



# **Venus Alchemy Aries Pisces Morning Star**

## **5<sup>th</sup> Chakra 3<sup>rd</sup> Gate**

**Releasing Blocks and  
Distortions around standing in  
our personal power and  
sovereignty**

**with Cayelin K Castell  
and Sheridan Semple**







## *Opening Sacred Space*



# Aries Pisces Divine Feminine Power

## Releasing Blocks at the Solar Plexus Chakra

Beloved Warrior Healer Goddess of Great Strength and Colossal Courage  
Fierce Protectress - Righting Wrongs and Restoring Balance  
Your Holy Anger, Fury and Rage Transforms the World into Loving Kindness  
As you Valiantly Stand in Your Divine Power

Thank you for inspiring me to release whatever is in the way  
Of me living fully embodied in my Authentic Personal Power  
Not to Have Power Over Others  
AND NOT Giving My Power Away at my own Expense

Thank you for inspiring me to Face ALL My Fears  
Trusting myself to let go and release anything that inhibits my Willingness  
To Embrace the Loving Divine Power of who I TRULY AM

O Mighty Goddess of Divine Inspiration and Divine Guidance  
Thank you for Guiding Me too Genuinely and Honorably  
Embrace the Courage to Stand for what is Just and True  
Allowing me to Experience the Full Ecstasy of My Own Powerful Life Force  
AND Loving Myself in ways that are Healthy, Joyous, Magical and Fun  
Celebrating and Honoring all the ways I am here to Share  
My Unique Gifts with the World by truly Being ME!  
It is done it is So and So IT IS!!! Blessed Be...

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# Overview

Sky Magic

Aries Pisces Meta Goddess in Cancer & Leo

Aries Pisces Heart Chakra Goddesses: Sekhmet

Solar Plexus Questions & Deepening Practices

Boundaries & Reclaiming Our Power

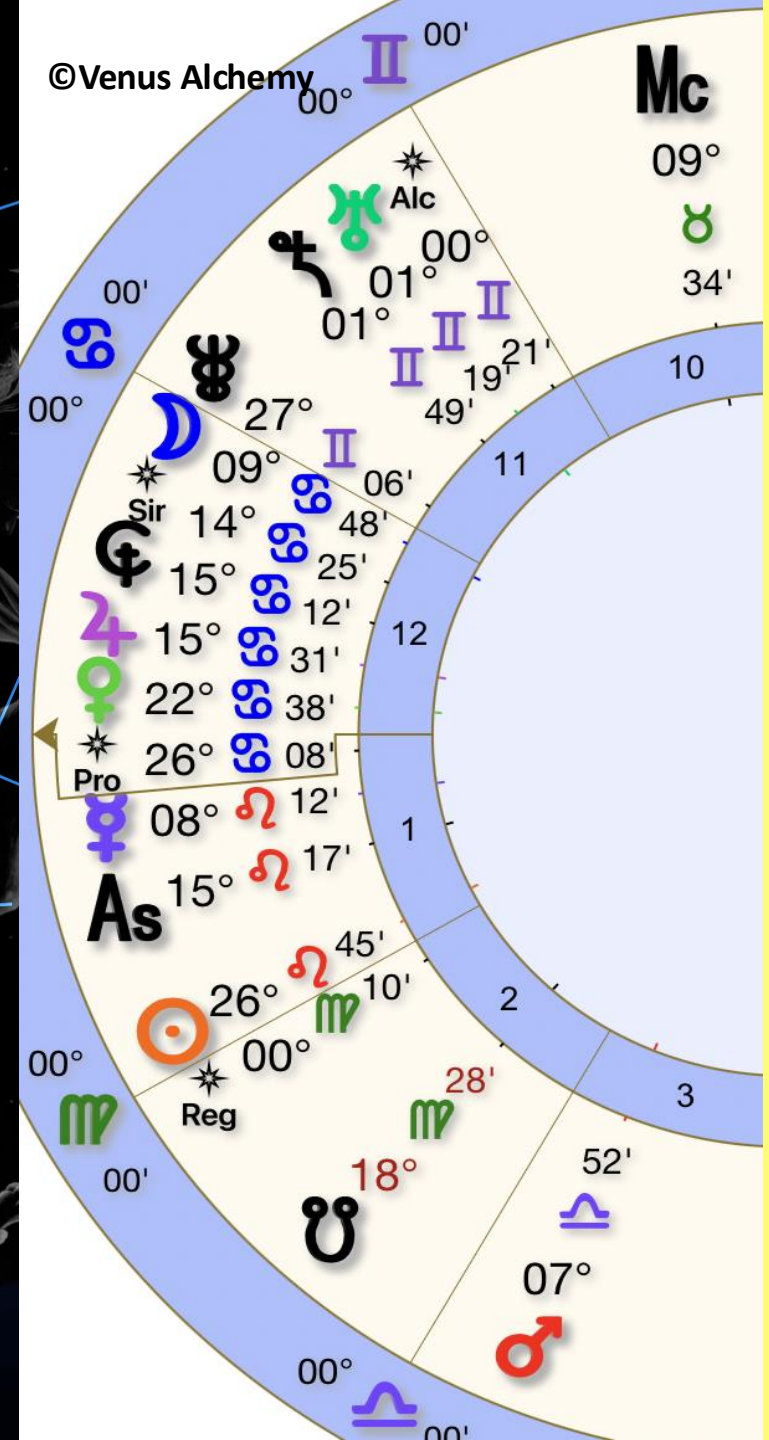
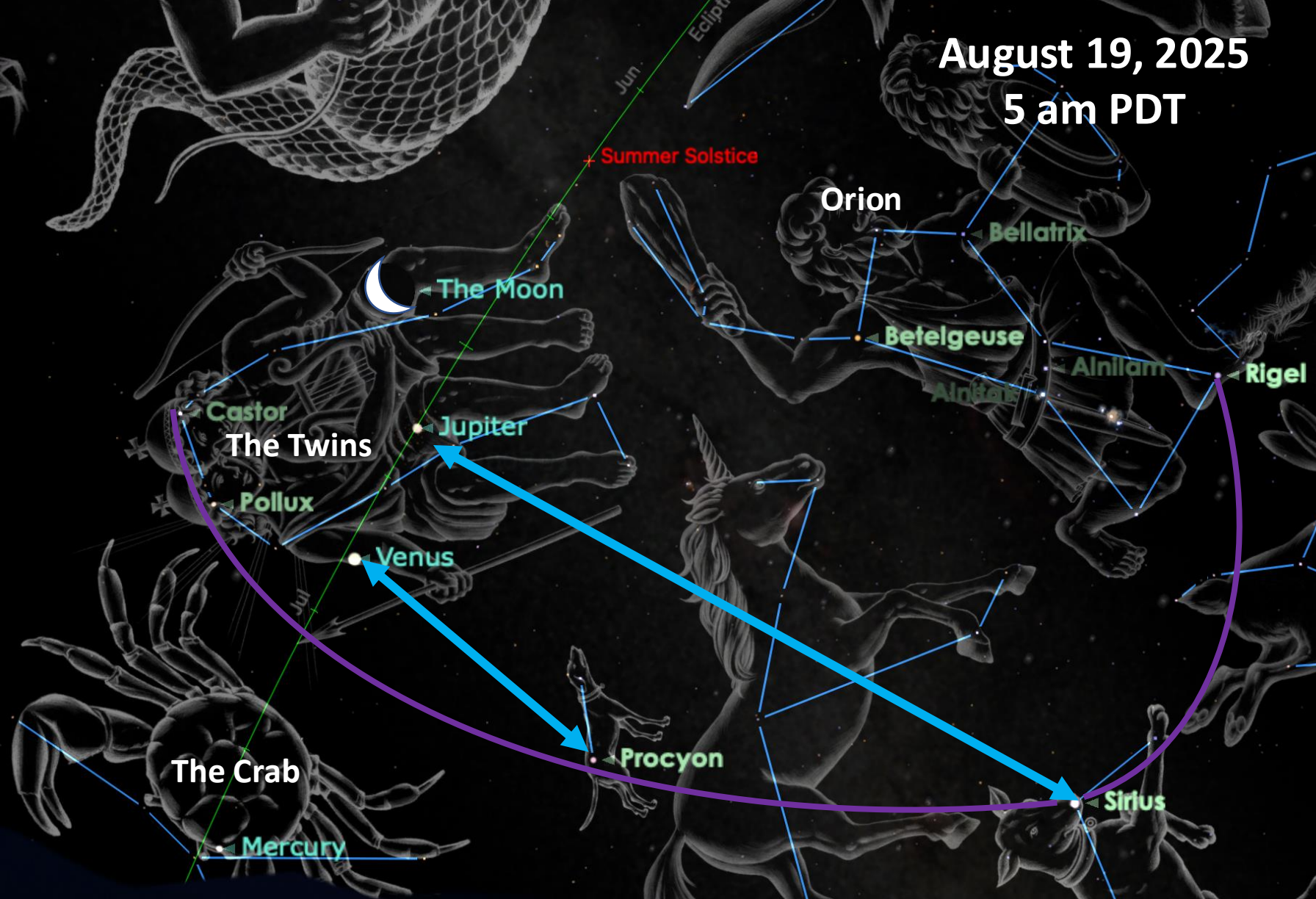
Ceremonial Magic & Exploration bring pen & paper

Q&A Insights and Sharing

Connection Groups are optional - and super fun!



August 19, 2025  
5 am PDT



Venus is approaching the edge of the edge of the Sacred Hoop  
of Stars aligning with Procyon on August 22  
Jupiter is still closely aligned with Sirius East

