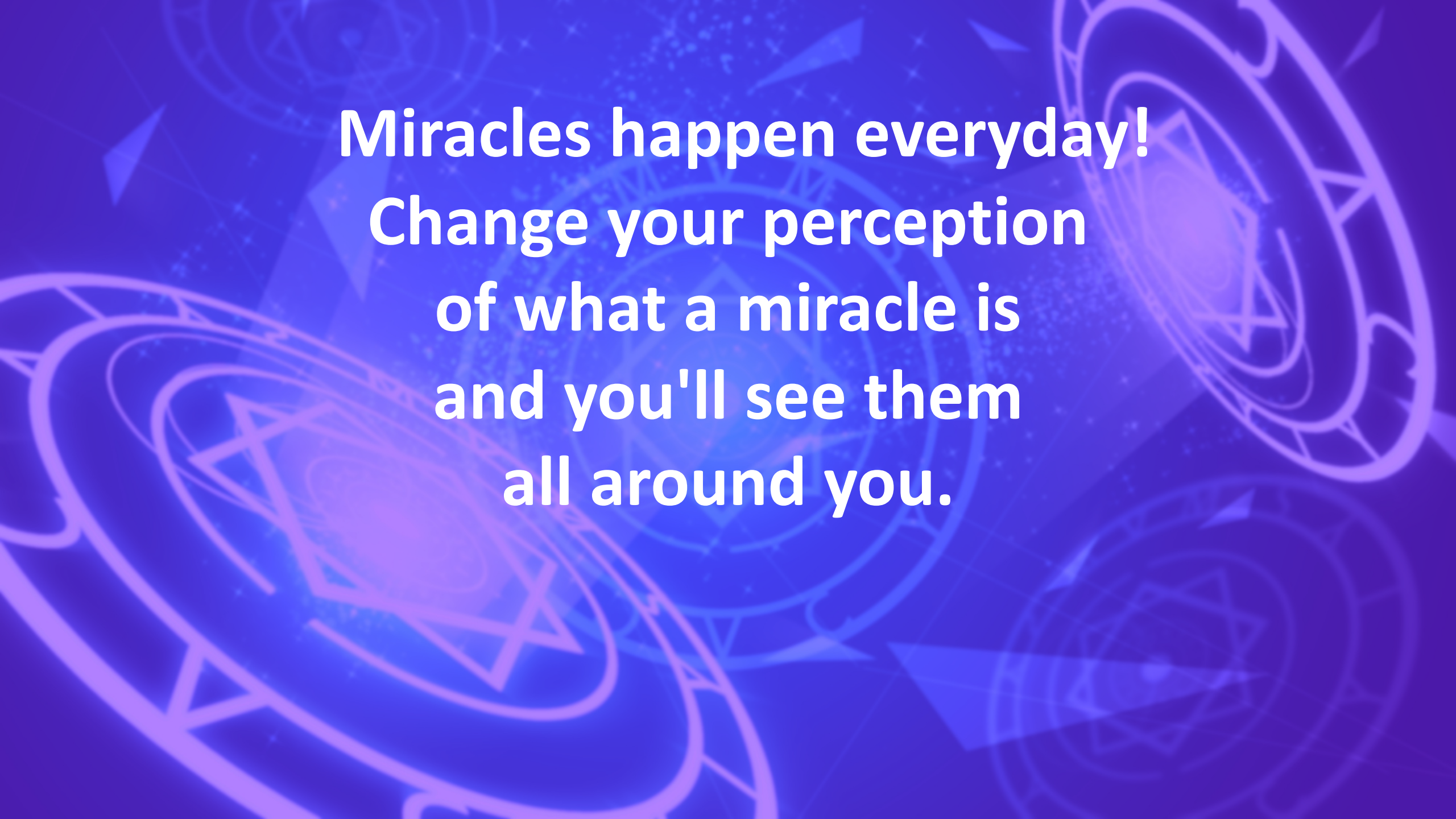
Take 10-20 minutes to tell (or write) this “story” as it is currently narrated in your head.

Now take your story through the Byron Katie questions:  
*Is it true? Can I absolutely know it's true? How do I react, what happens when I believe that thought? Who would I be without that thought?*

See how the story changes, and transforms.





The background is a deep blue with intricate, glowing purple and white geometric patterns. These patterns include concentric circles, triangles, and star-like shapes, reminiscent of sacred geometry or mandala art. The text is centered in a bold, white, sans-serif font.

**Miracles happen everyday!  
Change your perception  
of what a miracle is  
and you'll see them  
all around you.**