Moon Passes by  
Sirius in about 9  
hours



Aug 20, 2025  
5 am PDT

The Twins

Castor

Pollux

The Moon

Venus

The Crab

Mercury

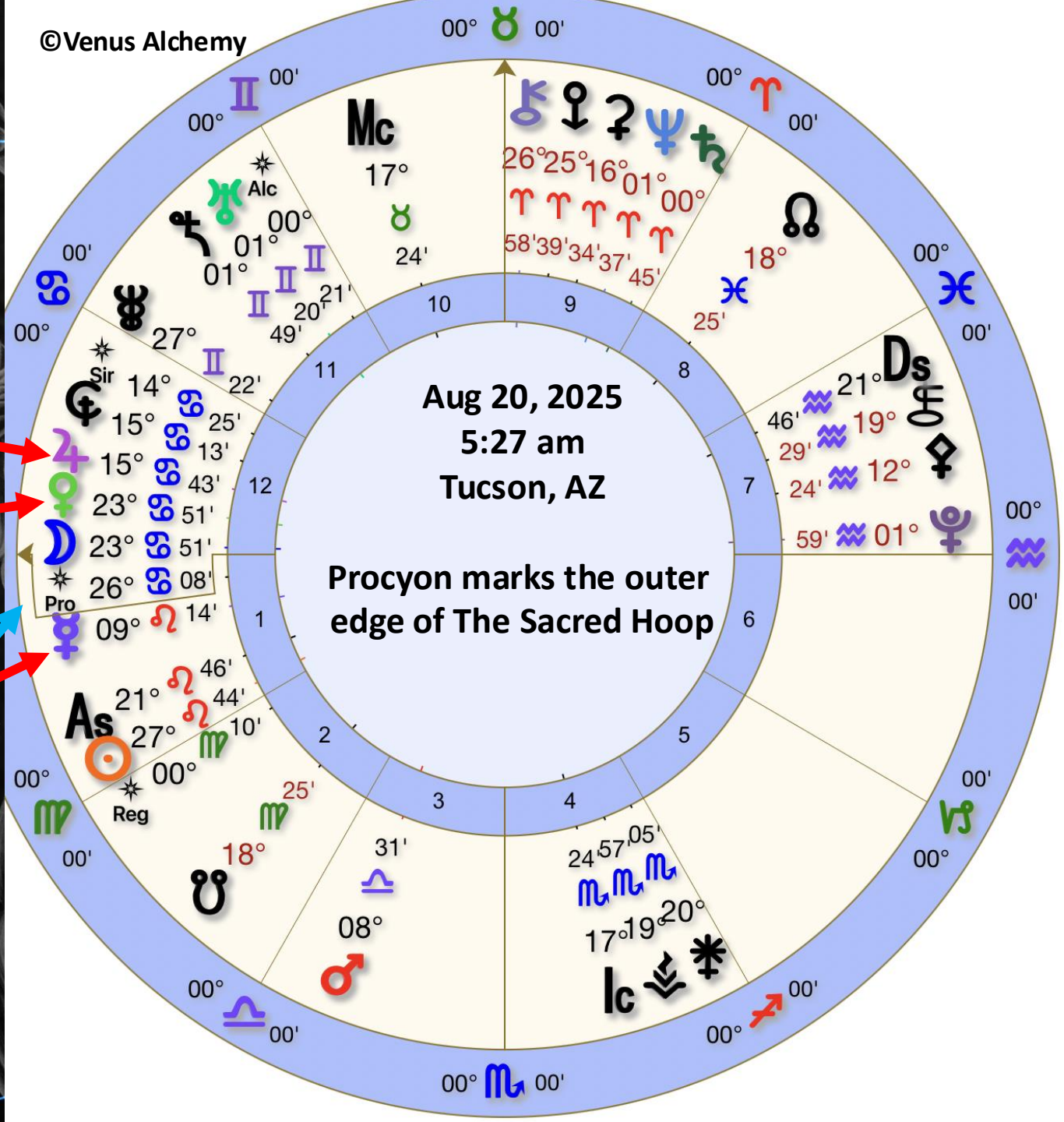
Autonoë

Carme

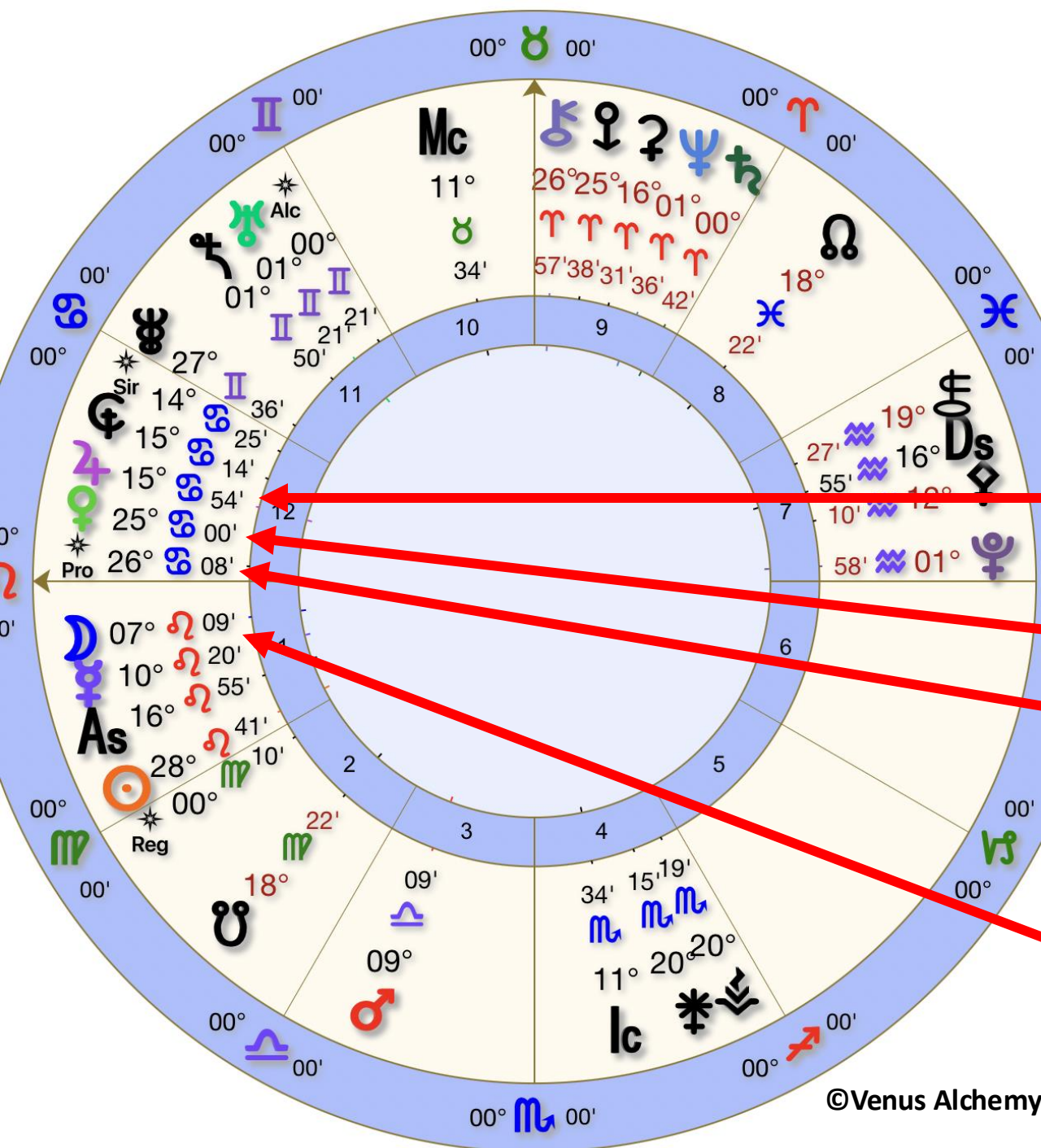
Alhena

Jupiter

Procyon







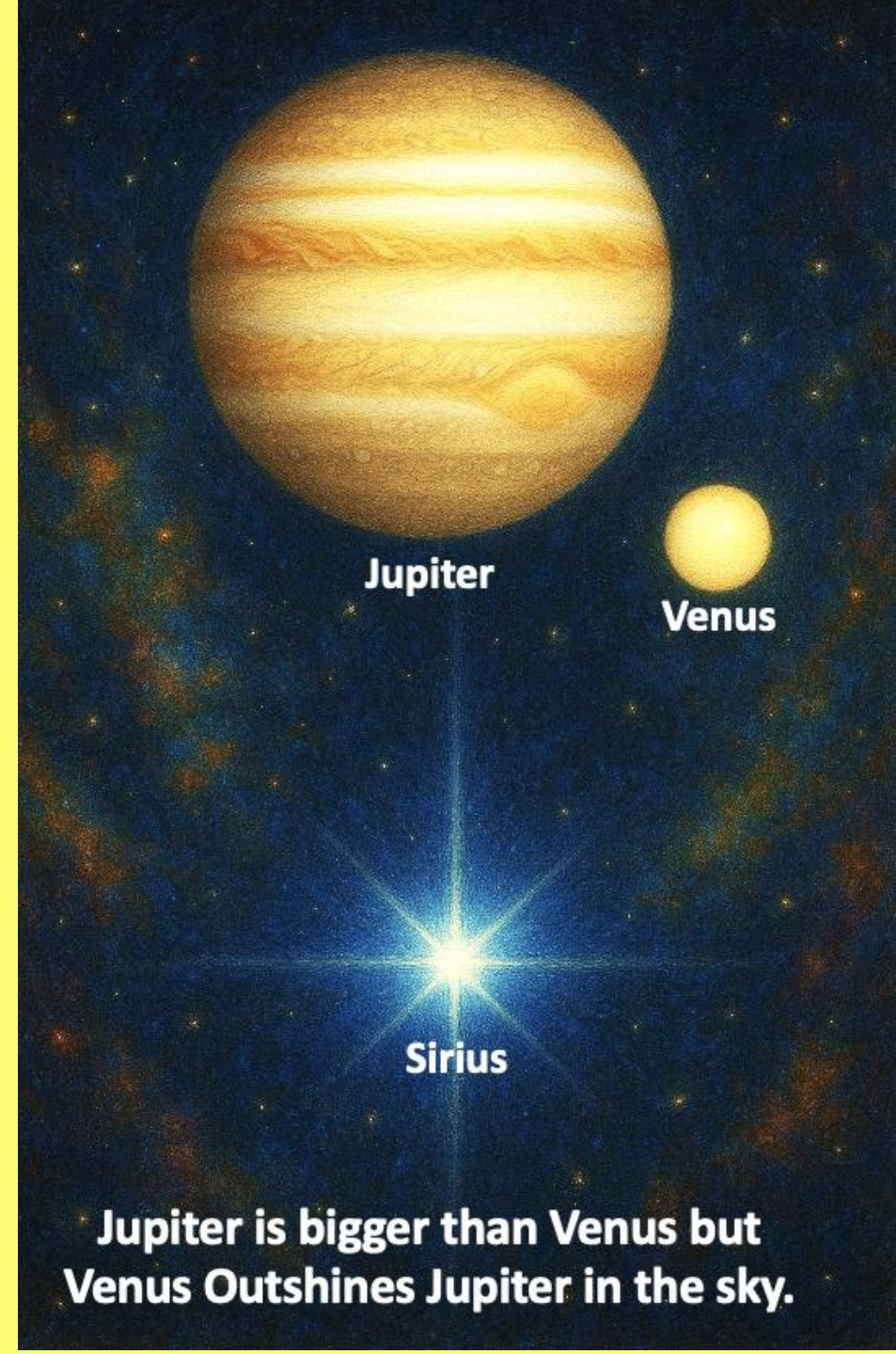


**Venus is within  $10^\circ$  of Sirius until August 20**

**Jupiter is within about  $10^\circ$  of Sirius  
until June 5, 2026**

**Jupiter goes Rx at  $25^\circ$  Cancer  
on November 5 about  $10.5^\circ$  from Sirius**

**Jupiter stations direct on March 10, 2026  
at  $15^\circ$  Cancer  $05'$   
within half a degree of Sirius**





# Venus, Moon and Jupiter In Cancer & the Aries Pisces Meta Goddess Cycle

The Moon joins this line up on Aug 19 and 20 further activating the Fierce, Loving, Protector, Healer aspect of the Aries Pisces Meta Goddess as she creates safe space for everyone to express their true essence.

This is a time for continuing to develop a healthy, strong ego.

Ego is not good or bad. It is our self-identity or sense of self.

Ego isn't something to get rid of but rather the challenge is to develop a strong, secure ego that has compassion for self and all life.

A weak or insecure ego gets easily upset when its identity is challenged. An insecure ego is constantly seeking outside validation.

A strong, secure ego knows how to adapt, adjust and grow as a result of the challenges life presents.

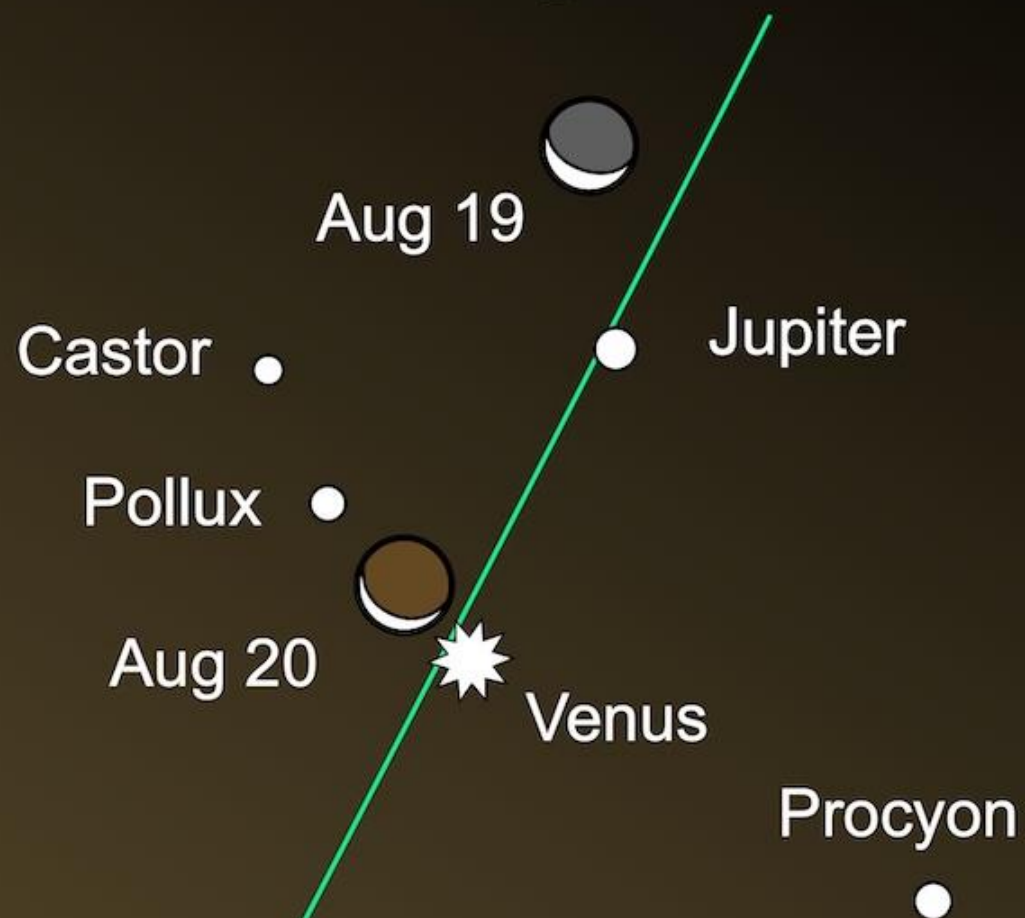
A Secure Ego does not seek outside validation. Rather a Secure Ego navigates life challenges with courage and confidence that comes from a deep inner trust that it is all happening as it is intended to Be.

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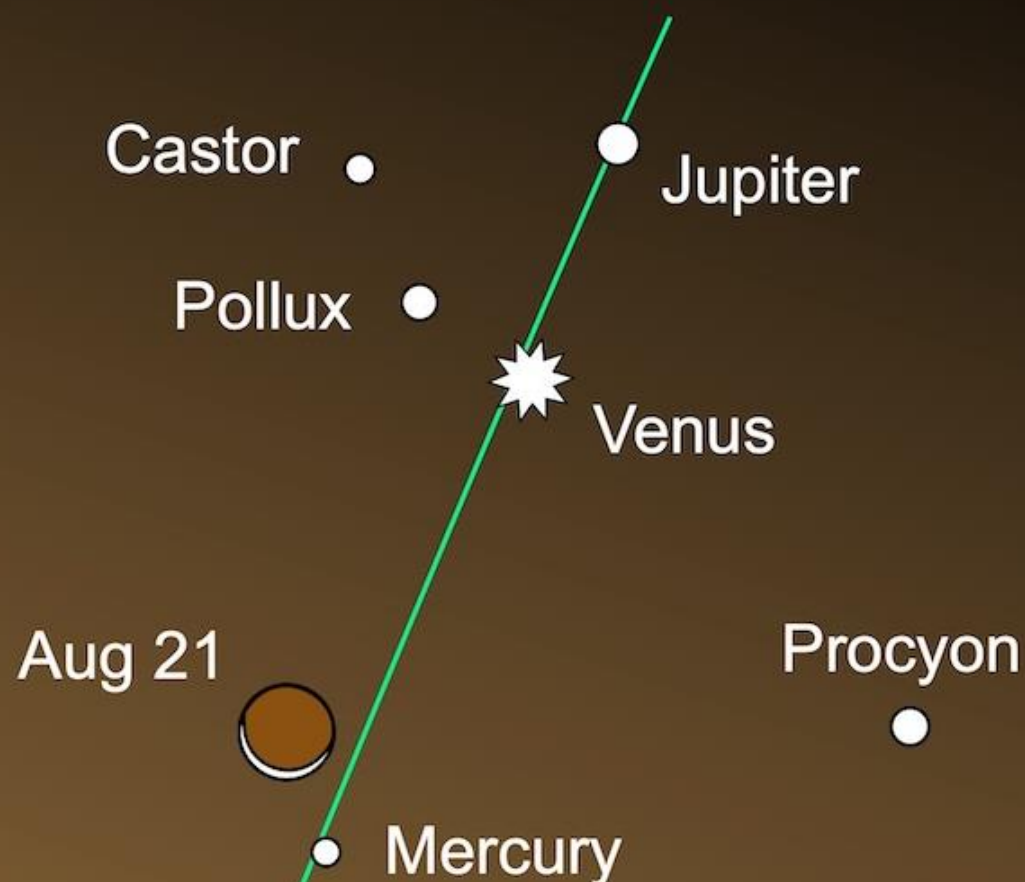




## August 2025 Mornings Looking East

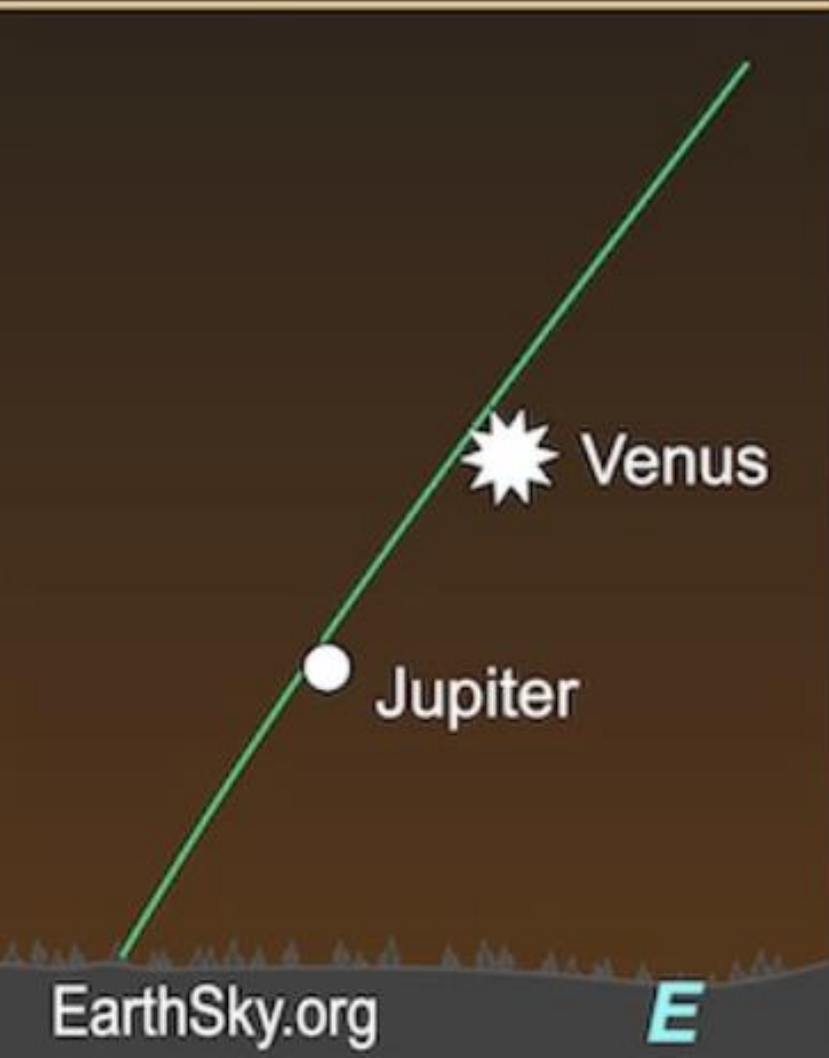


## August 2025 Mornings Looking East

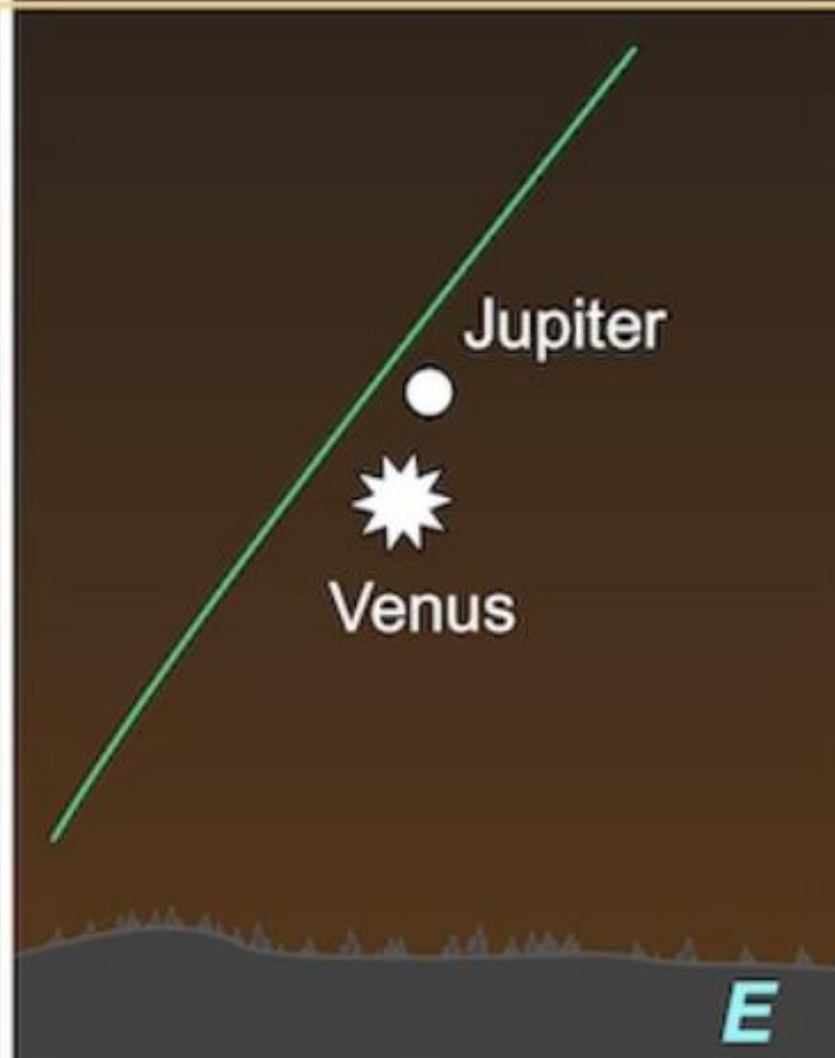




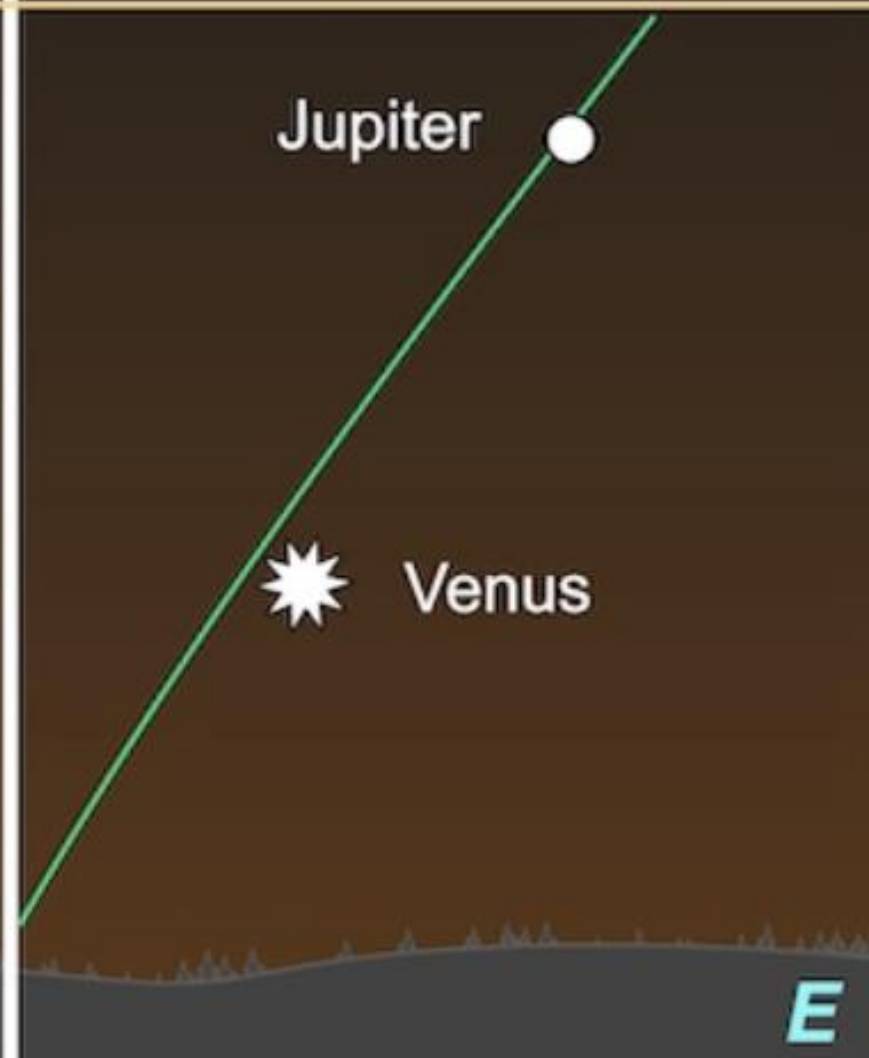
**Early August 2025**  
**Mornings**  
**Looking East**



**Mid August 2025**  
**Mornings**  
**Looking East**

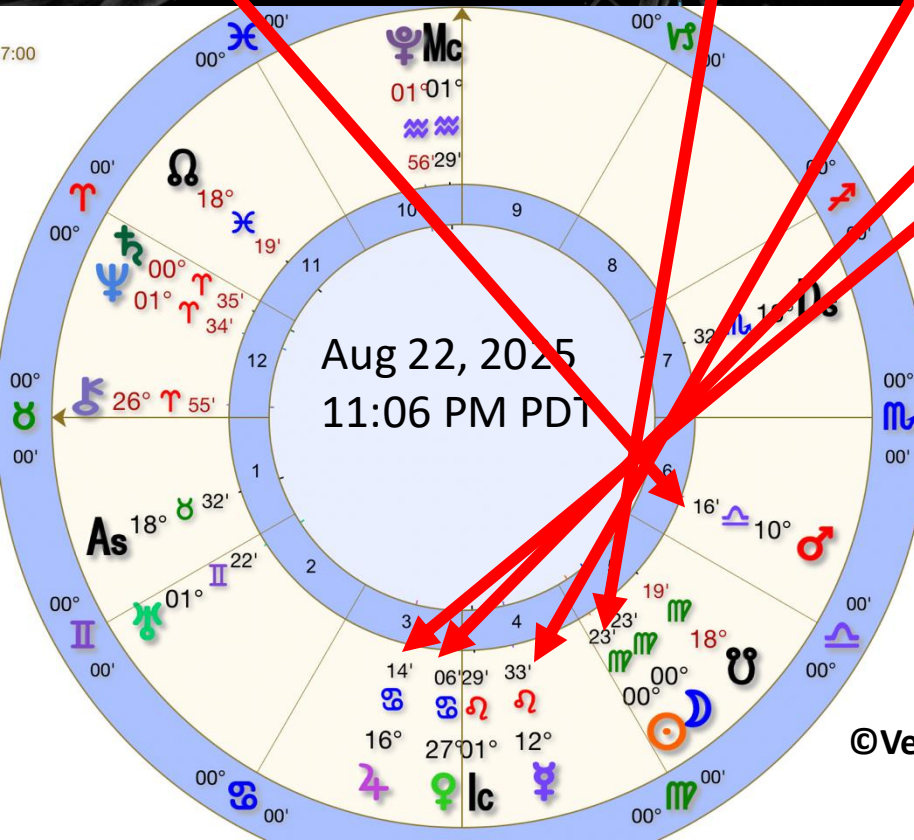
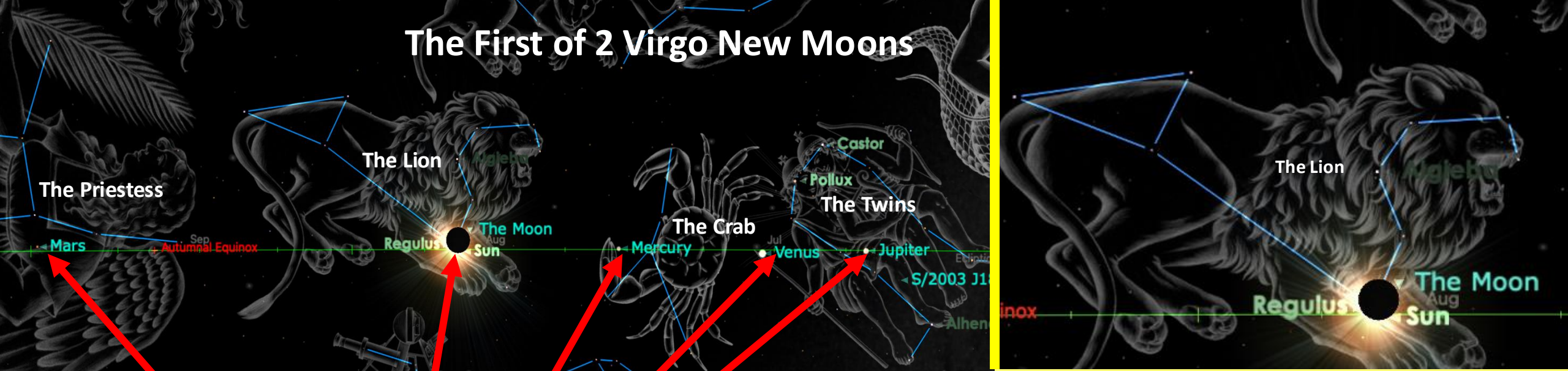


**Late August 2025**  
**Mornings**  
**Looking East**





# The First of 2 Virgo New Moons



**The Virgo New Moon is occulting the Star Regulus, heart star of the Lion at 00°Virgo10' a royal star of Persia. Regulus is Latin for "little king". As the heart star of the Lion we could imagine an amplification of our heart energy that some say is the gateway to the Hall of Records.**

In current times we could imagine this star is reminding us of the most sacred and magnificent power of love to transform ourselves and our world.

**A second New Moon in Virgo 29°Virgo will be a partial Solar Eclipse Sep 21, 2025 closing the Eclipse Cauldron that opens on Sep 7, 2025 with the Pisces Lunar Eclipse.**

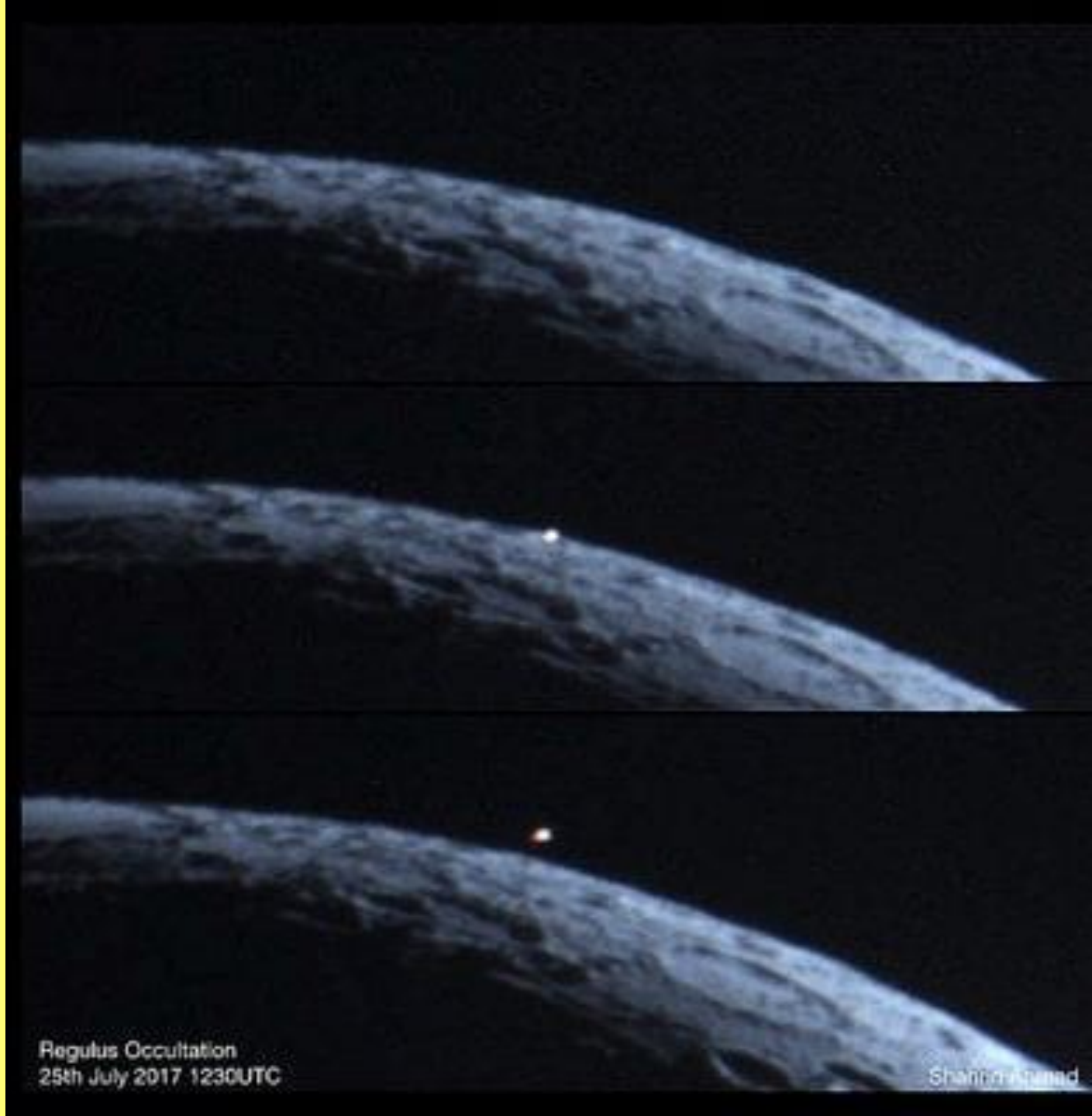


This New Moon features a Moon occultation over Regulus at the time of the exact New Moon.

Due to the proximity of the Sun this occultation is not visible but increases the impact of this New Moon.

Here is a visual of the Moon occulting Regulus. It is similar to an eclipse as the Moon covers and then uncovers the star, in this case Regulus one of the magical stars of the ancient alchemists.

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Regulus Occultation  
25th July 2017 1230UTC

Sharon A. Spauld



# THE 13 ORIGINAL CLAN MOTHERS

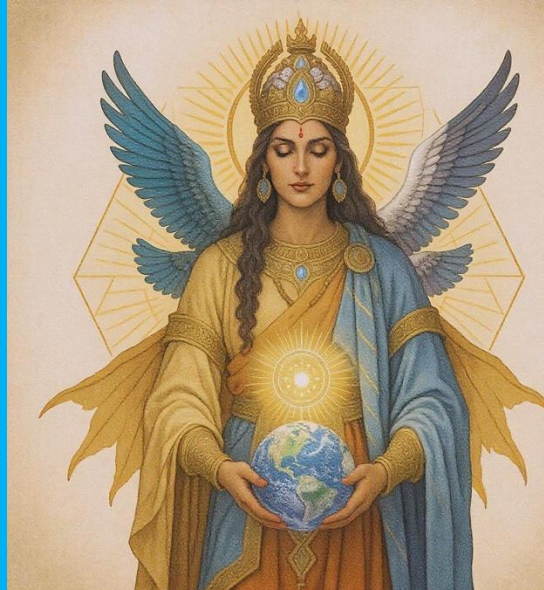
YOUR SACRED PATH TO DISCOVERING THE GIFTS, TALENTS & ABILITIES OF THE FEMINE THROUGH THE ANCIENT TEACHINGS OF THE SISTERHOOD



JAMIE SAMS

*Show me the Medicine  
Of Healing Herbs,  
The Value of Spirit  
I can serve*

*Mother, heal my heart  
So that I can see  
The gifts of yours  
That can live through me*



**She Who Heals: Her Color is Blue  
Her Element is Water**

She is the guardian of serving the truth and the children of the Earth. She is the keeper of the Healing Arts, Mother of All Rites of Passage, Guardian of the mysteries of Life and Death AND Singer of the Death Song.

She shows us how to see beyond the illusion of life, celebrating each turn in the road as another step that leads to wholeness...

She is a midwife, herbalist, Medicine Woman, spirit healer, and teacher of the cycles of the Earth Walk. She welcomes new spirits into human bodies.

She teaches the ability to drop the fear of death and how to accept death as the step that leads to a new birth.



## August New Moon

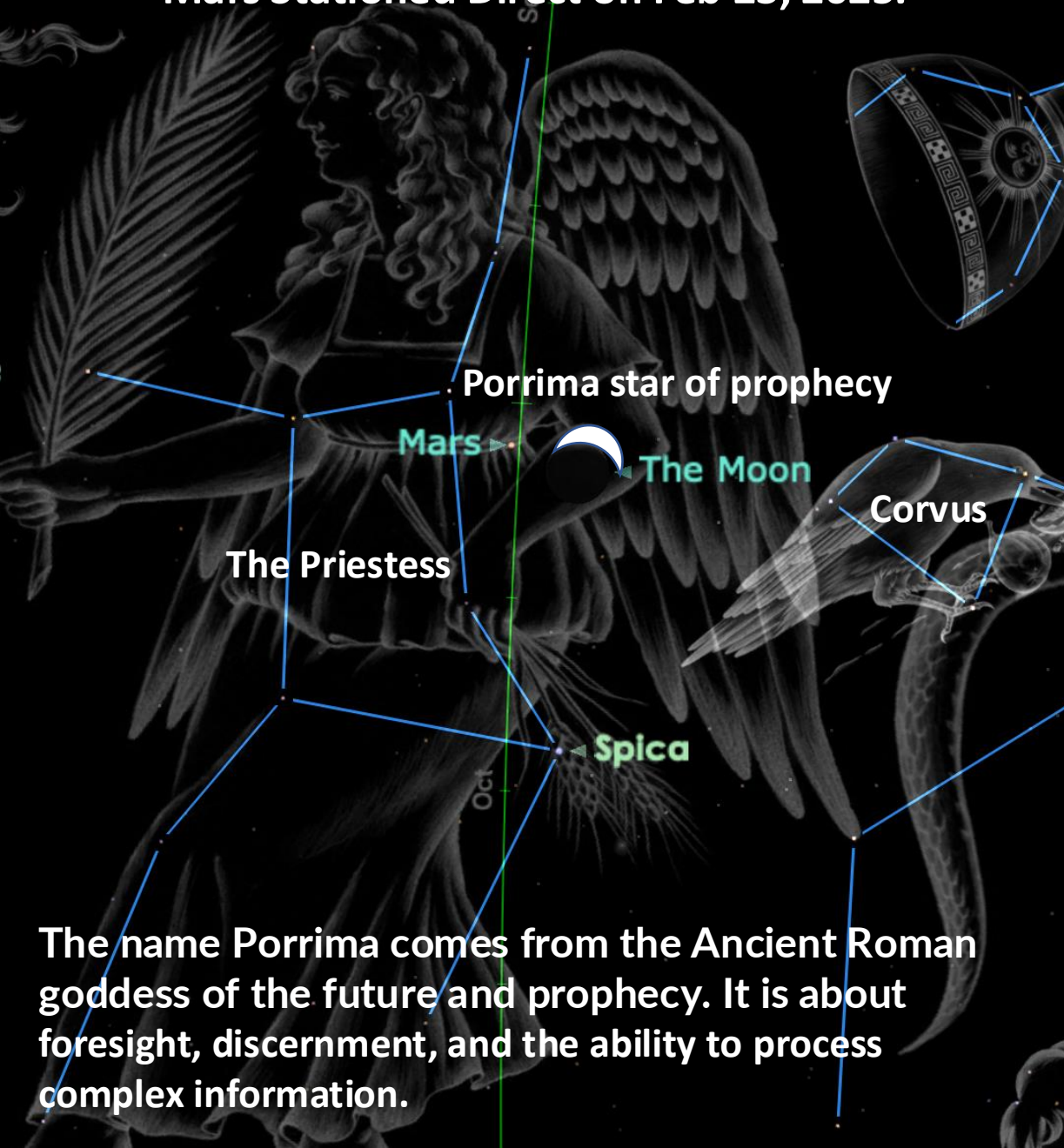
She Who Heals  
8<sup>th</sup> Moon

*Mother, sing me a song  
That will ease my pain,  
Mend broken bones,  
Bring Wholeness again.*

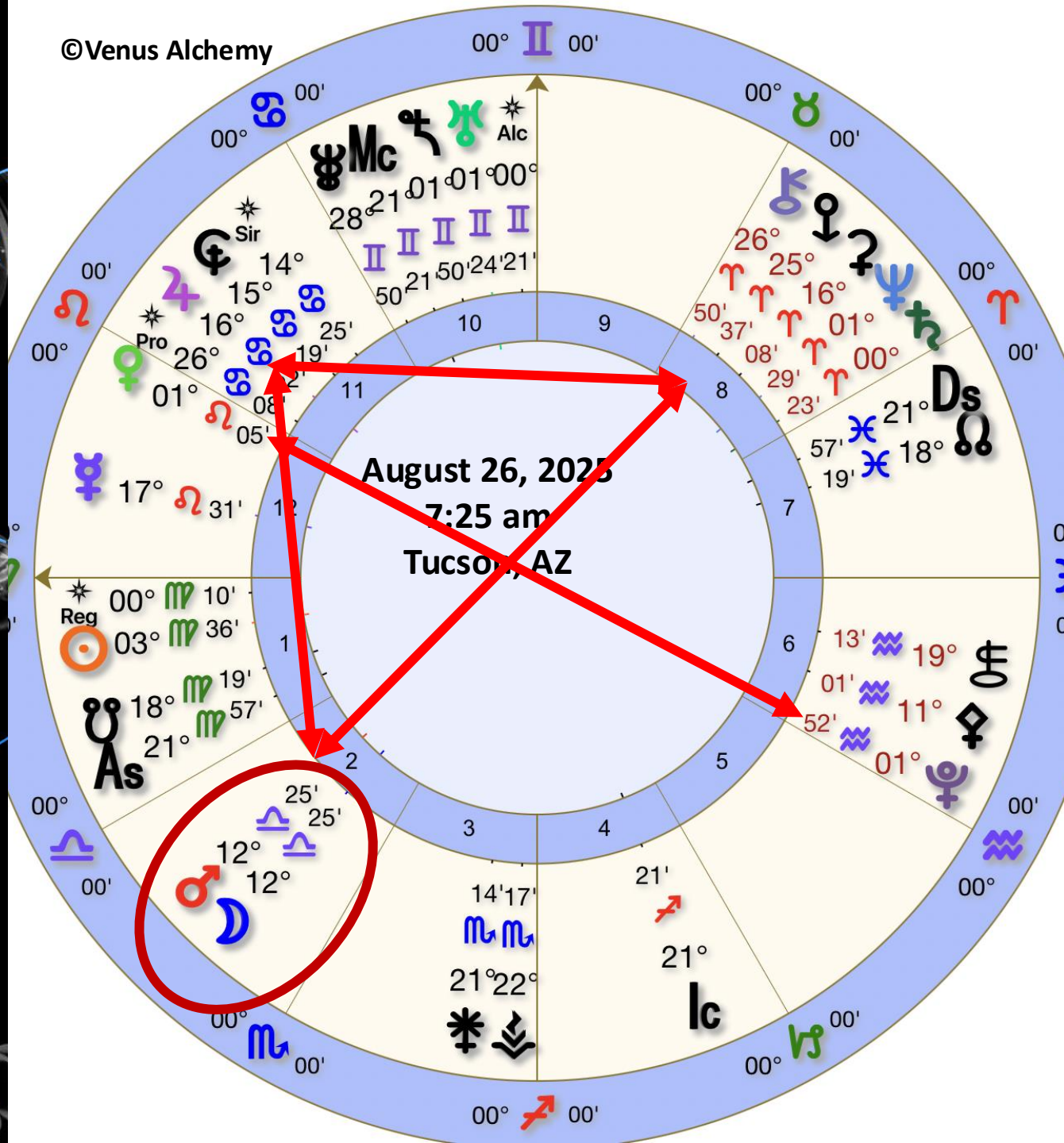
*Catch my babies  
When they are born,  
Sing my Death song,  
Teach me how to  
Mourn.*



**Moon and Mars meet for the 7<sup>th</sup> time since  
Mars Stationed Direct on Feb 23, 2025.**



The name Porrima comes from the Ancient Roman goddess of the future and prophecy. It is about foresight, discernment, and the ability to process complex information.





The seventh labor or test of Hercules was to capture the Cretan Bull and bring it back to King Eurystheus.

Poseidon had sent the Bull to King Minos as a divine favor but was angered when Minos did not properly honor the gift.

At Poseidon's behest the Bull was on a rampage wreaking havoc on the island.

Hercules first located and then subdued the bull. Then Hercules either rode the bull back to mainland Greece or transported it by sea.

Upon arrival, Eurystheus was so terrified of the bull that he hid in his bronze pot when Hercules released the bull to roam freely.

We could see **this test might have been about subduing the inner masculine's rampaging animal nature through a test of strength and will and then setting it free once the fury had been released?**

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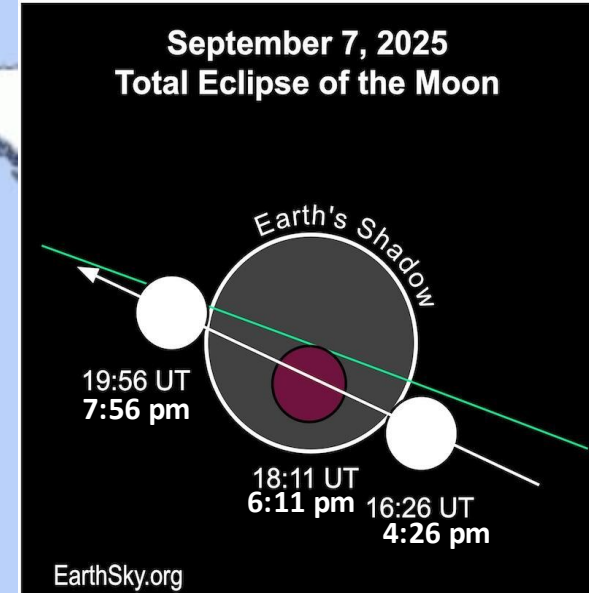
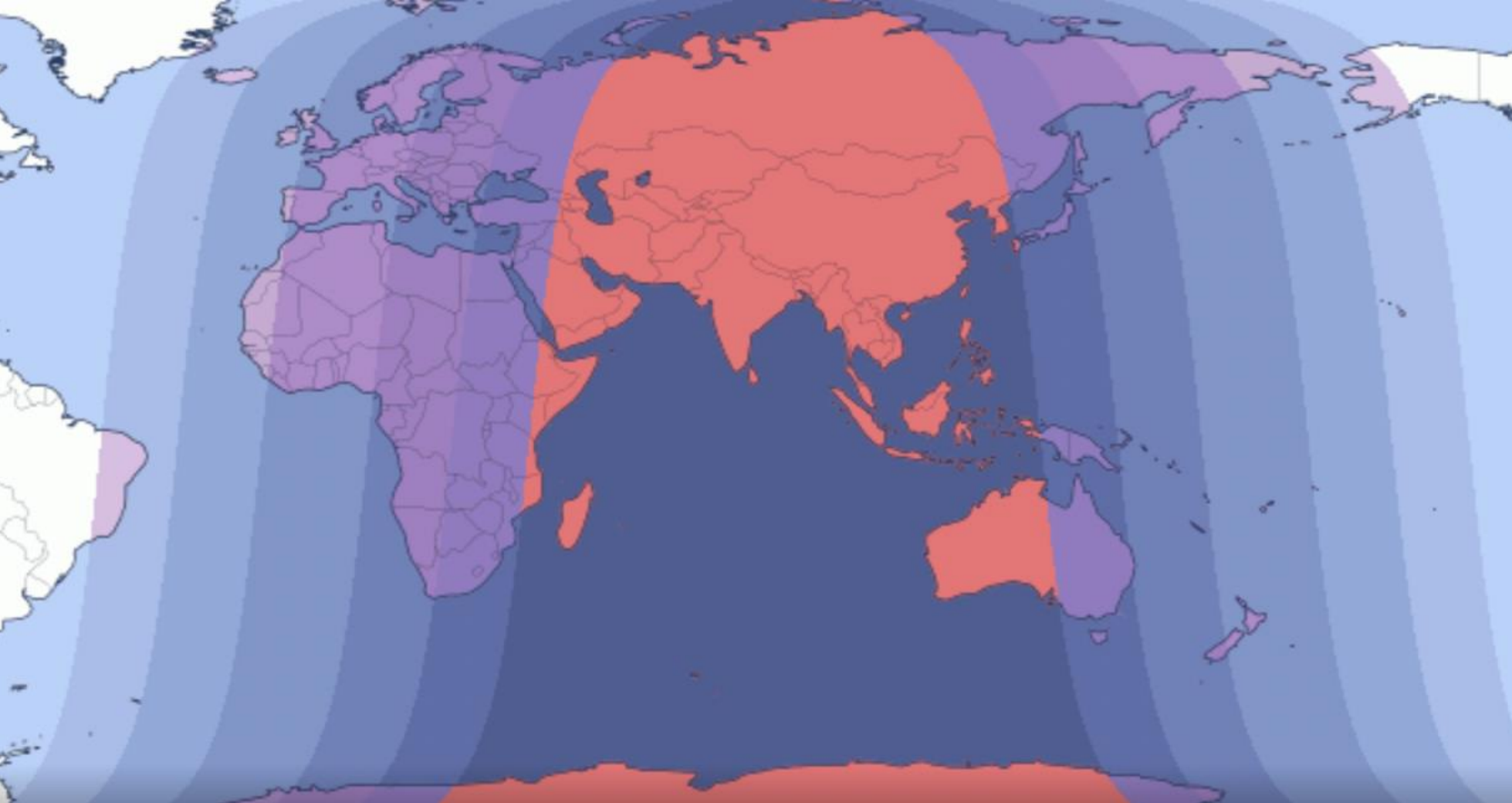


This 7<sup>th</sup> test featuring the star Porrima in the constellation of the Priestess in the season of Libra seems to be about discerning the best path forward to fulfill the prophecy or destiny that lives within us and serves the greater good.









**Times above are calculated  
for Universal Time.  
For example:  
19:56 UT/ or 7:56 pm  
is 12:56 pm PDT  
or 03:56 pm EDT.**

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At least some of the eclipse is visible in: Europe, Asia, Australia, Africa, West in North America, East in South America, Pacific, Atlantic, Indian Ocean, Arctic, Antarctica. This is the longest total lunar eclipse since 2022  
Totality will be visible from Australia, Asia, Africa, and Europe.

Not visible in the USA Find out More Here <https://www.timeanddate.com/eclipse/lunar/2025-september-7>

Overall duration for those who can see the entire eclipse is 5 hours and 27 minutes totality is 1 hour and 22 minutes





## Aries Pisces Morning Star Solar Plexus Chakra Gate 2025



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Venus Moon at Solar  
Plexus Gate near the  
Behenian star  
Procyon

All Times are Pacific  
Time Unless  
otherwise noted.

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Aug 19 Moon conjunct Jupiter 15° Cancer very near Sirius

Aug 20 Venus and Moon at 24° Cancer near Procyon at the Solar Plexus Chakra Gate

Moon enters Leo and opposes Pluto

Aug 22/23 Venus 26° Cancer square Rx Chiron 26° Aries New Moon at 0° Virgo

Aug 25 Venus enters Leo at 9:27 am PDT Venus Trine Saturn at 5:56 pm PDT

Aug 26 Venus 2° Leo opposite Pluto 2° Aquarius

Aug 31 Mercury 26° Leo trine Chiron 26° Aries and Eris 25° Aries

Sep 01 Rx Saturn returns to Pisces

Sep 02 Mercury enters Virgo

Sep 04 Mars 18° Libra square Jupiter 18° Cancer

Sep 06 Uranus 1° Gemini 27' goes retrograde

Sep 07 Total Lunar Eclipse at 15° Pisces 23'

Sep 13 Sun conjunct Mercury 20° Virgo

Sep 16 Venus 26° Leo trine Chiron 26° Aries

Sep 17/18 Mercury 28° Virgo opposite Saturn 28° Pisces

Sep 18 Mercury enters Libra

Sep 19 Sacral Chakra Venus Moon gate at 29° Leo 59' then Venus enters Virgo with Regulus

Sep 21 Solar Eclipse New Moon at 29° Virgo 05' opposite Saturn



# Releasing at the Solar Plexus Chakra with the Aries-Pisces Meta Goddess with Venus in Cancer

thru Aug 25

As Venus continues her journey through **Cancer**, the Aries-Pisces Meta Goddess invites us to clear and activate our **solar plexus chakras**—releasing the fear, self-doubt, and powerlessness that block our confidence and authentic expression.

This is a sacred opportunity to dissolve the patterns that taught us to shrink, submit, or overcompensate to feel safe—especially those rooted in childhood conditioning or ancestral survival strategies. Cancer reminds us that true strength comes not from control or defensiveness, but from cultivating inner emotional sovereignty.

By tending to ourselves with care and courage, we awaken the fire of self-worth and step into empowered action. This is a time to reconnect with your inner authority—letting your **sense of self** become both your anchor and your guide.





# Releasing at the Solar Plexus Chakra with the Aries-Pisces Meta Goddess with Venus in Leo

Aug 25 — Sep 19

As Venus enters **Leo**, the Aries-Pisces Meta Goddess now calls us to dissolve the distortions clouding our **solar plexus chakras**—the energetic blocks that keep us from owning our worth, trusting our inner power, and expressing ourselves with confidence and joy.

She invites us to release the fear, shame, and protection mechanisms that dim our light—those patterns born of criticism, control, or rejection—that keep us disconnected from our sacred center of purpose, will, and self-belief.

Through the radiant, expressive energy of Leo, we are offered a bold invitation to **reclaim our true worth, presence, and personal power**. Now is the time to let go of what shrinks or distorts you, remember the truth of who you are, and lead your life from the fire of your authentic self.





# Sekhmet is ALL about Power

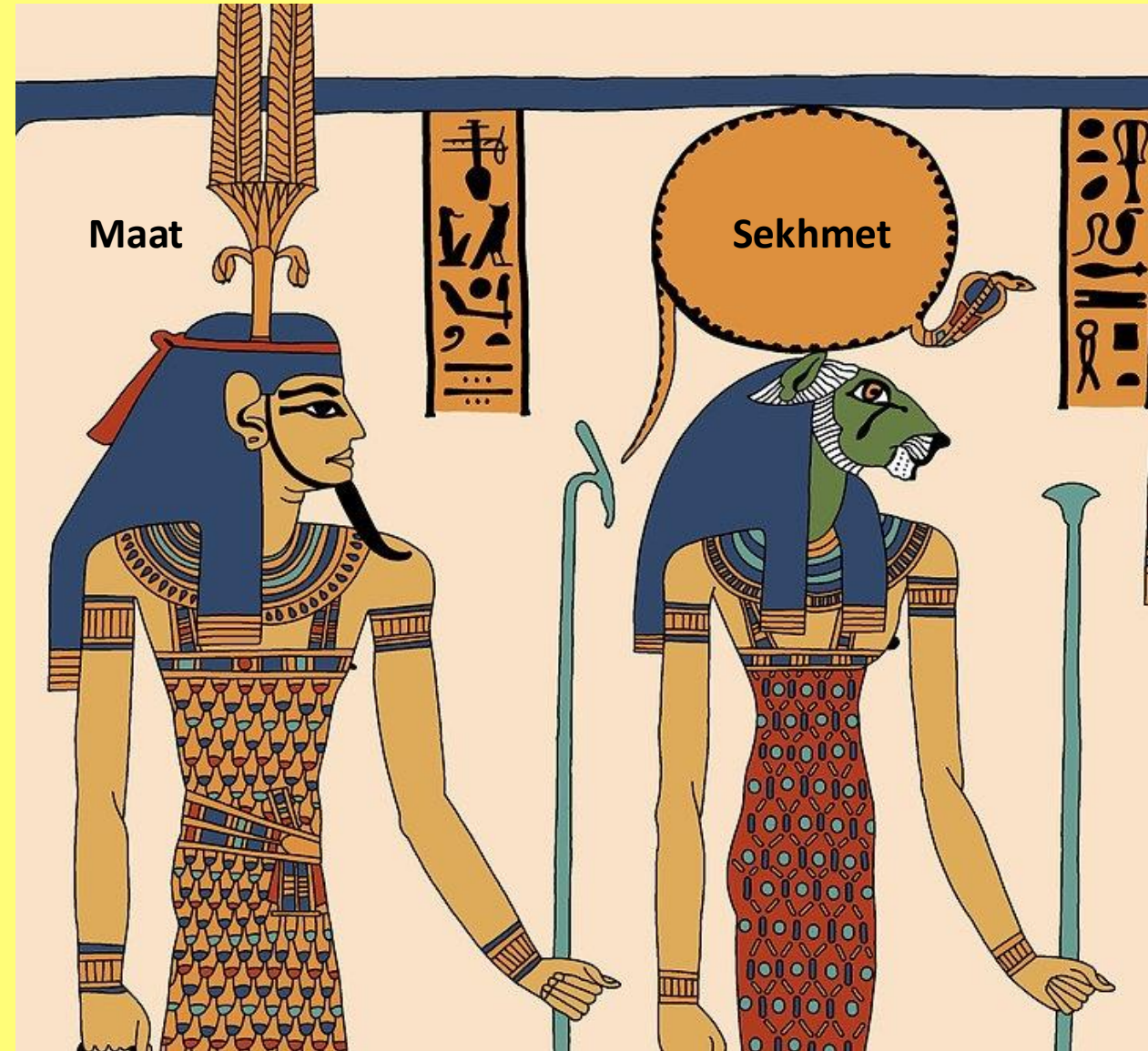
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Sekhmet's name, comes from Sekhem  
An ancient Egyptian word meaning  
“*sacred power*” or sacred energy.

Sekhmet (a Solar Goddess) is sister to  
Maat.

She restores cosmic law for Maat who is  
also the Daughter of Ra (Re) and linked to  
the Moon God Thoth.

**Maat** is the personification of truth, justice,  
balance and the cosmic order through the  
process of Divine Alchemy, a way of  
transmuting and transforming negative,  
distorted energy and returning it to its  
original Divine expression.





# Sekhmet and Divine Power

Standing before a priestess of Sekhmet, is like standing before the goddess of both destruction (Aries) and healing (Pisces) where reverence for divine power, both fierce (Aries) and benevolent (Pisces), is paramount.

Sekhmet's association with healing and medicine (Pisces), helps restore balance (Aries) and well-being (Pisces). Encounters with Sekhmet, via dreams or meditations, can lead to personal cleansing and revelation.

In ancient Egyptian times **the first step on the path of initiation to reclaim one's divine sovereignty and power** was to go before a priestess of Sekhmet - in essence standing before Sekhmet herself – to determine if the Initiate was truly willing to let go of negative egoic patterns.

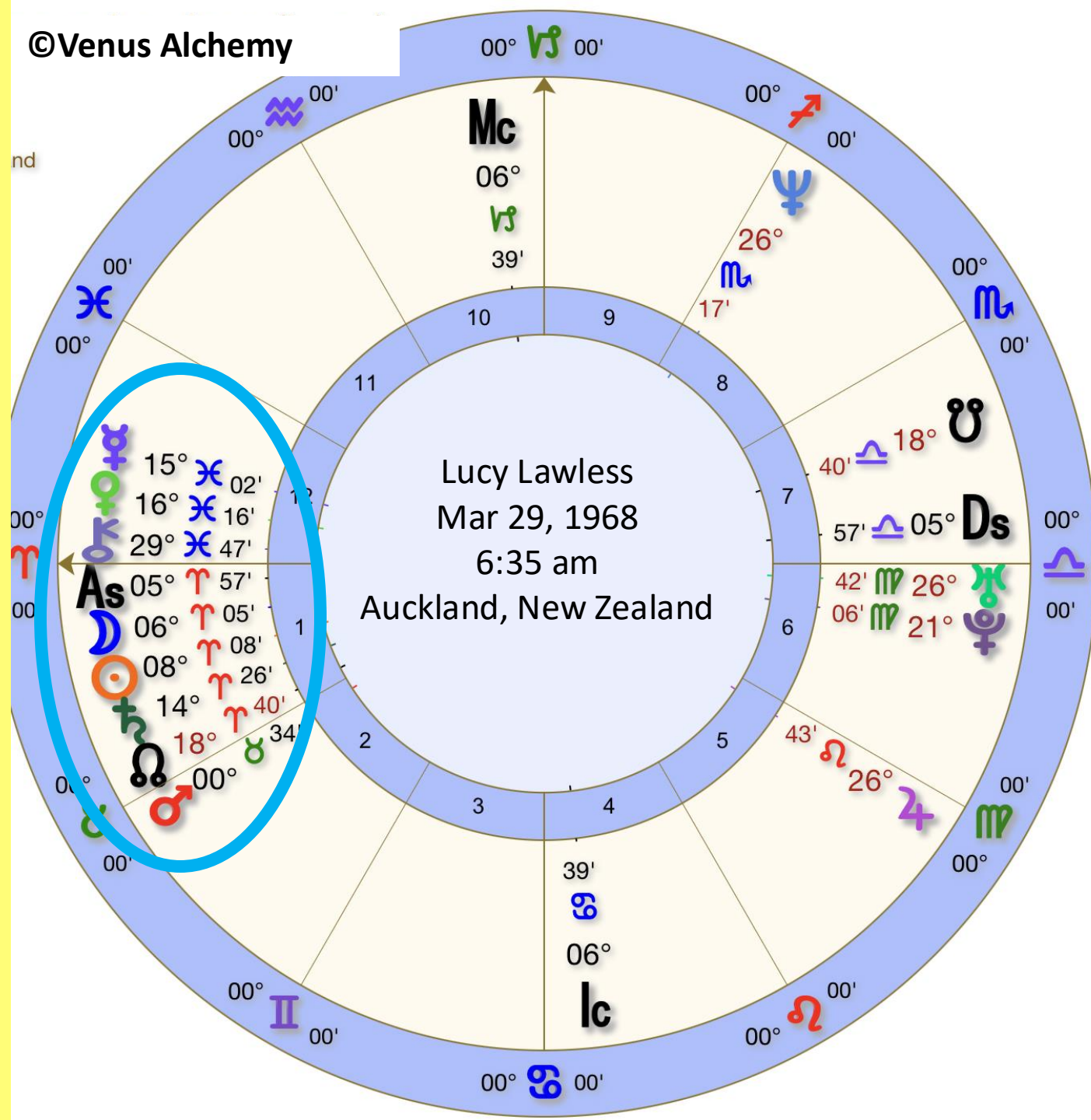
It was important for the initiate to know that this journey was NOT about gaining personal power to rule over others but rather to stand in the strength and power of their divine essence as an inspiration to all those seeking healthy personal empowerment and ways to wisely express their divine essence and fulfill their noble cause or purpose.

**Anything in the way of healthy personal power would be encountered in this initiation so it could be released and transformed.**





AND it turns out Lucy Lawless carries a powerful Aries Pisces Signature on her natal chart.





## More on Xena as an expression of the Aries Pisces Archetypal Feminine

Xena eventually accepts her path, also known as her dharma (divine purpose), is **the Way of the Warrior (Aries)** to defend and protect what is just and true. This comes from insights she gains from Krishna in a 1999 Episode titled: **The Way**.

The episode is based on the Bhagavad Gita, when Arjuna questions his role in a war that finds his family divided on both sides. If he fights, family members on the other side will die. If he doesn't fight the family members he is there to defend and protect, will die.

Krishna helps Arjuna realizes the importance of fulfilling his duty or dharma as a warrior, regardless of personal attachments or seeming conflict about what is the right thing to do. Arjuna (and Xena) accepts their role as a great warrior with the intent to restore peace to the land.

**A show quote speaking into fulfilling the Warrior Dharma.**

*You must not be hesitant to fight in the just cause.*

*It is better to die following your own way than to live following someone else's.*

Also explored in the Xena series was **the Way of Love**

**Summed up in this quote from the show:** *It's hard, the way of love. It may not be right for you. But if you choose to follow it, you must do so with all your heart. You'll fail more than once, but don't give up hope. In the end, we'll redeem the world.*



# The Way of Love and the Way of the Warrior Similarities

Despite seemingly contrasting notions, the "way of the warrior" and the "way of love" share profound similarities rooted in principles of strength, commitment, courage, and self-improvement. These are all related to the Solar Plexus Chakra.

## Commitment and Dedication

**The Way of Warrior** demands unwavering commitment to training, mastering skills, mastering martial arts, while defending others and defending what they love and what they value.

**The Way of Love** Cultivates and maintains love in dedicated effort, commitment, and a willingness to navigate challenges through cultivating acceptance of what IS.

## Courage and Commitment

**The Warrior** must be brave, and willing to face their fear whether in physical battles or confronting personal challenges.

**The Way of Love** courageously chooses to love deeply while being vulnerable, open, and accepting with the possibility of facing heartbreak or rejection.

## Self-discipline and Self-improvement

**The Way of the Warrior** emphasizes rigorous self-discipline that includes controlling emotions, awareness of surroundings, and striving for continuous improvement.

**The Way of Love** emphasizes courageous kindness and compassion while nurturing a healthy, loving connection with all life

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## Honor and Respect

**The Warrior** honors and respects tradition, warrior codes, and treating others with dignity.

**The Way of Love** respects and honors honesty, integrity, authenticity, acceptance, empathy and compassion

"A warrior does not give up what she loves, she finds the love in what she does."



- Peaceful Warrior

Live with a peaceful heart;  
cultivate a warrior's spirit.

Dan Millman

**Overcoming challenges and adversity**  
**Warriors** embrace challenges, learning to overcome the many obstacles on their path to mastery.

**Love** requires navigating conflicts, accepting imperfections, and overcoming challenges in ways that are healing for all involved

Essentially, both paths share an underlying philosophy including strength of character, dedication, and the ability to navigate complexities with honor and purpose.



# Remembering Self-Care Is Self-Empowering

Consider engaging healthy inspired self-care practices (or step up the ones you already have) designed to help you begin the process of restoring a healthy Solar Plexus.

**Finding out who you are and what you like is an act of Self Care helping your Solar Plexus SHINE.**

**Explore these questions with your Venus Buddy and/or in your Venus Journal:**

- Who am I beyond what I have been conditioned to believe I should be?
- What do I like? What is **MY** preference?
- What do I want? What Brings **ME JOY**?

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**An empty  
lantern provides  
no light.  
Self-care is the  
fuel that allows  
your light to  
shine brightly.**

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# Mitochondria the Powerhouse of the Human Body

As specialized structures within our cells, mitochondria are responsible for generating the energy we need to live.

Mitochondria generate around 90 percent of all ATP (energy) produced in the body and are known as **“the powerhouse of the cell.”**

When mitochondria work optimally, cells are fueled efficiently, and biological pathways run smoothly.

When mitochondria are dysfunctional, they start to accumulate damage, and cellular processes are gradually disrupted. This is one of the hallmarks of aging and other diseases.

At this chakra gate it is a great time to step up practices to help restore healthy Mitochondria and further ignite our personal life force energy.

Next slide has insights about increasing healthy mitochondria.

**See evergreen 3<sup>rd</sup> Chakra Video for additional suggestions** including awareness and practices to reduce inflammation and increase vibrant healthy life force energy. Plus, it explores life force draining activities such as the Doing Addiction, Procrastination, Giving Our Power Away. Plus, ways to Create Healthy Boundaries, etcetera.





# 10 Ways to Increase Mitochondria by Dr Josh Axe

## **1. Calorie Restriction**

Fasting, intermittent fasting, eating less calories help increase mitochondrial bioenergetic efficiency and eliminates damaged mitochondria (autophagy) producing new mitochondria (biogenesis)

## **2. Exercise**

Exercise increases mitochondrial enzymes. Exercise is also one of the best ways to improve mitochondrial biogenesis

## **3. Mitochondrial Nutrients**

Mitochondrial nutrients include B vitamins, minerals, polyphenols and other nutrients, such as L-carnitine, alpha-lipoic acid, coenzyme Q10, pyrroloquinoline quinone and creatine. These nutrients are found in natural unprocessed foods: fruits and vegetables, nuts and seeds, seafood, and meat. And certain supplements.

## **4. Sleep**

The human brain requires a lot of energy, and because of its high metabolic rate, the brain accumulates a lot of metabolic waste. During sleep, the brain gets rid of products that can be toxic to mitochondria.

## **5. Relaxation Techniques**

Psychological stress influences physical health, and mitochondria have a key role in this influence. Practices that help manage stress such as: meditation, yoga, tai chi or breathing exercises, counters the effects of stress. In fact, regular practice of relaxation techniques has been shown to upregulate genes that are linked to healthy mitochondrial function.

## **6. Sunlight**

The right amount of Sunlight helps with production of vitamin D necessary for healthy mitochondria.

## **7. Red/Near-Infrared Light Therapy**

Red and near-infrared light penetrates the skin and acts on mitochondria through stimulation of a molecule called cytochrome C oxidase

## **8. Cold Exposure**

Shivering releases heat in the process of burning fuels and using ATP to power muscle contraction. Shivering recruits mitochondria to indirectly generate heat.

## **9. Heat Exposure**

Heat has a beneficial biological response activating a mild stress signal triggering cell responses that increase mitochondria. [Routine sauna](#) and [hot baths](#) [help reduce heart disease](#).

## **10. Supporting NAD+**

NAD+ (from nicotinamide adenine dinucleotide) is a molecule derived from vitamin B3 found in every single cell in the body. It is the main molecule responsible for the delivery of the electrons extracted from food to the electron transport chain for ATP production. Avocado, Green Vegies, Mushrooms etc.

# Dragon Power

- Dragon has long been associated with Magic and the Guardianship of Ancient Secrets.
- Like Snake, Dragon is connected to the Mother Goddess, 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 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 Feminine capacity to tap into Earth Energies and the limitless sources of power connected to our Hearts and used for Healing of Gaia and Human Culture.

**What would it take for me to release any remaining distortions around my inner Dragon Power so I am joyfully living and expressing healthy, vital life force energy?**

**What would it take for me to know and trust the powerful wisdom of my own inner dragon?**





# Four Questions

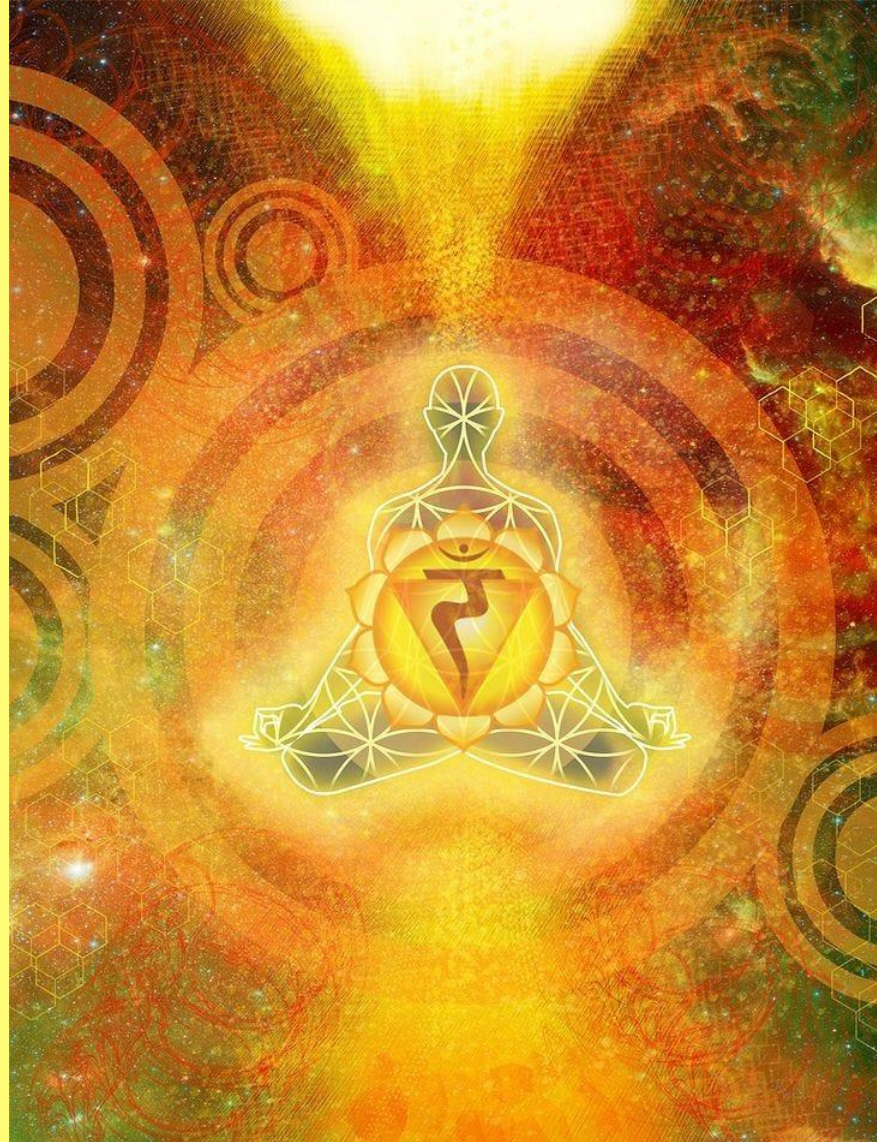
1. **What would it take** to truly know and live the power of who I am?
2. **What would it take** for me to forgive myself for all the ways I have given and/or continue to give my power away?
3. **What would it take** for me to clear and release all the ways I have asserted power over others?
4. **What would it take** for me to clear and release blocks around my power to influence my world, the world around me and the greater society in the best ways possible?





# Daily Connecting Practices – Solar Plexus Chakra

- *Self-Connection Rituals*
- *Altars*
- *Meditations*
- *Mantras*
- *Mudras*
- *Gems or Crystals*
- *Candles*
- *Aromatherapy*
- *Flower Essences*
- *Herbs*
- *Yoga*
- *Jewelry*
- *Look for Venus*





# Home Play, Deepening Practices

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- **Venus Altar**
- **Venus Journal**
- See if you can see **Venus with the Moon**: Aug 19-20
- **Do Ceremony** with Venus and the Moon
- Spend time with Venus in the **Morning Sky**
- Check in with your Morning Star **Venus Buddy**
- Set your **intention** for what you are **releasing** at the **Solar Plexus Chakra** and work with any of the questions listed that resonate with you
- Listen to Guided Journeys and Meditations, most especially the **Solar Plexus Chakra Meditation** by Cayelin
- **Share** your experiences and insights on Facebook, if you're on FB





**Astro Life Coaching**  
***Solar Plexus Chakra:***  
***Boundaries & Your Power***





## Redefining Boundaries

- Boundaries aren't walls—they're self-honoring choices.
- **They are between *you* and *you*.**
- If your boundaries are being crossed, *you* are the one crossing them (abuse not included)
- Boundaries are not restrictive—they're **expansive** and empowering.
- They reinforce your **self-worth**, help you shift from being other-referenced to self-referenced, and keep you aligned with your vision.

### Reflection Question:

What comes up for you when you think about setting boundaries?



## Boundaries = Freedom + Reinvention

- A boundary defines what's **okay and not okay** for you.
- Saying “yes” when you want to say “no” is one of the most common ways we cross our own boundaries.
- The antidote: **pause and check in**  
What do I want? What do I need?
- Saying “no” with grace (without apology or excuse) is a powerful act of self-trust.
- Boundaries help you reclaim your time, energy, voice, and desires.
- They are essential to **reinventing yourself from the inside out**.

### Reflection Question:

What shifts when you imagine saying no without guilt or apology?





*Boundaries  
Exploration  
&  
Ceremony*





# **Connection Groups**

## **Guidelines**

**Purpose is to foster community, connection and offer mutual support**

**We are here to listen and be heard  
(please, no cross talking or interrupting)**

**We are not here to fix or judge  
We are here to listen as a safe space**

**Give everyone an opportunity to share  
(be mindful of the time)**

**Feel free to continue the conversation by  
mutual agreement via personal messaging  
after the class**



# Connection through Conversation

**Start with your name and where you're from**

**Suggested Topics:**

- **What has been your experience with the Heart Chakra Gate?**
- **Share your intention for the Solar Plexus Chakra.**
- **What actions are you taking to support your boundaries?**

